

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

**LESSON OBJECTIVE:** Fundamental skills of fielding and throwing. Introduction of the over arm throw.

## WARM UP (10 MINS)

Pupils to have a beanbag or a ball each and to move around in a grid whilst:

- Moving the ball from hand to hand
- Moving the ball around the back/head
- Moving the ball under their legs in a figure of 8

When the teacher shouts 'change' the pupils have to place the beanbag/ ball on the ground and find another ball to use.

## MAIN LESSON (20 MINS)

Pupils look at how to throw/roll a ball underarm with one hand:

- Throwing arm starts behind the body
- Step forward with the opposite foot
- Follow through with the arm and point at the target.

With a partner, complete the underarm throw/roll, pass and move. One pupil is to find a space and stand with their legs shoulder width apart, the partner is to try and roll the ball through their legs = 1 point.

**Develop:** Bend down and scoop the ball up, ensure the receiver has moved their feet so the ball arrives in the middle of their body, have little fingers together and palms facing where the ball came from.

- Pupils look at how to throw overarm:
- Opposite leg forward to the throwing arm
- Start with the ball behind the head
- Lead through with the elbow first
- Flick the wrists and point the fingers at the target after releasing the ball to generate power and accuracy

Set up targets for pupils to throw at over arm. Then get pupils to work in pairs and gradually increase the distance between them, when they successfully catch the ball, they can step back.

## GAME/COMPETITION (15 MINS)

Relay races: Pupils have to run and collect a beanbag/ball and throw it back to the first person in the line, this person then has to run with it and place it back in its original position. Repeat so that all the team members get a go. Change the distance of the throw/run to make it more challenging.

## EQUIPMENT

- Beanbags
- Balls
- Targets such as buckets/ cones

## KEYWORDS

- Opposite leg to throwing arm
- Follow through with arm
- Point at target

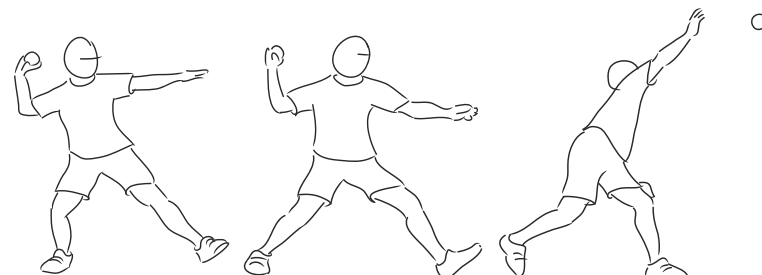
## DIFFERENTIATION

### LESS ABLE

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

### MORE ABLE:

- Use tennis balls.
- Increase distances.
- Get them to work in pairs throwing to each other.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they complete an underarm and overarm throw to a high ability?
	4	Can they complete an underarm and overarm throw with a certain degree of control?
	3	Can they complete an underarm and overarm throw, but to a low ability?
Tactics, Rules & Teamwork	5	Works in a team and demonstrate the use of tactics and an understanding of the rules.
	4	Can work in a team and understands the rules.
	3	Starts communicating within a team.
Show & Link	5	They can link the skills: Throwing underarm and overarm with accuracy to a high ability?
	4	Can they show and link: Throwing underarm and underarm with some accuracy?
	3	Show how to throw underarm and overarm.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.