

Year 2 - 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">• Bounce a ball and catch it on its way up• Show when the ball is at the top of its flight• 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	Swap It: All children start catching a balloon/scarf. Once they are comfortable, they can choose another piece of equipment to use. Equipment ranges from beach ball, bean bag, tennis ball, pom pom ball, spiky ball, medium sized ball, rugby ball.	
Main Activity	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. 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. Individual Catching Practice: Two hand catch using a bean bag, one hand catch using a bean bag, one hand to the other catching using a bean bag, two hand catch using a ball. Paired Catching Practice: Two hand catch using a bean bag thrown by partner, two hand catch with a medium sized ball thrown by partner. Don't Drop The Ball: 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.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Keep their eyes on the ball as it travels.	

Year 2 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective

To hold a bat and contact a ball from a self-feed

Lesson 2/6

Equipment Needed

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

Success Criteria

Children can:

- Hold the variety of rackets/bats safely and can contact a ball
- Feed a ball to them and be able to contact it

Adapted Learning (Differentiation) (Challenge)

Use a lighter. Larger bat to increase success of making contact.

Key Questions

What is the correct batting technique?

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



Skill Acquisition – Striking:

Demonstrate to the children effective striking technique (see overleaf). In pairs one acts as a server, and one hits the ball. 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.

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 2 - 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.

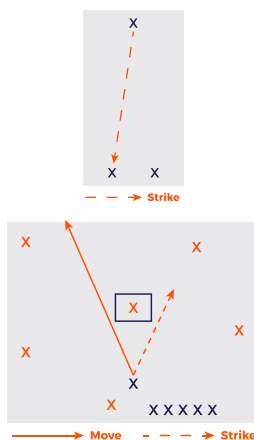
Key Questions

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:

Demonstrate to the children effective striking technique (see overleaf). In pairs one acts as a server, and one hits the ball. Give pupils a bat/racquet that suits their ability. Each batsman faces four balls then swaps roles. Children stand side-on and swing bat/ in a motion that is parallel to the floor.

Danish Long Ball:

Children play in teams of six. Fielding team spread out across a large area. Bowler bowls the ball to the 'batter' who catches the ball and throws into the area. Batter must run to opposite side of the area, but the ball is returned to the bowler.

Batting Team:

- Ball must land within area
- No runs scored if ball is caught, or ball goes out of bounds

Bowler:

- Ball bowled between knee and shoulder
- Must receive the ball back in 'bowlers' box'

Fielders:

- Return the ball back to the bowler as quickly as possible

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

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

Year 2 - 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:

- Follow the flight/path of the ball and can collect it off the floor
- Get their body in line with the ball early and stop the traveling ball from going past them
- Collect the ball and throw back towards a target under control

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.

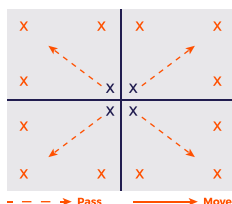
Main Activity

Throwing At The Stumps:

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!

Skimming Stones:

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.



Incoming:

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.

Cooldown

Review lesson and 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 2 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective

To make contact and strike a ball that is thrown 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

Children can:

- 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

What is the correct batting technique?

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



Skill Acquisition – Striking:

In 3's, one server, one fielder and one batter. Give pupils a bat/racquet that suits their ability. Each batsman 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

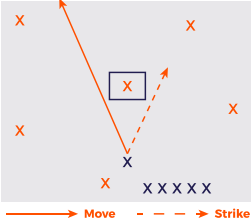
Review lesson and Success Criteria.

Key Technical Points

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

Year 2 - Intro to Striking & Fielding

Lesson Plan

Lesson Objective	To play modified games using the techniques learnt	Lesson 6/6
Equipment Needed	Cones, markers, rounders balls, tennis balls, sponge balls, tennis rackets, rounders bats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Understand the simple scoring methods of the modified games and are able to do this as well as stop the other teams from doing so• Use the skills taught and put into practice in a modified game	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	What techniques do we need in the game?	
Warm Up	Bounce (Catching Practice): <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 overarm 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 (underarm) 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>	
Main Activity	Fetch – ‘Hitting’: <p>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.</p> Danish Long Ball: <p>Children play in teams of six. Fielding team spread out across a large area. Bowler bowls the ball to the ‘batter’ who catches the ball and throws into the area. Batter must run to opposite side of the area, but the ball is returned to the bowler.</p> Batting Team: <ul style="list-style-type: none">• Ball must land within area• No runs scored if ball is caught, or ball goes out of bounds Bowler: <ul style="list-style-type: none">• Ball bowled between knee and shoulder• Must receive the ball back in ‘bowlers’ box’ Fielders: <ul style="list-style-type: none">• Return the ball back to the bowler as quickly as possible	
		
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Technique: <ul style="list-style-type: none">• Children can use the techniques from the Unit of Work to play a small modified game.	