

KS1 - 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 show control when catching a ball.</p>	<p>Warm up Messy bedroom circular version. – one team on the inside of the circle throwing balls or bean bags out, the other team throwing it back in. Swap teams over.</p> <p>Activity 1 Ball handling- each student will have a ball (large or small). They will practice bouncing the ball on the floor then catching it in their hands. (Emphasis on bringing the ball into the chest when catching.) Can they complete this task and get 5 catches ... then 10? 15? Can they throw the ball up in the air and catch it? How many can they catch?</p> <p>Activity 2 Roll, throw and catch with a partner. Using a variety of different sized balls. Children will roll the ball to their partner (approx. 5m apart). They will pick the ball up and roll it back. Ext- throwing to partner.</p> <p>Activity 3 Roll and retrieve with a partner. Each pair will have 1 ball. They will stand next to one and other, Player 1 will roll the ball in front of the pair, player 2 will chase after the ball, pick it up and throw it back to their partner. 10 goes each then swap over.</p> <p>Activity 4 Throwing relays in teams. Under arm, over arm, under and over relay.</p> <p>Cool Down Whole group stretches.</p>	<p>Can students pass a ball to a partner who can catch it?</p> <p>Can students identify why some balls are easier to catch than others?</p> <p>Can students catch a ball from a team mate without dropping it?</p>

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2.	<p>To strike a ball in different ways moving it as far away as possible.</p> <p>To know where is the best place to hit a ball to.</p>	<p>Warm Up Beanbag mix up – 2 teams. 1 team are trying to mix up the matching bean bags on top of cones. The other team are trying to make sure the beanbags and cones match.</p> <p>Activity 1 Striking different equipment- In small groups (3s). 1 throw, 1 strike, 1 collect. Throwing beanbags, kicking balls, hitting ball with tennis rackets, hitting ball with cricket bats. Rotate equipment around groups when each group has finished activity.</p> <p>Activity 2 Scoring points. 2v1. Hit ball away/ throw ball into space jump in and out of a hoop as many times as possible to score, 2 fielders will retrieve ball and return to bowling hoop. Each batter / hitter has 3 turns then swap roles. Change equipment for striking.</p> <p>Cool Down Bean bag balancing – walk around yard balancing beanbag on different body parts.</p>	<p>Can students strike a ball using their hands, feet or another object?</p> <p>Can students identify where they need to send the ball when striking it?</p> <p>Can students strike the ball then complete a task in order to score points?</p>

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3.	<p>To strike multiple balls and send fielders in different directions.</p> <p>To score points by jumping in and out of a hoop with speed</p>	<p>Warm up Domes and Dishes – split class into 2 teams. 1 team will turn cones upside down, the other team will turn cones the right way up. Winning team has the most cones their way up.</p> <p>Activity 1 Throwing targets – set up target zones worth different points. In pairs, 1 partner will be the thrower/ kicker. Their partner will be a fielder. Throw balls, kick balls into different zones. How do you get most points? Where is the best place to throw to, to make your partner take longest to collect?</p> <p>Activity 2 4v1- 1 bowler 3 fielders and 1 hitter/thrower. Points for how many times you can jump in and out of the hoop. Everyone rotate roles.</p> <p>Cool Down Stretches and equipment collect</p>	<p>Can students identify how to score points by throwing the ball into space?</p> <p>Can students retrieve the ball quickly to stop their opponent scoring points?</p> <p>Can students work together as a team to reduce the number of points the opponent scores?</p>

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4.	To use throwing, kicking and striking skills in a small conditioned game.	<p>Warm up Messy bedroom circular version. – one team on the inside of the circle throwing balls or bean bags out, the other team throwing it back in. Swap teams over.</p> <p>Activity 1 Storming the castle: Split class into 4 groups and place them into four boxes in the corners of the playing space. Each group gets 15 tennis balls, when the game starts each team has to roll their tennis balls into the other 3 boxes. Pupils must use acquired skill to stop the balls and roll them back into the opposing teams. After 1 minute stop the game. Team with the least amount tennis balls in their zone wins!</p> <p>Activity 2 Beat the Ball- Pupils get to pick a bat/racquet when it is their turn to strike (Tennis racquet, cricket bat, and rounder's bat). 4 teams (2 More able, 2 less able). Set up three zones (like a rounders pitch set up). 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 three zones.</p> <p>Cool Down Team stretches and collect equipment.</p>	<p>Can students apply their striking and fielding skills to a range of competitive game?</p> <p>Can students maintain accuracy when under pressure from competition?</p>

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