

LESSON PLAN: GAMES-CRICKET: YEARS 5&6: WEEK 1

LESSON OBJECTIVES: To retrieve, intercept and stop a ball when fielding. To get their body behind the ball when retrieving it.

WARM UP (10/15 MINS) Me and my ball:

- Each pupil with a ball moves around while throwing and catching their ball.
- How high can you throw and catch it?
- Bounce ball hard into the ground and catch it after one bounce.
- Can you bounce the ball on the ground and catch it with one hand?
- Can you clap your hands and then catch a bouncing ball?
- Can you clap over and then under the ball before you catch it?

TASK ONE (15/20 MINS) The long barrier:

- Stopping the ball (the long barrier). Demonstrate good stopping position, divide class into pairs with 1 ball between them. Roll ball across for partner to stop and roll back.
- Roll the ball 1 metre either side of partner.
- Place two cones in the middle to make a gate and see if you can roll it through the gate to your partner.
- Keep score to see how many times you were able to roll the ball through the gate before discussing tactics with your partner and trying to beat your previous score.

Develop: Can you vary the pace of the ball?

TASK TWO (15/20 MINS) Ball chaser:

- Pairs stand side by side. Feeder rolls the ball out slowly (8 to 10 metres). Partner chases and picks ball up from outside the foot of the throwing – arm side (i.e. outside left foot for left-handed thrower). Retriever brings the ball back and rolls it for partner. Can you run around the ball and pick it up?
- The ball is rolled out slowly and straight. The fielder chases the ball, picks up in throwing hand outside foot on the same side i.e. right foot for right hand throwers. Fielder aims with non-throwing hand and throws the ball back. Change over.

EVALUATION (5/10 MINS)

Explore ways you can pick the ball up and throw it to a fielder quickly.

<http://www.surreycricketfoundation.org/page/schools/chance-to-shine/primary-school-lesson-plans-4952/>

EQUIPMENT

- Tennis balls
- Cones
- Sponge balls

KEYWORDS/PHRASES

- Slightly over run the ball and turn
- Always facing the ball
- Pick the ball up between feed
- Add left hand to support the pickup in the right hand
- Eyes on ball

DIFFERENTIATION/HOMEWORK

MORE ABLE

Collect balls in a larger area retrieving faster throws/rolls

Collect with weaker hand

LESS ABLE

Collect balls in a smaller area retrieving slower throws/rolls

Use soft balls as they travel slower

INCLUSION: Use sponge balls, balls attached to string or stick.



LESSON PLAN: GAMES-CRICKET: YEARS 5&6: WEEK 2

LESSON OBJECTIVES: How to place their feet and position their bodies to bowl a ball. To bowl with overarm and underarm actions. To aim towards a target.

WARM UP (10/15 MINS) Me and my ball:

- Each pupil with a ball moves around while throwing and catching their ball.
- How high can you throw and catch it?
- Bounce ball hard into the ground and catch it after one bounce.
- Can you bounce the ball on the ground and catch it with one hand?
- Can you clap your hands and then catch a bouncing ball?
- Roll your ball, chase it and pick it up.

TASK ONE (15/20 MINS) Into the pond:

- Pairs line up opposite each other between 7-10 metres apart. Bowl underarm towards your partner.
- Place a hoop in front of your partner and try and throw the ball so it bounces inside the hoop before your partner catches it.
- Play against your partner scoring points each time you throw the ball successfully into the hoop.
- Move pupils around so they play against others.

Develop: Can you bowl with your weaker hand or overarm?

TASK TWO (15/20 MINS) Hit the target:

- Place pupils in groups of three, each group have a large ball, three beanbags and a hoop. Pupils take turns to throw a bean bag and hit the ball until it comes out of the hoop. Players take turns to throw the balls while one player retrieves the balls after they are thrown to throw back to their teammates.
- Complete the same game but underarm throwing tennis balls and using stumps or a large cone as the target (how many times can your team hit the stumps?). Players take turns to be a wicket keeper and collector to ensure the ball is stopped and returned to bowler.

