

# LESSON PLAN: KWIK CRICKET: YEAR 1: WEEK 1

**LESSON OBJECTIVE:** Fundamental beanbag skills, focused on throwing.

## WARM UP (10 MINS)

Pupils to play the traffic light game: (holding a ball or bean bag)

**Red** = Stand Still

**Amber** = Jog slowly

**Green** = Sprint

## MAIN LESSON (20 MINS)

Pupils have a beanbag each and move around in a space, whilst moving the beanbag:

- from hand to hand
- round the back
- under their legs in a figure of eight

Teach the pupils how to throw underarm:

- one handed
- throwing arm starts behind the body
- step forward with the opposite foot
- follow through with the arm and point at the target whilst releasing the beanbag.

Pupils to stand in 4 lines and to throw at a target, once thrown they collect and return to the line. Award 1 point for a hit. Pupils can slide the beanbags as well as throw them, vary the distance of the targets.

## GAME/COMPETITION

Relay races: Pupils have to run and collect a beanbag and throw it back to the person at the front of the line, they then have to run to the back of the line.

**Develop:** change the distance of the throw / run and change the object.

## EQUIPMENT

- Bean bags
- Balls
- Targets such as buckets/ cones/hoop

## KEYWORDS

- Opposite leg to throwing arm
- Follow through with arm
- Point at target

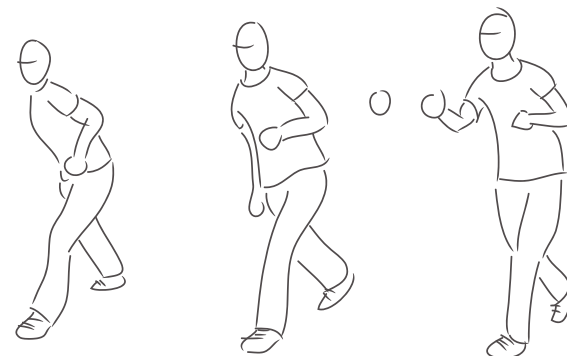
## DIFFERENTIATION

### LESS ABLE

- Use beanbags.
- Shorter distances.
- Larger target.

### MORE ABLE

- Use tennis balls.
- Longer distances.
- Get them to work in pairs, throwing to each other.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they move around an area with the beanbag to a high ability?
	2	Can they move with a beanbag with a certain degree of control?
	1	Can they move with a beanbag, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates a good throwing technique and fair play.
	2	Can work in a team & understands the meaning of fair play.
	1	Starts communicating within a team.
Show & Link	3	Can they link the skills : throw the beanbag using the correct technique and consistently hit the target ?
	2	Can they show and link : throw the beanbag with good technique?
	1	Show how to throw the ball underarm.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why physical activity has health benefits.
	2	Has some knowledge of why physical activity has health benefits.
	1	Has little knowledge of why physical activity has health benefits.