

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

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

WARM UP (10 MINS)

Pupils find a space on their own. They are to bounce a ball in front of themselves and try to catch it. See how many they can do without losing control. Repeat with one hand and then alternate hands. Pupils can start to move around walking whilst bouncing and catching the ball.

MAIN LESSON (20 MINS)

Demonstrate how to catch a ball. Teaching Points:

- Watch the ball
- Little fingers over lapping to form a cradle
- Fingers to spread around the ball
- Pull ball into your chest

Ask pupils to work with a partner to practice throwing and catching the ball.

Standing in a circle, pupils throw the ball to each other in a clockwise direction. If they drop it, they have to run around the circle before the others can pass the ball around the circle and back to their place for their next catch. If they fail, they lose a life. This can be repeated with one handed catches and giving lives to students.

GAME/COMPETITION (15 MINS)

In small groups of 5, 4 pupils make a diamond shape and 1 person stands in the middle. 3 pupils in the diamond have a ball and 1 person without. One person starts by throwing the ball to the middle person but instead of throwing the ball back, they throw it to the person who started without a ball. See who can complete the diamond without dropping the ball.

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.
- More lives in the main lesson.

MORE ABLE

- Repeat with one handed catches.
- Instead of losing a life if they don't beat the ball back, they have to first kneel on one knee, then on two knees and then sit down to show they are out.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the catching skills to a high ability?
	6	Can they perform the catching skills with a degree of control?
	5	Can they show an understanding of the catching skills?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: movement, receiving the ball with two hands and one hand?
	6	Can they show and link: receiving the ball with accuracy with two hands?
	5	Show they can catch the ball.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.