EVALUATION (5/10 MINS) How successful were you at hitting the target and how did you improve your accuracy?

<http://www.surreycricketfoundation.org/page/schools/chance-to-shine/primary-school-lesson-plans-4952/>

EQUIPMENT

- Tennis balls
- Cones
- Spongeballs
- Hoops
- Beanbags

KEYWORDS/PHRASES

- Hands ready
- Cupped hands
- Slightly over run the ball and turn
- Always facing the ball
- Pick the ball up between feed
- Add left hand to support the pickup in the right hand

DIFFERENTIATION/HOMEWORK

MORE ABLE

Increase bowling distance

Bowl overarm with a short run up

LESS ABLE

Reduce the distance to the target

Bowl underarm from a stationary position

INCLUSION: Use a sponge ball. Bowl by rolling or bouncing the ball to a large target.



LESSON PLAN: GAMES-CRICKET: YEARS 5&6: WEEK 3

LESSON OBJECTIVES: To catch and collect a moving ball. To return the ball using an overarm throw. To hit ball through a target.

WARM UP (10/15 MINS) Flying balls:

- Pupils move around the square changing direction and into space, half the pupils carry in a tennis ball. The teacher calls out a series of instructions in random order gradually introducing each instruction.
- **Rolling ball** = roll the ball to someone without a ball and keep moving.
- **Bouncing ball** = bounce the ball to someone without a ball and keep moving.
- **Flying ball** = underarm throw the ball to someone without a ball and keep moving
- **Space ball** = overarm throw to someone without a ball and keep moving

TASK ONE (20 MINS) One tee cricket:

- Split into groups of three. Within each group one player bats whilst the others field.
- Batter hits ball from a tee looking to hit the ball through a set of cones 4-5m in front of them. Fielders stop the ball and return to batter who has a set number of goes before switching round.
- Can be progressed into a game where each player has five goes to see how many times the team can hit the ball through their target cones?
- Get pupils to play against others.

TASK TWO (20 MINS) Three tee cricket:

- Split into groups of six. First batter hits the three balls off the tee forwards, fielders cannot move until final ball has been hit.
- As soon as final ball has been hit batter starts to run to the cone on their right-hand side and back, scoring a run each time they complete this.
- The fielders collect the three balls and cones and replace them where they started. When the three balls are back on the tees the batter stops running and that is the number of runs they have scored. Each player bats for four minutes and keeps a record of their score.

EVALUATION (5/10 MINS) Which direction was you most comfortable hitting the ball into?

<http://www.surreycricketfoundation.org/page/schools/chance-to-shine/primary-school-lesson-plans-4952/>

EQUIPMENT

- Tennis balls
- Cones
- Sponge balls
- Bats
- Stumps

KEYWORDS/PHRASES

- Head straight
- Hands ready
- Bend knees
- Face the same way of your writing hand with writing hand placed at the bottom of handle
- Stand sideways
- Eyes on ball

DIFFERENTIATION/HOMEWORK

MORE ABLE

Hit through smaller targets

Hit a moving ball

LESS ABLE

Reduce the distance to the target

Hit larger balls of a tee/cone
Use tennis racket

INCLUSION: Use a sponge ball. Bowl by rolling or bouncing the ball to a large target (racket).



LESSON PLAN: GAMES-CRICKET: YEARS 5&6: WEEK 4

LESSON OBJECTIVES: Bowling the ball towards a target. Catch the ball as a fielder & wicket keeper.

WARM UP (10/15 MINS) Bowler:

- Throwing the ball into the air in a static position and then catch it with 2 hands.
- Moving around the field throwing the ball and catching with 2 hands.
- Windmill arms to prepare for bowling.
- Perform bowling action without releasing the ball.
- Keep half of the balls and get the pupils to move towards someone that doesn't have a ball and bowl their ball to them before moving to receive another ball off someone else.

