

LESSON PLAN: **ROUNDERS**: YEAR 1: WEEK 5

LESSON OBJECTIVE: Learn basic fielding techniques.

WARM UP (10 MINS)

Pupils all run around the 4 bases in an anti-clockwise direction. When the teacher shouts a number of a base, they have to run to that base. Stretches.

MAIN LESSON (20 MINS)

In partners, stand side by side, 1 ball between them.

1 person rolls the ball forwards and as soon as it leaves their hands, their partner runs to collect the ball by scooping it up in one hand. When they pick the ball up, they need to turn around and run back to the start. 5 goes each, swap over

Develop: Instead of running back to the starting place, they need to underarm throw the ball back to their partner. Highlight anyone who is doing it really well.

GAME/COMPETITION (15 MINS)

Split an area into four parts. And then split the class into the four areas.

Each team receives 5 cones of the same colour, which they lay out in their area.

The aim of the game is to roll the ball and hit as many of the cones from the other areas. The pupil who rolled the ball must collect the ball and any cones which they hit. Pupils take it in turns in their teams.

The team with the most cones at the end of the designated time, wins.

EQUIPMENT

- Cones/markers
- Sponge balls/tennis balls

KEYWORDS

- Run to the side of the ball
- Make a cup shape with your hands

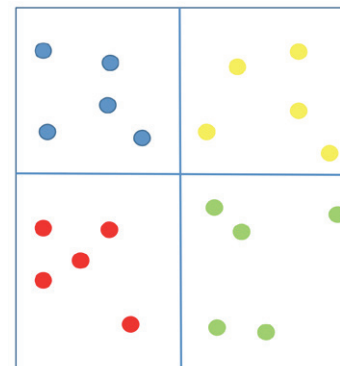
DIFFERENTIATION

LESS ABLE

Let them stand in front of their partner of the main activity to give them a head start.

MORE ABLE

Ask their partner to roll the ball as hard as they can to really make them run for the ball.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they perform good fielding skills to a high ability?
	2	Can they perform fielding skills with a certain degree of control?
	1	Can they field 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, fielding and throwing?
	2	Can they show and link : fielding and throwing?
	1	Show the fundamental skills involved in fielding.
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.