

Introduction	Main Activities	Plenary
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<p>LO: To practise, evaluate and perform underarm throws.</p> <p><u>Warm up</u></p> <p>Get the children to begin by walking around an area of the school playground or field. Tell them to crouch and then spring to their feet when you shout 'go'. Repeat a number of times. Gradually, get the children to increase their speed until they are jogging. Tell them to change direction after each time they crouch down and spring into the air. Stop the class and get them to stand in a space. Teacher leads stretching.</p>	<p><u>Skills development</u></p> <p>Show the children a cricket bat. Discuss with the class the different skills they would need to practice to be able to take part in a game of cricket.</p> <p>Ask the children to identify the different roles they might have to perform when playing cricket i.e. bowler, batter, catcher, fielder.</p> <p>To play cricket you need to be able to throw! demonstrate weird/strange ways people throw a ball!</p> <p>Demonstrate underarm - step, tick, tock</p> <p>Tell the children to practice throwing the ball for each other to catch.</p> <p>Watching a few of you - demonstrate weird/strange catching techniques!</p> <p>Tell the class that some catches in cricket are made from balls that have been struck high into the air. Explain to the children the importance of watching the flight of the ball to judge where it is going to land.</p> <p>Remind the children about cupping their hands together to make a mitt to help catch the ball. Re visit above activity</p>	<p><u>Cool down</u></p> <p>Get children to side step around the hall. Tell them to swing their arms from side to side. Gradually, get the children to reduce their speed until they are walking.</p>
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<p>LO: To practise, evaluate and perform overarms throws with accuracy.</p> <p><u>Warm up</u></p> <p>Messy Houses!</p> <p>split chn into 2 teams.</p> <p>One side starts with 20 balls each</p> <p>Whoever has the tidier room wins!</p> <p>No balls over waist height!</p> <p>X 3 rounds of 2 minutes!</p>	<p><u>Skills development</u></p> <p><u>Introduction/ re-cap 3/4 Minutes</u></p> <p>We were looking at throwing and I noticed some of you really using the tick tock underarm throw! We are going to re-cap this by doing a quick activity! groups of 3!</p> <p>Remind chn of different throws suggested in last session: underarm and overarm So lets see how its done! I love ways of remembering and I have a good one!</p> <p>5 steps - 8/10 minutes</p> <p>Stand side on</p> <p>Opposite foot forward - Exactly the same!</p> <p>Arm to set your aim!</p> <p>throwing arm should be up like a bow!</p> <p>Shift your weight and rotate body and hips</p> <p>Volunteer to demonstrate - the ball needs to bounce in cricket so we bounce the ball and it should bounce to your partners hip/hands</p> <p>Chn practice overarm throw - 8/10 Minutes stopping to address misconceptions and showcase good work.</p> <p>Great game to play great name too ... hit the stumps!</p> <p>Stumps set with cones different distances! 1 hit means move on. 10m</p> <p>Change rules you lot too good! differentiation based on how many stumps are on target 1/2/3. 10m</p>	<p><u>Cool down</u></p> <p>1 round of Messy Houses and then collect resources with a jog to starting positions.</p> <p>Chn to evaluate their overarm throwing in lesson and suggest targets or points to improve for their next lesson.</p>
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<p>LO: To know how to use the bat to defend the wicket and to make runs.</p> <p><u>Warm up</u></p> <p>Introduce giant TV remote! Ive brought my remote and when i press each button you are going to pretend it controls you!</p> <p>Chn stay within the marked area.</p> <p>Stop = Stop Play = Go Fast Forward = Double Speed Rewind = Going Backwards Slow Motion = Half Speed Volume up - Arms up Volume down - arms down Change channel - change direction.</p>	<p><u>Skills Development</u></p> <p>Re-cap different styles of throwing with chn. What are my top tips? What steps do we use?</p> <p>Chn to evaluate throws identifying mistakes e.g Why did the ball not travel to my target? Why didn't it go in a straight line?</p> <p>Chn to pair up to demonstrate and practise overarm throwing paying close attention to any targets identified in last week session or today's introduction.</p> <p>Chn to replay hit the stumps seeing if they can better their score/throws last lesson.</p> <p>Hang on! You lot are becoming pros! Will it be this easy when we start our games of cricket? Why?</p> <p>Chn to identify that in cricket a batter will be trying to score runs! Thats why we practise accuracy so we can outsmart him/her!</p> <p>We've practised throwing to be great bowlers so its time to practise being great batsmen/women!</p> <p>Explain to chn when a ball is hit low they need to defend the stumps by stepping forward to strike a ball away from the wicket. Provide the children with a plastic cup, a ball and a bat. Chn practice stepping forward and touching the ball to safety.</p> <p>Bring the class back together. Explain to the children that as well as using the bat to defend the wicket they can try and hit the ball to make some runs. Model to the class how they can take a step back and swing the bat across the front their body to hit the ball into the outfield of the cricket pitch. Tell the children that they should play this stroke when the ball that has been bowled arrives at the stump at waist height. Provide the children with a bat and get them to practice the action of stepping back and swinging the bat across</p>	<p><u>Cool Down</u></p> <p>Children find a space. Repeat TV activity used in warm up but gradually reduce the intensity of activities!</p> <p>Brand new button - Collect equipment button!</p>