TASK ONE (15/20 MINS) Into the hands:

- Working in pairs each pupil takes turns to bowl the ball to their partner who will be acting as the wicket keeper (underarm or overarm).
- Wicket keeper has hands and body ready to receive the ball and move if needed.
- Swap over after 5 bowls so all pupils have a turn.
- How many times can they bowl the ball with one bounce in their partner's hands?

Develop: Can they bowl overarm if they or/and from further away?

TASK TWO (15/20 MINS) Hit the stumps:

- Divide group into teams of five. One of the team starts as the wicket keeper behind the stumps, the others are bowlers. Use cricket stumps as a target.
- Pupils take turns to bowl the ball towards the stumps with no batter and then run forward to take the place of the wicket keeper who throws the ball back to the next bowler before going to the back of the line.
- Get each team to bowl for two minutes at a time keeping individual and team's scores, trying to improve their scores after each round.

EVALUATION (5/10 MINS)

What strategies did you discuss as a group to improve on your bowling accuracy?

<http://www.surreyccricketfoundation.org/page/schools/chance-to-shine/primary-school-lesson-plans-4952/>

EQUIPMENT

- Tennis balls
- Cones
- Sponge balls
- Cricket stumps or another large target

KEYWORDS/PHRASES

- Hands ready (cupped)
- Bend knees
- Eyes on ball
- Step with opposite foot of throwing arm pointing to target
- Follow through pointing towards the stumps
- Follow through pointing towards stumps

DIFFERENTIATION/HOMEWORK

MORE ABLE

Increase bowling distance

Bowl overarm with a run up

LESS ABLE

Aim for a bigger target

Bowl underarm from a stationary position

INCLUSION: Use a sponge ball. Bowl by rolling or bouncing the ball to a large target.

LESSON PLAN: GAMES-CRICKET: YEARS 5&6: WEEK 5

LESSON OBJECTIVES: To learn the rules of diamond cricket. To practice hitting the ball away from fielders. To evaluate performance in different parts of the game.

WARM UP (10/15 MINS) WARM UP (10/15 MINS) Flying balls:

- Pupils move around the square changing direction and into space, half the pupils carry a tennis ball. The teacher calls out a series of instructions in random order gradually introducing each instruction.
- **Rolling ball** = roll the ball to someone without a ball and then keep moving.
- **Bouncing ball** = bounce the ball to someone without a ball and then keep moving.
- **Flying ball** = underarm throw the ball to someone without a ball and then keep moving
- **Space ball** = overarm throw to someone without a ball and then keep moving

TASK ONE (45 MINS) Diamond cricket:

- Set up two separate games with half the class playing in each.
- Split each group into teams of four, number each team.
- Team one stand in front of a wicket each with a bat, team two act as wicket keepers, the remaining teams field outside of the diamond.
- Each team starts with 200 runs as lose 5 runs every time they lose a wicket. Batters still remain in bat and each receive four balls at random times.
- Wickets are lost if you are caught out, bowled or run out.
- Runs are scored when each batter runs to the next wicket on their right at the same time before being run out (players can run more than once to attempt to score more runs).
- Wickets are placed in a diamond shape 5 metres part from either side of each other.
- Bowler stands in the middle of the diamond and bowls underarm to each batter until they each receive two balls (8 balls per team).
- Team two go into bat and team 3 stand behind a wicket each, repeat this until each team has batted.

https://www.youtube.com/watch?v=4vOdcP_cFg

EVALUATION (5/10 MINS)

Discuss how you can work in a team in order to score runs effectively.

<http://www.surreycricketfoundation.org/page/schools/chance-to->

EQUIPMENT

- Tennis balls
- Cones
- Sponge balls
- Cricket stumps or another large target
- Cricket bats, rounder's bats or tennis rackets

KEYWORDS/PHRASES

- Hit away from fielders
- Communicate with teammates when running
- Point feet towards stumps when bowling
- Tactics
- Strategies

DIFFERENTIATION/HOMEWORK

MORE ABLE

Increase bowling distance

Use a cricket bat and use both hands on the bat

LESS ABLE

Use tennis rackets to bat

Hit a still or larger ball

INCLUSION: Use a sponge ball to hit when batting.



