

LESSON PLAN: **ROUNDERS**: YEAR 4: WEEK 2

LESSON OBJECTIVE: To develop the consistency of overarm throwing skills.

WARM UP (10 MINS)

Piggy in the middle: The pupils are to throw and catch the ball to each other within a set space. A defender in the middle tries to steal the ball. If they manage this, the person who had last thrown the ball becomes the piggy.

MAIN LESSON (20 MINS)

Explain to pupils about the overarm throwing technique and why this is used in rounders' (answer: It is used for long distance fielding). Pair pupils up in partners and ask them to face each other 5 metres away. After a demonstration, ask pupils to practice over arm throwing to their partners. See how many they can throw to each other without dropping the ball. Highlight good practice.

Develop: Per pair, mark out a small square about 15 steps away. Vary the distance on their ability. The idea is to throw the ball and get it to land in this area. If it lands in the area the thrower gets a point. If the pair in the area catches the ball then they get a point.

GAME/COMPETITION (15 MINS)

In small groups of 4, pupils take it in turns to throw the ball as far as they can. As soon as they have thrown the ball, the other 3 pupils (the fielders), run to collect the ball and return it to the starting point using the overarm throwing technique. They need to do this before the thrower can perform as many short shuttle runs to a cone, about 2 metres away and back. Swop over and see which person scores the highest.

EQUIPMENT

- Bean bags
- Variety of balls
- Markers

KEYWORDS

- Watch
- Hands reached out
- Aim

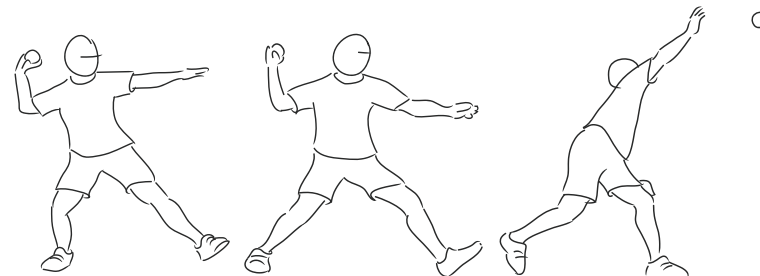
DIFFERENTIATION

LESS ABLE

- Use different size balls for those who struggle.
- Bean bags can be used instead of a ball.

MORE ABLE

- Throw with the non-dominant hand.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the overarm throwing technique to a high ability?
	5	Can they perform their underarm throwing skills with a certain degree of control?
	4	Can they perform their underarm throwing, 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: all the skills required to perform the overarm throwing technique to a high ability?
	5	Can they show and link: all the skills required to perform the overarm throwing technique to a certain degree of control?
	4	Show throwing and catching together.
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 physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.