

LESSON PLAN: KWIK CRICKET: YEAR 5: WEEK 4

LESSON OBJECTIVE: To develop speed and accuracy in the overarm bowling.

WARM UP (10 MINS)

Teams of 5 and a grid 10x10m each team has to try and complete 5 passes without the ball being intercepted by the other team or dropped. Vary the size of balls and how many passes they have to complete depending on ability.

MAIN LESSON (15 MINS)

In pairs 12 meters apart, bowl the ball to each other overarm making it bounce before their partner. Key Points: Bowling arm has to stay straight, stand sideways onto the partner. If right handed then the ball in the right hand with the left leg pointing towards their partner, if right handed look over the left shoulder towards the target, bring bowling arm past the right ear and reach with the left arm down towards the target and release the ball at its highest point.

Develop: Place a hoop 2m in front of the partner and now aim to bounce the ball in the hoop. Score points for every hit.

GAME/COMPETITION (20 MINS)

- Groups of 5, 1 wicket keeper, 1 Bowler, 1 Batter, 2 Fielders. Each group needs 1 cone to bowl from, 1 wicket, 1 bat, 1 ball.
- Bowler has to overarm bowl to the batter who hits a shot to defend the wicket..
- The closest fielder has to return the ball to the wicket keeper, the other fielder has to quickly move round to back up the wicket keeper up in case of an over throw (backing up).
- Continue playing the above game in groups of 5, 6 bowls per bowler, 12 balls per batsman, if the batter hits the ball they can run to the bowler's cone and back to get 2 runs. They can keep running until the ball gets back to the wicket keeper.
- -3 runs if they are out.

EQUIPMENT

- Bats
- Balls
- Stumps
- Cones

KEYWORDS

- Keep arm straight
- Get body sideways on
- Reach for the target
- Backing up

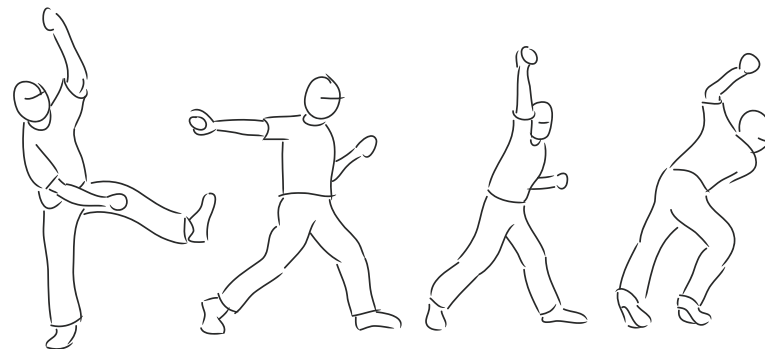
DIFFERENTIATION

LESS ABLE

- Shorter distances.
- Underarm bowling.
- Larger softer balls.
- Bigger target.

MORE ABLE

- Over arm bowling with run up.
- Longer distance to bowl.
- Smaller targets.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the bowling skills to a high ability?
	6	Can they perform the bowling skills with a degree of control?
	5	Can they show an understanding of the bowling 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: overarm bowling in a game situation with accuracy?
	6	Can they show and link: overarm bowling in a drill?
	5	Show they have knowledge of the overarm bowling technique.
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.