

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

**LESSON OBJECTIVE:** To learn how to accurately catch a thrown ball.

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

Set up a line of students facing a hoop about 20 paces away. Put a cone down 5 paces short of the hoop, with a tennis ball on top. Place a student in each hoop. Each student takes it in turn to run to the cone and pass the ball to the person in the hoop. The person in the hoop catches the ball. If they are successful they swop places and the person in the hoop runs the ball back to the person at the front of the line. The next person runs out and does the same.

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

Demonstrate how to catch a ball. Teaching Points are as follows:

- Watch the ball
- Hands together in a cradle to catch
- Fingers around the ball
- Pull ball into your chest

Place five more hoops opposite the original hoops. These need to be a good distance apart. Place the students in teams of approximately 10 students. Five students stand in their half of the area and put five students in the opposite hoops. Five students from the opposite team will stand in front of these hoops. The aim of the game is to throw a ball from your own half to the person in the hoop. If they catch the ball they can leave the hoop and return to their team.

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

Continue on with the game above. The students are now allowed to pass the ball to each other and move around anywhere in the area. If they can pass the ball to somebody in a hoop they take that persons place and get a point for their team. They must make a number of completed passes before they get the ball to a player in the hoop.

## **EQUIPMENT**

- Soft sponge balls/tennis balls/rounders ball
- Cones

## **KEYWORDS**

- Eye contact
- Superglue hands
- Hug the ball

## **DIFFERENTIATION**

### **LESS ABLE**

- Give children one bounce to catch the ball.
- You can use a larger ball if needed.
- Give pupils more lives in the game.

### **MORE ABLE**

- Pupils can try to use a one handed catch.
- Pupils have to use their non-dominant hand.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform their two handed and one handed catching skills to a high ability?
	5	Can they perform their two handed and one handed catching skills with a certain degree of control?
	4	Can they perform their two handed and one handed catching skills, but to a low ability?
Tactics, Rules & Teamwork	6	Works in a team & demonstrates the use of tactics & the understanding of rules.
	5	Can work in a team & understands the rules.
	4	Starts communicating within a team.
Show & Link	6	Can they link: their movement skills, throwing and catching skills, and their communication skills?
	5	Can they show and link: their movement skills, and throwing and catching skills?
	4	Show how to stand ready to catch the ball.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why catching activity has health benefits.
	5	Has some knowledge of why catching has health benefits.
	4	Has little knowledge of why catching has health benefits.