LESSON PLAN: GAMES-CRICKET: YEARS 5&6: WEEK 6

LESSON OBJECTIVES: To strike a bowled ball into selected areas/zones. To improve your performance while playing diamond cricket.

WARM UP (10/15 MINS) Catch and move:

- Players throw and catch to a team mate as they move around the area.
- Change the way players are asked to move such as skip, high knees, heel flicks, sideways, in a crouched position etc.
- After each catch players leave the area and perform a press up, squat thrust etc.
- Introduce a ball each so that players throw simultaneous catches to each other.

TASK ONE (40 MINS) Diamond cricket:

- Set up two separate games with half the class playing in each.
- Split each group into teams of four, number each team.
- Team one stand in front of a wicket each with a bat, team two act as wicket keepers, the remaining teams field outside of the diamond.
- Each team starts with 200 runs as lose 5 runs every time they lose a wicket. Batters still remain in bat and each receive four balls at random times.
- Wickets are lost if you are caught out, bowled or run out.
- Runs are scored when each batter runs to the next wicket on their right at the same time before being run out (players can run more than once to attempt to score more runs).
- Wickets are placed in a diamond shape 5 metres part from either side of each other.
- Bowler stands in the middle of the diamond and bowls underarm to each batter until they each receive two balls (8 balls per team).
- Team two go into bat and team 3 stand behind a wicket each, repeat this until each team has batted.

https://www.youtube.com/watch?v=4vOdcP_cFg

EVALUATION (5/10 MINS)

Was your individual performance better than the previous week? Why is communication important when you are batting and fielding?

<http://www.surreycricketfoundation.org/page/schools/chance-to-shine/primary-school-lesson-plans-4952/>

EQUIPMENT

- Tennis balls
- Cones
- Sponge balls
- Cricket stumps or another large target
- Tennis rackets

KEYWORDS/PHRASES

- Aim for the space whilst batting
- Point feet towards stumps when bowling
- Hit ball into space away from fielders
- Tactics
- Strategies
- Communication

