

# LESSON PLAN: KWIK CRICKET: YEAR 4: WEEK 4

**LESSON OBJECTIVE:** Develop batting and fielding skills in kwik cricket, with over arm bowling.

## WARM UP (10 MINS)

5 Pass: In teams of 5, in a grid, each team has to try and complete 5 passes without the ball being intercepted by the other team or dropped on the floor. Vary the size of balls and how many passes they have to complete depending on ability.

## MAIN LESSON (20 MINS)

Get the pupils into groups of 5:

- 1 wicket keeper
- 1 Bowler
- 1 Batter
- 2 Fielders

Each group needs 1 cone to bowl from, 1 wicket, 1 bat and 1 ball. The bowler has to underarm bowl to the batter who tries to hit the ball, the closest fielder has to return the ball to the wicket keeper (the ball should be thrown back to the keepers hands just above the stumps), the spare fielder has to quickly move round to back the wicket keeper up in case of an over throw.

If the ball is hit very far away and the 1st fielder will not be able to throw the ball all of the way into the keeper then the spare fielder is to go half way between the ball and the wicket in order to gather the ball and throw it to the keeper. This is known as 'Bridging the throw'.

Overarm Bowling: In pairs try and bowl the ball to each other:

- the bowling arm has to stay straight
- stand sideways onto the batter
- look over the shoulder towards the target
- bring bowling arm past the ear
- release the ball aiming at the target
- try and get the ball to pitch/bounce once before reaching the target.

## GAME/COMPETITION (15 MINS)

Continue playing the above game in groups of 5, 6 bowls per person, if the batter hits the ball they can run to the bowler's cone and back to get 1 run each way. They can keep running until the ball gets back to the wicket keeper. Try and introduce the overarm bowl to the game.

## EQUIPMENT

- Bats
- Balls
- Stumps
- Cones

## KEYWORDS

- Bridging the throw
- Weight on the back foot
- Pull through the line of the ball
- Keep the bowling arm straight

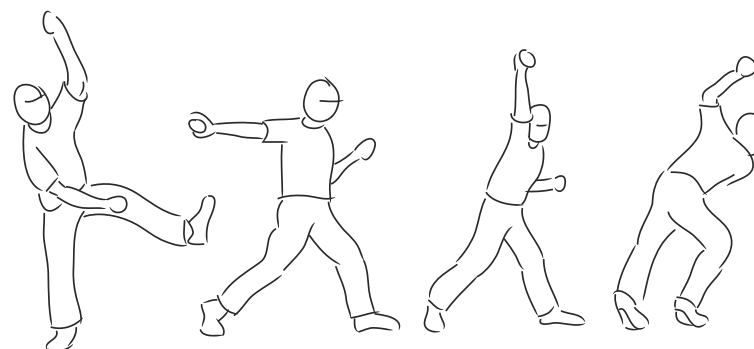
## DIFFERENTIATION

### LESS ABLE

- Use tennis rackets and balls.
- Fewer fielders.

### MORE ABLE:

- Over arm bowling with a run up.
- Increase the length the bowler has to bowl to the batter.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the overarm bowl to a high ability?
	5	Can they perform the overarm bowl with a certain degree of control?
	4	Can they perform the overarm bowl but to a low ability?
Tactics, Rules & Teamwork	6	Can they use tactics and show an understanding of rules in a game.
	5	Is able to show an understanding of basic rules.
	4	Is able to explain the rules of an overarm bowl.
Show & Link	6	Can they link: overarm bowling and batting skills in a game?
	5	Can they show and link: bowling and batting skills in a game?
	4	Show they can bowl in a game situation.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.