

# LESSON PLAN: KWIK CRICKET: YEAR 5: WEEK 1

**LESSON OBJECTIVE:** To develop accuracy of throwing whilst fielding the ball.

## WARM UP (10 MINS)

In a grid pupils are to pass and move in pairs. Start by rolling the ball, progress to an under arm throw, then over arm throw. Vary this by using different sized balls and also changing the size and shape of the grid.

## MAIN LESSON (20 MINS)

Under arm throw:

- Get pupils into groups of 6, 15m apart, 3 at each end.
- Player 1 rolls the ball to the opposite end, follows the ball and joins the back of the opposite line.
- Player 2 fields the ball and rolls it to the other end and follows the ball and repeat.

**Develop:** Progress to under arm throw and catch.

Over arm throw:

- Set up a square 30 x 30 with cones. Split the class into 2 teams (fielders & batters), 4 sets of stumps in a line in the middle of the square.
- One team stands behind the cones at each end of the square with a ball each. The other team are the fielders and stand inside of the square.
- The teacher shouts go and 1 player at a time has to over arm throw the ball at the stumps scoring a point for each hit.
- Fielders then field the ball back to the next thrower.

**Safety point:** Players are not permitted to move in front of the cones to throw the ball at any time.

## GAME/COMPETITION (15 MINS)

Create 2 grids, approximately 20 meters apart. Place a team in each grid. Create another playing area depending on the size of the class. 1 ball has to be thrown overarm above head height into the other teams square, one team at a time. Score the team catching the ball in the following way:

- Caught: 5 points
- Dropped: 2 points
- Lands without being touched or outside of the playing area: 0 points

## EQUIPMENT

- Beanbags
- Balls
- Stumps
- Cones

## KEYWORDS

- Opposite leg to throwing arm
- Follow through with arm
- Point at target
- Body side on
- Balanced body position
- Transfer weight from back to front foot

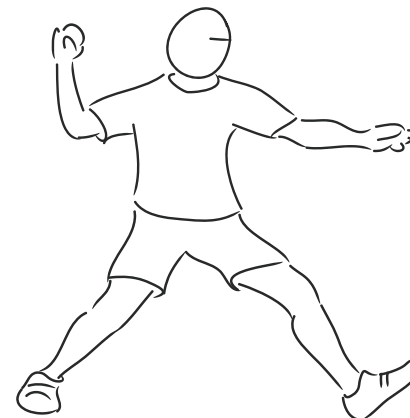
## DIFFERENTIATION

### LESS ABLE

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

### MORE ABLE

- Use tennis balls.
- Increase distances.
- Use weaker hand.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the throwing skills to a high ability?
	6	Can they perform the throwing skills with a degree of control?
	5	Can they show an understanding of the throwing skills?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: movement, receiving the ball and throwing with accuracy?
	6	Can they show and link: receiving the ball and throwing?
	5	Show they can throw the ball.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.