

LESSON PLAN: KWIK CRICKET: YEAR 1: WEEK 2

LESSON OBJECTIVE: Basic underarm bowling/throwing with tactics and aspects of fielding.

WARM UP (10 MINS)

Pass and move: In a 20x20 grid pupils to recap on underarm throwing, half the students start with a ball/beanbag and they all have to move about rolling/sliding to people without a beanbag/ball

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

Split the class into 4 lines, and one at a time they must throw a beanbag/ball at cricket stumps, 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 stumps.

Develop: Add a wicket keepers behind the stumps, which can be used like a back stop, to collect the ball and throw the ball back to the front of the line.

Make sure when the person at the front of the line is receiving the ball, they allow the ball to roll into the hands with palms facing the ball.

GAME/COMPETITION (15 MINS)

Put the class into groups of 5.

Have a group standing each side of a set of stumps, approximately 5 metres back.

The player at the front of one of the teams tries to hit the stumps by using an underarm throw or rolling the ball, the opposite team collect the ball.

The thrower then goes to the back of the line whilst the opposite team has a go. This continues so everyone gets a go.

Direct Hit = 2 points

Roll / Bounce Hit = 1 Point

EQUIPMENT

- Bean bags
- Balls
- Cricket Stumps
- Cones

KEYWORDS

- Wicket Keeper
- Body position
- Follow through with arm

DIFFERENTIATION

LESS ABLE

- Use beanbags.
- Shorter distances, and larger balls.

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.