

LESSON PLAN: **ROUNDERS:** YEAR 6: WEEK 1

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

WARM UP (10 MINS)

Pupils are to stand in pairs facing each other about five yards apart. They throw the ball to their partner then swap places. They then throw it twice and swap places then three times, four times etc. It is the first team to ten that wins. Repeat with one hand and then alternate hands.

MAIN LESSON (20 MINS)

Demonstrate how to catch a ball. Teaching Points:

- Watch the ball.
- Little fingers overlapping to make a basket.
- Fingers around the ball.
- Pull ball into your chest.

In a large area approximately 30 paces by 30 paces students are to stand with a partner. In their pairs they must pass the ball underarm below shoulder height to their partner. They must then pass and move around the square without dropping the ball. Once competent at moving around and passing the ball, add in two students to move around the large square to try and intercept the ball. These students get 2 minutes to run around. Each time somebody drops the ball or they intercept the ball they get a point.

GAME/COMPETITION (15 MINS)

To finish the students can play a 6 v 6 game. Students work in 20 by 30 yard areas with two 5 yard goals, one at each end. They have to pass the ball underarm around their team and to score must roll the ball along the ground through the goal.

- No contact.
- If the ball is dropped the opposition get the ball.
- Interception is allowed.

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 less able more time on in the development task.

MORE ABLE

- One handed catch, non-dominant hand.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform their two handed and one handed catching skills to a high ability?
	7	Can they perform their two handed and one handed catching skills with a certain degree of control?
	6	Can they perform their two handed and one handed catching skills, but to a low ability?
Tactics, Rules & Teamwork	8	Works in a team & demonstrates the use of tactics & the understanding of rules.
	7	Can work in a team & understands the rules.
	6	Starts communicating within a team.
Show & Link	8	Can they link: catching the ball with one hand and two hands successfully in a game situation?
	7	Can they show and link: catching the ball with one hand and two hands?
	6	Show they catch the ball.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.