

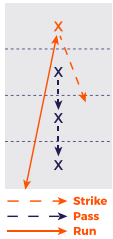
Year 1 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective	To judge the flight of a ball and know when it is at the highest point	Lesson 1/6
Equipment Needed	Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, medium sized ball, rugby ball.	
Success Criteria	Children can: <ul style="list-style-type: none">• Track an object and catch it on its way up.• Know how a ball travels in the air• Meet the ball at various heights	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
Key Questions	How do we judge the flight of the ball?	
Warm Up	Bouncing On The Move: Children now try to bounce the ball to themselves, and move around the hall as they do.	
Main Activity	Skill Acquisition: Children are in groups of two with ball. They take it in turns to practice throwing the bean bag/ ball. As each player gets better, encourage them to move further back. This will help them to judge how hard and far to throw the ball. Children vary how they throw the bean bag ball to their partner, so that when catching they must judge the flight of the object. Use the individual challenges below to adapt lesson. Judging The Flight: Children throw/bounce their ball into the air, they are then asked to clap once they think the ball has reached the top of its flight. Encourage children to keep their eyes on the ball as it travels, so they can watch the flight of the ball. Get children to clap at the same time, once teacher has bounced/thrown ball in the air. Bouncing To Partner: Children pair up with one ball and one large hoop. Aim is for one child to bounce the ball into the hoop and their partner to be able to catch it. Once children have the concept, introduce points for each successful catch/bounce. Clear The Decks: Class split into four teams, each team having a specific colour bean bag and bucket. Bean bags are placed all around the hall randomly. Coloured Hoops are placed in each corner. Each child runs around the hall and collects one bean bag, they run back to their coloured corner and from a specific point they try to underarm throw the bean bag into their hoop. Team with the most bean bags in their hoop at the end wins. Once the children understand the idea of the game, they can then go into another teams hoop and take one beanbag out and put it back in a space in the hall. The game is played for a set period of time, and the team who manages to have the most bean bags in their hoop will win.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Keep their eyes on the ball as it travels.	

Year 1 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective	To make contact with a ball with their hand and a small piece of equipment	Lesson 2/6
Equipment Needed	Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, tennis rackets, cricket bats.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Hold the variety equipment safely and can make contact a ball/object.• Children can feed a ball to them and be able to contact it• Track the ball and show good hand/eye coordination	
Adapted Learning (Differentiation) (Challenge)	Use a lighter, larger bat to increase success of making contact.	
Key Questions	What is hand eye coordination?	
Warm Up	<p>A Doctor's Diet:</p> <p>Split the class into four teams and spread out all of your cones randomly in your playing area – explain to the children that one of Doctors' jobs is to check people eat healthy foods! Pupils take it in turns to run out and pick a coloured cone. Only one child can run out from each team at a time. Healthy foods (Apple, Banana, Strawberry) are worth two points. Unhealthy foods (Ice Cream, Pick 'n' Mix) are worth one point. The team with the most points wins.</p>	
Main Activity	<p>Tap Up:</p> <p>One ball/balloon per child, they aim to hit the ball continuously – How many can you do?</p> <p>Judging The Flight:</p> <p>Children throw/bounce their ball into the air, they are then asked to clap once they think the ball has reached the top of its flight. Encourage children to keep their eyes on the ball as it travels, so they can watch the flight of the ball.</p> <p>Beat The Ball:</p> <p>In teams of six, children hit ball with their hand into the area. Set up three zones. There must be a fielder in each of these. Batter hits the ball off a cone and must run through these zones and return to base before the fielding team can throw the ball through each of these the zones.</p>	
		
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Keep eye on the object, and make contact with hand.	

Year 1 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective

To strike a ball that has been bounced towards them

Lesson 3/6

Equipment Needed

Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, tennis rackets, cricket bats.

Success Criteria

Children can:

- Judge the path of a ball that is bouncing towards them
- Tell where the ball is travelling and be able to contact the ball with their racket/bat
- Strike the ball in different directions

Adapted Learning (Differentiation) (Challenge)

Use a lighter, larger bat to increase success of making contact.

Key Questions

How do we strike a ball bouncing towards us?

Warm Up

Pupils start jogging around the playing area avoiding each other and listening, when the teacher calls out "CATCH!" All of the children stand still and hold their hands in their 'catch' position (see overleaf). If the teacher calls out "How is he?" Then children should throw their hands in the air and shout "HOWZAT?!" Repeat.

Main Activity



Skill Acquisition – Striking:

In 3's one acts as a server, one as the fielder and one hits the ball. Give pupils a bat/racquet that suits their ability. Each batter faces four balls then swaps roles. Children stand side-on and swing bat in a motion that is parallel to the floor. Ball from the server is bounced towards the batter.

Fetch – 'Hitting':

Organise your class into 3's – a hitter and two fielders. If you have hitting stands start by allowing the hitter hits five shots, without pause, then the children collect the balls and switch roles. Use a small cone with the ball resting on top if needed.

Beat The Ball:

In teams of six, children get to pick a bat when it is their turn to strike. Set up three zones. There must be a fielder in each of these. Batter hits the ball off a cone and must run through these zones and return to base before the fielding team can throw the ball through each of these the zones.

Cooldown

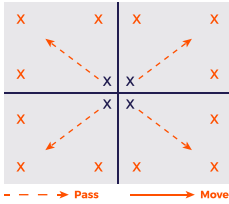
Recap and discuss Success Criteria.

