

# LESSON PLAN: KWIK CRICKET: YEAR 1: WEEK 3

**LESSON OBJECTIVE:** Catching and fielding.

## 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 to get into pairs and stand approx. 4 metres apart. Place a cone 1 metre in front of each pupil. One beanbag per pair. Pupils must try and hit their opponents cone.

- 2 points for a direct hit
- 1 point for a bounce/ slide and hit
- 0 points for a miss

The partner then collects the beanbag, returns to 1 metre behind their cone and attempts to hit their partners cone.

Pupils taught the fundamental points of catching:

- Track/look at the object in front.
- Move feet to make sure the object will be received in the catching zone (chest area on the body).
- Pupils to put hands up to meet the ball (baby fingers together, palms to the sky, arms extended to meet the object, then bring the arms into the body when the object hits the hands).

**Develop:** pupils to practice in pairs throwing and catching.

## GAME/COMPETITION (15 MINS)

In pairs facing each other, throw a beanbag if caught then the catcher takes a step back, if they drop it they take a step forward. The people furthest apart are the winners.

## EQUIPMENT

- Bean bags
- Balls
- Cones

## KEYWORDS

- Track ball
- Move feet
- Catching Zone
- Hands out to receive ball

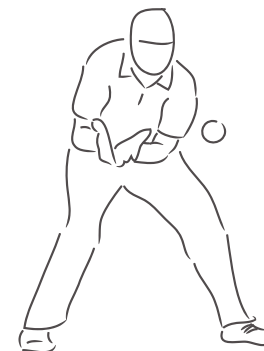
## DIFFERENTIATION

### LESS ABLE

- Use beanbags.
- Shorter distances.
- Larger balls.

### MORE ABLE

- Use tennis ball.
- Longer throwing distance.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they throw and catch using the correct technique to a high ability?
	2	Can they throw and catch with a certain degree of control?
	1	Can they throw and catch, 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.