DIFFERENTIATION/HOMEWORK

MORE ABLE

Increase bowling distance

Bowl overarm and have a longer run up

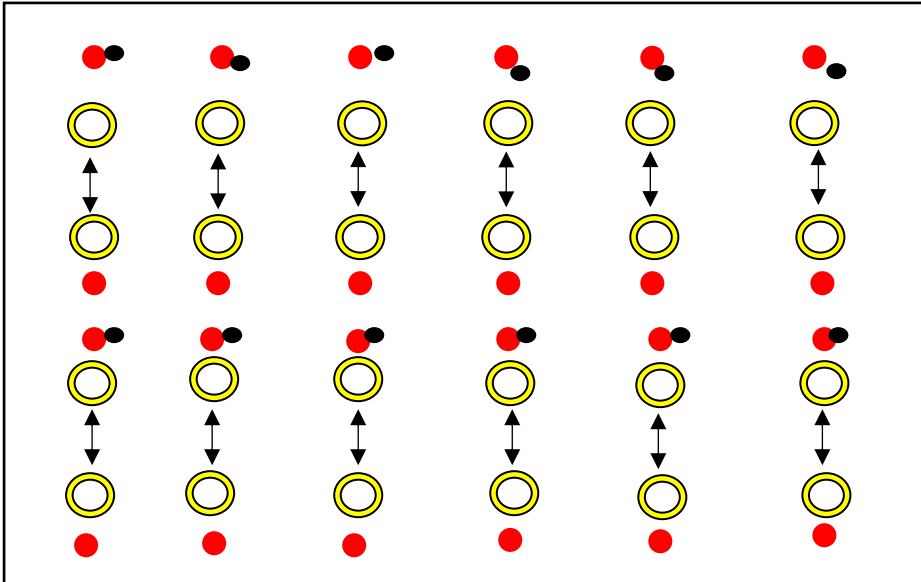
LESS ABLE

Hit a still or larger ball

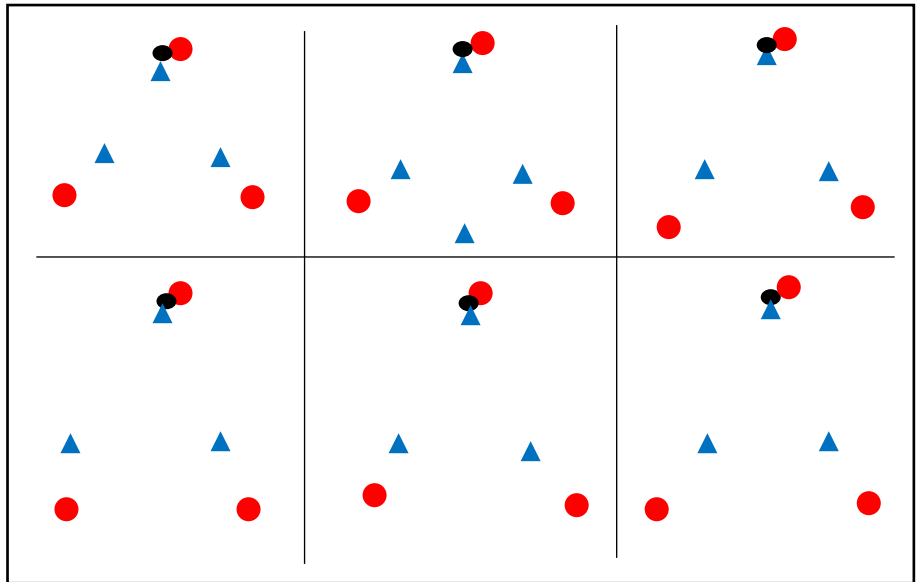
Bowl underarm from a stationary position

INCLUSION: Use a sponge ball. Bowl by rolling or bouncing the ball to a large target.

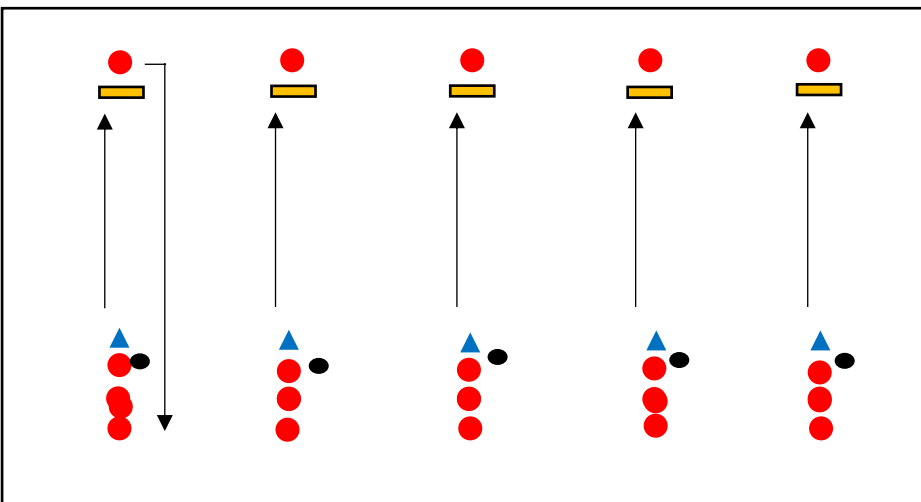
IN THE POND – STUDENTS, HOOPS, BALL



ONE TEE CRICKET – STUDENTS, CONES, BALL



HAND TENNIS – STUDENTS, CONES, BALL, WICKET



HAND TENNIS – STUDENTS TEAM 1 (BATTERS) TEAM 2 (WICKETKEEPER) TEAM 3 (FIELDERS) Team 4 (FIELDERS), CONES.