Key Technical Points

- Stand side-on
- Swing bat/racquet in a motion that is parallel to the floor
- Keep eyes on the ball

Year 1 - Intro to Striking & Fielding

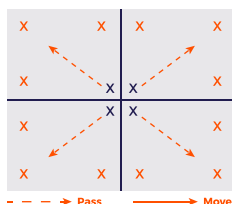
Lesson Plan

Lesson Objective	To retrieve and gather a ball that is rolled/bouncing towards them	Lesson 4/6
Equipment Needed	Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, tennis rackets, cricket bats.	
Success Criteria	Children can: <ul style="list-style-type: none">Follow the flight/path of the ball and can collect it off the floorCollect the ball and throw back towards a target under controlGet their body in line with the ball	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
Key Questions	How do we retrieve a ball that is travelling towards us?	
Warm Up	Children are in groups of six. They are placed in a hexagon shape made up of cones. They must pass the ball round the group and see how many underarm passes they can make without dropping the ball. Coach to shout out the highest scores to beat.	
Main Activity	<p>Bounce:</p> <p>This game combines catching skills and introduces elements of teamwork and tactics. Mark out grids of cones in pairs, joined to each other. Set clear rules for each grid. No-one is allowed to throw the ball over-arm and the ball is not allowed to bounce three times! The children cannot move when they are holding the ball, they must throw the ball (under-arm) into the opposing teams grid trying to make the ball bounce three times. The other team has to stop this from happening by catching it!</p> <p>Skimming Stones:</p> <p>Organise your class into pairs, facing each other on a set line. Place a hoop in the middle of each pair to give them a target to bounce the ball into – the kids then have to try and catch the ball as it bounces towards them! Ask the children to roll the ball through the gate to each other staying in that same place. Demonstrate to the children the correct teaching points for throwing and catching (see overleaf). Organise your class into pairs, facing each other on a set line. Ask the children to roll the ball to each other staying in that same place.</p> <p>Incoming:</p> <p>Split the playing area into quarters (two areas needed for a full class), with four 'strikers' in the middle of the room – facing outwards. They then must underarm, overarm throw or bounce the ball into their quarter – where their team will be standing. If someone catches it first time (no bounce) 10 points, after one bounce – 5 points, 2 or more 1 point! Each striker gets three throws each, then rotate.</p>	
		
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	When stopping/catching it is important that the children place their hands close together. Fingers apart and outstretched, soft hands.	

Year 1 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective	To retrieve and gather a ball that is rolled/bouncing towards them	Lesson 5/6
Equipment Needed	Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, tennis rackets, cricket bats.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">Follow the flight/path of the ball and can retrieve itCollect the ball and throw back towards a target under controlGet behind the path of the ball as it travels away from them	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
Key Questions	How do we retrieve a ball that is travelling towards us?	
Warm Up	Children are in groups of six. They are placed in a hexagon shape made up of cones. They must pass the ball round the group and see how many underarm passes they can make without dropping the ball. Coach to shout out the highest scores to beat.	
Main Activity	<p>Bounce:</p> <p>This game combines catching skills and introduces elements of teamwork and tactics. Mark out grids of cones in pairs, joined to each other. Set clear rules for each grid. No-one is allowed to throw the ball over-arm and the ball is not allowed to bounce three times! The children cannot move when they are holding the ball, they must throw the ball (under-arm) into the opposing teams grid trying to make the ball bounce three times. The other team has to stop this from happening by catching it!</p> <p>Skimming Stones:</p> <p>Organise your class into pairs, facing each other on a set line. Place a hoop in the middle of each pair to give them a target to bounce the ball into – the kids then have to try and catch the ball as it bounces towards them! Ask the children to roll the ball through the gate to each other staying in that same place. Demonstrate to the children the correct teaching points for throwing and catching (see overleaf). Organise your class into pairs, facing each other on a set line. Ask the children to roll the ball to each other staying in that same place.</p> <p>Incoming:</p> <p>Split the playing area into quarters (two areas needed for a full class), with four 'strikers' in the middle of the room – facing outwards. They then must underarm, overarm throw or bounce the ball into their quarter – where their team will be standing. If someone catches it first time (no bounce) 10 points, after one bounce – 5 points, 2 or more 1 point! Each striker gets three throws each, then rotate.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	When stopping/catching it is Important that the children place their hands close together. Fingers apart and outstretched, soft hands.	



Year 1 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective	To make contact and strike a ball that is thrown towards them	Lesson 6/6
Equipment Needed	Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, tennis rackets, cricket bats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Now make contact/strike a ball that has been thrown towards them• Move their body depending on where the ball is travelling to contact the ball	
Adapted Learning (Differentiation) (Challenge)	Use a lighter, larger bat to increase success of making contact.	
Key Questions	How do we hold a bat?	
Warm Up	Pairs: Children will now work in 2's. They must practice their throwing and catching. Starting one metre apart and each time they both catch the ball without dropping it they can take a step backwards. They continue to do this and see how far they can get.	
Main Activity	<div><p>— — — — — Strike</p><p>— — — — — Strike</p><p>— — — — — Pass</p><p>— — — — — Run</p></div> Skill Acquisition – Striking: In 3's, one server, one fielder and one batter. Give pupils a bat/racquet that suits their ability. Each batsmen faces four balls then swaps roles. Children stand side-on and swing bat in a motion that is parallel to the floor. The ball is thrown toward the batter and must be between head and knee for it to count. Fetch – 'Hitting': Organise your class into 3's – a hitter and two fielders. If you have hitting stands start by allowing the hitter hits five shots, without pause, then the children collect the balls and switch roles. Beat The Ball: In teams of six, children get to pick a bat when it is their turn to strike. Set up three zones. There must be a fielder in each of these. Batters must run through these zones and return to base before the fielding team can throw the ball through each of these the zones.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none">• Stand side-on• Swing bat/racquet in a motion that is parallel to the floor• Keep eyes on the ball	