

LESSON PLAN: KWIK CRICKET: YEAR 2: WEEK 1

LESSON OBJECTIVE: To learn and understand basic fielding skills using the one handed underarm throwing technique.

WARM UP (10 MINS)

Pupils are to have a ball each and they are to move around in a space whilst:

- Moving the ball from hand to hand.
- Round the back of their head.
- Under their legs in a figure of 8.
- Balance on their body (e.g. head).
- Throw and catch.

MAIN LESSON (20 MINS)

Teach the pupils the one handed underarm throw:

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

Pupils can practice with a partner. They can count how many they catch without dropping the ball. Swap partners after 2minutes.

Develop: Pupils to stand in 4 lines and to throw at a target. Once thrown, they collect and return to the line. Award 1 point for a hit. Pupils can slide the ball as well as throw it, vary the distance of the targets.

GAME/COMPETITION (15 MINS)

Relay races (Put pupils in teams of 4): The 1st person has to run out, approximately 5metres out in front of them, and collect the ball and throw it back to the first person in the line. Once they have thrown the ball back, they then run to join the back of their line. The 2nd person then runs with the ball and places it back in the original position. Repeat this until all 4 pupils have completed their turn. You can change the distance of the throw/run, or change the object.

EQUIPMENT

- Bean bags
- Balls
- Targets such as buckets/ cones/hoop

KEYWORDS

- Aim
- Target
- Accuracy
- Coordination

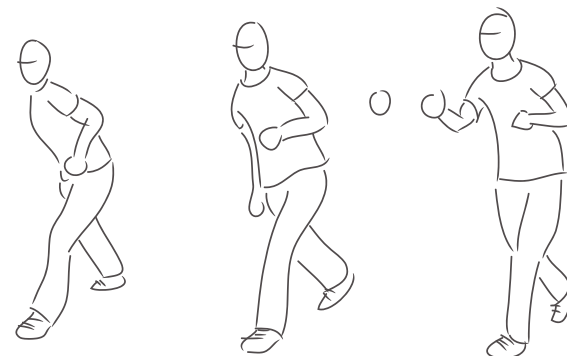
DIFFERENTIATION

LESS ABLE:

- Use beanbags rather than balls.
- Shorter distances in the throwing practice.
- Larger balls.

MORE ABLE:

- Use tennis ball.
- Place pupils further apart in the throwing practice.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Perform the one handed throwing skills to a high ability.
	3	Perform the one handed throwing skills with a certain degree of control.
	2	Perform the one handed throwing skills, but to a low ability.
Tactics, Rules & Teamwork	4	Work in a team and demonstrate the use of tactics and the understanding of rules.
	3	Work in a team and understands the rules.
	2	Try and work in a team.
Show & Link	4	Can they link the skills: throw the ball using the correct technique and consistently hit the target?
	3	Can they show and link: throw the ball with good technique.
	2	Show how to throw the ball underarm.
Describe Ways to Improve	4	Are able to describe and improve performance.
	3	Are able to describe performance.
	2	Are able to see differences in performance against a simple model.
Fitness & Health	4	Understand why physical activity benefits their health and how they can improve their fitness.
	3	Show a solid understanding of why physical activity benefits their health.
	2	Have a basic knowledge of why physical activity benefits their health.