

# LESSON PLAN: **ROUNDERS:** YEAR 4: WEEK 5

**LESSON OBJECTIVE:** To develop pupils fielding techniques.

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

Place pupils in small groups. Ask each person in the group to lead a pulse raising activity. E.g. running, high knees, side steps etc. The teacher can blow the whistle when they want the person leading to change to the next person. The teacher can lead the stretches.

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

Explain long distance fielding techniques and how overarm throwing is quicker than running with the ball. To test this theory, place pupils in groups of 4. 3 pupils line up 4 metres away from each other ready to throw and catch the ball down the line to each other. The 4th person is to race the ball. Who gets to the finish line first, the ball or the runner?

**Develop:** Start with short underarm throws, develop to longer distance over arm throwing. This shows that throwing a ball is quicker than running with a ball.

**Question:** As a fielder, what is the quickest way to get a player out? Throwing the ball towards a base or running with the ball towards a base to stump them out?

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

Set up 4 bases. Teachers can set up more than one rounder's pitch if they have the equipment required. Depending on how many pitches are set up, split the class evenly. Pupils are to line up at the batting area. Pupils stand on bases and as soon as the batter starts running, the ball is thrown from base to base to see who reaches 4th first. Rounder scored if they reach 4th base first. Change the pupils covering the bases.

## **EQUIPMENT**

- Cones / markers
- Sponge balls/tennis balls
- Bats / tennis racket

## **KEYWORDS**

- Concentration
- Speed
- Technique

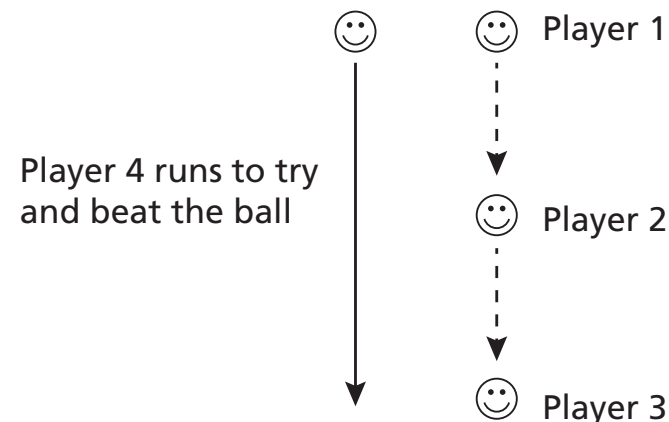
## **DIFFERENTIATION**

### **LESS ABLE**

- Stand closer to their partner.
- Use a different size ball.

### **MORE ABLE**

- Encourage them to communicate ideas.
- Ask them to use a one handed catch.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform their underarm and overarm fielding skills to a high ability?
	5	Can they perform their underarm and overarm fielding skills with a certain degree of control?
	4	Can they perform underarm and overarm fielding 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 telling each other where to stand to catch the ball.
Show & Link	6	Can they link: running, scooping, throwing and catching together?
	5	Can they show and link: running, scooping and throwing skills together?
	4	Show running and scooping up the ball 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 fielding skills has health benefits.
	5	Has some knowledge of why fielding skills has health benefits.
	4	Has little knowledge of why fielding skills has health benefits.