

# KS2 - Striking & Fielding

## Resources

Cricket Balls, Rounders Balls, Tennis Balls, Sponge Balls, Conces, Bibs, Tennis Raquets, Cricket Bats, Rounders Bats

Lesson	Objective	Suggested Learning Activities	Assessment
1.	<p>To demonstrate a good throwing technique over different distances to a partner.</p> <p>To retrieve the ball from the floor and pass it towards a partner.</p>	<p><b>Warm up</b> Individual throwing and catching with ball. 1- 2 hands, 2-1 hands, 1-1 hands, clap in between catches.</p> <p><b>Activity 1</b> Rushing Rounders – 2 teams, 1 throwers, 1 runners. Running team run around the outside of the throwers who are stood on bases. Throwers count number of catches and stop when all runners have been around the circuit one at a time. Swap over. Ext- Change distance/ type of pass.</p> <p><b>Activity 2</b> In pairs, 1 will throw, 1 will retrieve. Both partners stand facing same way, thrower rolls ball under partners legs. Partner then retrieves ball and passes it to partner. 5 each then swap.</p> <p><b>Activity 3</b> Hand hockey. Split group into 4 teams. 2 pitches. Players must pass the ball to one and other using underarm/ over arm passes and will try and score by rolling ball into a target goal.</p> <p><b>Cool Down</b> Over and Under in teams.</p>	<p>Can students demonstrate an underarm throwing technique that is thrown towards a person?</p> <p>Can students demonstrate an overarm throwing technique which is thrown in the direction of a person?</p> <p>Can students catch the ball with good control, bringing it into the chest?</p> <p>Can students retrieve the ball from the floor and send it back to another person?</p>

Lesson	Objective	Suggested Learning Activities	Assessment
2.	<p>To develop accuracy when throwing towards a target or a person.</p> <p>To perform an underarm bowling technique.</p>	<p><b>Warm Up</b> Dodgeball with sponge balls.</p> <p><b>Activity 1</b> Bowling practice – 2 activities Cricket style activity – 3 bowlers take it in turns to practice bowling a ball towards a target on the floor so it bounces up to a person standing between 2 cones where the batter would be. Rounders style bowling – 3 people 1 bowler, 1 hoop holder (batter), 1 backstop (catcher) Rotate groups and activities so they can experience both.</p> <p><b>Activity 2</b> Extension of bowling activities – swap catcher for a batter. Additional team members will be fielders. 3 attempts of hitting the ball. Fielders have to get the ball back to the bowler. Batter will run to a single or multiple bases to score points.</p> <p><b>Cool Down</b> Arm and leg stretches</p>	<p>Can students use a variety of techniques to bowl the ball in a straight direction towards the bowling square or wicket?</p> <p>Can students bowl with accuracy towards a player with a bat?</p>

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3.

To demonstrate a good batting technique.

To control our batting sending the ball in different directions.

### Warm up

Ball Steal. Set up bases and split up class into groups. In the centre there will be a collection of balls. Children will run to the centre one at a time, pick up a ball, roll/throw it towards there team. Continue until all balls have gone then steal from other teams.

### Activity 1

Batting practice – in small groups choose different equipment- 1 bowler, 1 batter, 2 fielders. Q- What is the best way of hitting the ball with your equipment? Change equipment.

### Activity 2

Add in point zones for batting. Target areas between posts will be worth different point values, sides being worth more points than the middle.

### Activity 3

Join 2 groups together – teams must try to score as many points (using target area scoring) as they can in their turn then swap over.

### Cool Down

Arm and leg stretches

Can students demonstrate how to hit the ball using a range of equipment?

Can student shit the ball in different directions, aiming for the spaces?

Can students hit the ball to score points in a competitive situation?

Lesson	Objective	Suggested Learning Activities	Assessment
4.	To apply fielding and striking skills into a small game	<p><b>Warm up</b> Throw, Hit catch- in threes then rotate roles.</p> <p><b>Game Activity</b> Diamond cricket</p> <ul style="list-style-type: none"> <li>• Divide players into teams of 4. Start with one team batting, one batsman at each base. Have one team acting as wicket-keepers, one at each base.</li> <li>• All remaining teams act as fielders, who stand outside the diamond, or the bowler, who stands in the centre of the diamond.</li> <li>• As soon as they have the ball the bowler bowls at any wicket. All batsman run anti-clockwise when the ball is hit, while the fielders return the ball to the bowler. The batting team score a run every time all the batsman safely get to the next base.</li> <li>• Batsman are out when caught, bowled or they hit their wicket</li> <li>• Teams can either bat for a set number of balls, losing 2 runs every time someone is out, or bat for as long as possible but have a set number of lives, losing one each time they are out.</li> <li>• The team with the most runs wins.</li> </ul> <p><b>Cool down</b> Over under races with equipment</p>	<p>Can students apply throwing, catching and hitting skills into a conditioned game of diamond cricket?</p> <p>Can students take responsibility for umpiring their own games?</p>

Lesson	Objective	Suggested Learning Activities	Assessment
5.	To apply fielding and striking skills into a small game	<p><b>Warm up-</b> Throw, Hit catch- in threes then rotate roles.</p> <p><b>Game Activity</b> Continuous Rounders</p> <ul style="list-style-type: none"> <li>• 1 player batting against 4 fielders.</li> <li>• Game starts by the bowler bowling a good bowl towards the batter who hits the ball into the direction of the 2 fielders.</li> <li>• Rounders are scored if the batter runs around the bowler and back or if the batter hits the ball in between the 2 cones (3 and 4) by the 2 fielders on the left.</li> <li>• Fielders can score a point by touching cone 1 with the ball before the batter gets back having run round the bowler.</li> <li>• Play the game with 2 teams (5 aside) where every batter has 3 goes each.</li> </ul> <p><b>Cool down</b> Over under races with equipment</p>	<p>Can students apply throwing, catching and hitting skills into a conditioned game of continuous Rounders?</p> <p>Can students take responsibility for umpiring their own games?</p>