

# LESSON PLAN: **ROUNDERS:** YEAR 1: WEEK 4

**LESSON OBJECTIVE:** Learn how to run at speed around bases.

## **WARM UP (10 MINS)**

Running around in a space, when the teacher blows the whistle they have to pretend they are swinging their bat 'hitting' a ball, catching a ball or performing an under arm throw.

## **MAIN LESSON (20 MINS)**

Explain to children why we need to run fast in rounder's. Put children into small teams of 5 and ask them to sit in a circle. One person at a time they have to get up and run around the circle and sit back down in their place. Then the next person goes until all players have had a go. Tell them they have to run as fast as they can and to put their hands up when they are finished so you can see which circle finishes first.

**DEVELOP:** Sit children down in 2 big circles. Select 4 different colours (e.g. Red, blue, yellow, and green). Go around the outside of the circle giving each child a colour. Explain that when the teacher calls out a colour, all those pupils have to stand up and run around the circle back to their place. All children must run in the same direction. The last person back to their place is out of the game.

## **GAME/COMPETITION (15 MINS)**

Split the class into batters and fielders. Set up the bases. Modified game of beat the ball- teacher bowls the ball to the batter, they attempt to hit it. They then have to run around the bases. The fielders have to underarm throw the ball back to the bowler (teacher). When the ball is back to the bowler, teacher shouts stop. Batter then has to stop at the base they are at. 1 point if they get to 1st, 2 points-2nd, 3 points-3rd, 4 points-4th.

## **EQUIPMENT**

- Rounders bases
- Tennis rackets
- Clip board, paper and pen to keep score
- Bibs for the game

## **KEYWORDS**

- Fast arms
- Look where you are running
- Hands ready to catch

## **DIFFERENTIATION**

### **LESS ABLE**

Smaller circle for the less able children.

Tennis racket can be used in the game if they are batting. Pupils can bowl to themselves if they struggle.

### **MORE ABLE**

Larger circle for the more able children.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they run at speed with good technique to a high ability?
	2	Can they run with good technique with a certain degree of control?
	1	Can they run with some technique, 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 : running at speed to a high ability around bases?
	2	Can they show and link : running around bases?
	1	Show the fundamental skills involved in running.
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.