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<p>LO: To demonstrate learnt skills in the context of a game.</p> <p><u>Warm up</u></p> <p>Tower game! Ive built a tower while i was waiting for you guys to get changed and I'm too lazy to take it down so you've got to use your throwing skills to knock it down!</p> <p>2 teams -Throw balls at tower. first to 5 wins!</p> <table><tr><td>0</td><td></td><td>0</td></tr><tr><td>0</td><td></td><td>0</td></tr><tr><td>0</td><td>I</td><td></td></tr><tr><td>0</td><td>II</td><td>0</td></tr><tr><td>0</td><td></td><td>0</td></tr><tr><td>0</td><td></td><td>0</td></tr></table>	0		0	0		0	0	I		0	II	0	0		0	0		0	<p><u>Skills Development</u></p> <p>Address misconceptions/ re-visit learning point. When do we release the ball on our overarm bowl? Think of it as a clock! A clock's hand/arm isn't bent so ours shouldn't be either! The hand is coming anti clockwise tell me when to release. Demonstrate again what may happen if you release to early and late. Chn to practise technique shouting Release at given point.</p> <p>During our lesson we looked at batting what were the two shots? safety and 'swinging' shots. Model shots to chn getting them to identify good/bad points.</p> <p>Hang on in cricket you've told me we have a bowler bowling at stumps! You've told me we now have a batter defending the stumps but also scoring runs. What are we missing?</p> <p>Demonstrate fielding with 3/4 volunteers - deliberately stand too close or follow a 'best friend'. Whats wrong? What should I be doing? Find space this time bite nails/pick grass? What might happen? Safety/miss an important catch or block.</p> <p>Its time to put our skills into practice! Chn to play 'Smash it' simplified cricket game with 1 batter and 1 set of stumps.</p>	<p><u>Cool down</u></p> <p>Messy Houses</p> <p>Using TV remote to make it slo-mo!</p> <p>light jog to a walk to finish.</p>
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<p>LO: To demonstrate learnt skills in the context of a game.</p> <p><u>Warm up</u></p> <p>My TV remote has been playing up again! I've had to put some brand new buttons in to help me!</p> <p>Chn stay within the marked area.</p> <p>Stop = Stop Play = Go Fast Forward = Double Speed Rewind = Going Backwards Slow Motion = Half Speed Volume up - Arms up Volume down - arms down Change channel - change direction. Mute = Lie on floor Unmute = Up to your feet Menu - Stretch body out wide DVD - Spin!</p>	<p><u>Skills Development</u></p> <p>What is the job of the fielder? What are the do's and dont's?</p> <p>Stumps placed on field/yard/hall. Volunteer to place themselves in an ideal position. Why is this a good position? Explain to chn that they need to be able to throw the ball to the bowler or stumps.</p> <p>How else can you get somebody out? Get the children to describe the best way to catch a ball that has been hit into the air i.e. hands together as a mitt to catch the ball, position yourself where the ball will land etc.</p> <p>Split the children into two groups and provide them with a ball. Get the children to take it in turns to throw a ball high into the air for the rest of the group to try and catch.</p> <p>What if the ball is rolling on the floor? Demonstrate blocking a ball using body behind the ball.</p> <p>Now we are clear about fielding I am going to introduce a new rule to 'Smash it' Great fielding and blocking can earn runs too! You can earn runs in this game without even batting!</p> <p>Chn to play 'Smash it ' with new focus/ teaching point.</p>	<p><u>Cool down</u></p> <p>Chn stay within the marked area.</p> <p>Slow actions only! Collect equipment button included!</p> <p>Stop = Stop Play = Go Fast Forward = Double Speed Rewind = Going Backwards Slow Motion = Half Speed Volume up - Arms up Volume down - arms down Change channel - change direction. Mute = Lie on floor Unmute = Up to your feet Menu - Stretch body out wide DVD - Spin!</p>
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<p>LO: To demonstrate learnt skills in the context of a game.</p> <p><u>Warm up</u></p> <p>Find space! (To reinforce fielding skills) Chn to compete to see who is in the most space!</p> <p>Rules:</p> <p>.Always got to be moving you cant stand still!</p> <p>.If you see someone in lots of space you can take their space by standing next to them!</p> <p>Winner is the person in the most space when I blow my whistle!</p> <p>3 rounds!</p>	<p><u>Skills Development</u></p> <p>This time we are going to use our skills to play quick cricket! Has anybody played before? This time we use two wickets and two batters! How does that change he game? Team game, count points, working in pairs.</p> <p>Its all about decision making. Demonstrate scenarios when you may or may not run. Should I go? What should my partner do?</p> <p>Chn to practice runs in pairs between cones. Shout different scenarios for chn e.g defensive shot! Ball hits bowler.</p> <p>Chn to play game of quick cricket.</p> <p>What skills are we looking for? What have we learnt?</p>	<p><u>Cool down</u></p> <p>Messy Houses</p> <p>Using TV remote to make it slo-mo!</p> <p>light jog to a walk to finish.</p>
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