

LESSON PLAN: **ROUNDERS:** YEAR 1: WEEK 2

LESSON OBJECTIVE: To learn how to underarm throw focussing on aiming skills.

WARM UP (10 MINS)

Repeat hot potato game from previous week but this time, when pupils miss/drop the ball they have to run around the circle before they go down to one knee.

MAIN LESSON (20 MINS)

Explain to pupils the importance of underarm throwing in rounder's (bowling technique and fielding technique).

Put pupils into small teams of 4/5: They need to focus on their aiming skills by throwing a bean bag into different size hoops in front of them. Points are awarded for the different hoops. Highlight any good technique.

Question: As a team, how many points can they score after one go each?

Ask the teams if they can now beat their previous scores.

Develop: Take away the hoops and ask one pupil from each team to stand facing the rest of their team standing 2metres apart. Replace bean bags for the soft ball. Pupils take it in turns to throw to the catcher. In 1 minute how many can they catch? Swap the catcher.

GAME/COMPETITION (15 MINS)

Pupils in their teams have to stand in a line. The ball starts at the front of the line. Pupils have to pass the ball to each other down the line until they reach the last person. That person then runs to the front and they repeat the drill. Race between groups.

EQUIPMENT

- Bean bags
- Sponge balls
- Hoops
- Markers

KEYWORDS

- Watch
- Aim

DIFFERENTIATION

LESS ABLE

Change points for pupils less able in the hoop game. Bring hoops closer.

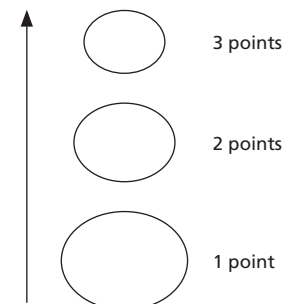
MORE ABLE

Move hoops further away.
Make all the hoops smaller.
Ask their catcher to stand further back.

HOOPLA

Throw a beanbag into the hoops to score points

More points awarded for the smaller hoops



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they perform throwing to a high ability?
	2	Can they perform throwing with a certain degree of control?
	1	Can they perform throwing, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates the use of tactics & the understanding of rules.
	2	Can work in a team & understands the rules.
	1	Starts communicating within a team.
Show & Link	3	Can they link the skills : throwing the ball with good aim to a high ability?
	2	Can they show and link : throwing the ball into a target?
	1	Show the fundamental skills involved in throwing.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why physical activity has health benefits.
	2	Has some knowledge of why physical activity has health benefits.
	1	Has little knowledge of why physical activity has health benefits.