

LESSON PLAN: **ROUNDERS:** YEAR 5: WEEK 2

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

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)

Explain to pupils the different throwing techniques in rounders (short distance and long distance fielding technique). Pair pupils up and ask them to face each other 5 metres away. Underarm throw and pass the ball.

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. Every time their partner catches the ball, they take a step backwards. Highlight good practice.

Question: When would you perform this in a game?

GAME/COMPETITION (15 MIN)

Put the pupils in groups of 6 to compete against each other in a 5 v5 game. Set out a playing space with a bench each end and cones across the middle. One team to standing in one area, the other team in the other. One pupil from each team to stand on the bench opposite them. Pupils are to throw the ball to one another with the intention of throwing it to a team member on the opposite bench to score a point, without the other team intercepting the ball. Once the person has caught the ball on the bench, they come off the bench and the player who threw the ball takes their place. After 5minutes, swap teams around to play a different group.

EQUIPMENT

- Bean bags
- Variety of balls
- Benches
- Markers

KEYWORDS

- Eye contact
- Sideways stance
- High elbow
- Aim

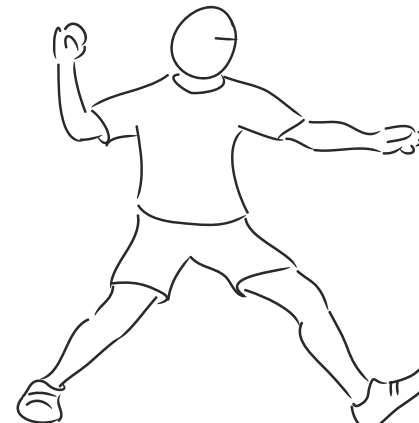
DIFFERENTIATION

LESS ABLE

- Use different size balls for those who struggle.
- Bean bags can also be used.

MORE ABLE

- Repeat with one handed catches.
- Throw with the non-dominant hand, or one handed catches only allowed.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the fielding skills to a high ability?
	6	Can they perform the fielding skills with a degree of control?
	5	Can they show an understanding of the fielding 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: passing, catching and moving?
	6	Can they show and link: passing and catching??
	5	Show they can field 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.