

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

LESSON OBJECTIVE: To learn how to perform a two handed and one handed catch.

WARM UP (10 MINS)

Set out rounder's bases and tell the children that they are named 1st, 2nd, 3rd and 4th base. All pupils start in the middle and have to run on the spot. When the teacher shouts out a base, pupils have to run around that base and return to the centre. Teacher can make it into a game of "Simon Says" to make it fun and enjoyable.

MAIN LESSON (20 MINS)

Demonstrate how to catch a ball, concentrate on:

- Watching the ball.
- Heel of the hands together to catch.
- Fingers around the ball.
- Pulling ball into the chest.

Ask pupils, to throw the ball up above their heads and then they need to attempt catching the ball. Give them a target of 5 catches without dropping the ball.

Develop: Ask pupils to try to catch with one hand. Pupils can try walking at the same time.

GAME/COMPETITION (15 MINS)

Hot Potato: Pupils in a circle of 5/6. One pupil in the middle feeds the ball to pupils on the outside. If they drop the ball, they go to one knee, then two knees, and then they are out when they sit on their bottoms. Start with a two handed catch and then repeat the game with one handed catches. Swap middle person.

EQUIPMENT

- Soft sponge balls
- Bases and posts

KEYWORDS

- Eye contact
- Superglue hands
- Hug the ball

DIFFERENTIATION

LESS ABLE

- Give children one bounce to catch the ball.
- Use a larger ball if needed.
- More lives in the game.

MORE ABLE

- Can they start to move around the area without bumping into any one?



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they perform their two handed and one handed catching skills to a high ability?
	3	Can they perform their two handed and one handed catching skills with a certain degree of control?
	2	Can they perform their two handed and one handed catching skills, but to a low ability?
Tactics, Rules & Teamwork	4	Works in a team & demonstrates the use of tactics & the understanding of rules.
	3	Can work in a team & understands the rules.
	2	Starts communicating within a team.
Show & Link	4	Can they link the skills: a two handed and one handed catch to a high ability?
	3	Can they show and link: a two handed catch?
	2	Show the fundamental skills involved in catching.
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	Shows a solid understanding of why physical activity has health benefits.
	3	Has some knowledge of why physical activity has health benefits.
	2	Has little knowledge of why physical activity has health benefits.