

LESSON PLAN: STRIKING GAMES: YEARS 5 & 6: WEEK 1

LESSON OBJECTIVES: To practise throwing, catching, rolling & collecting using a range of balls. To hit a ball towards a target. To throw accurately to a partner.

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

- Pupils individually collect a tennis ball from a cone and place it on another one before repeating. Move for one minute.
- Pupils must place the ball on a different colour cone than the one that they collected the ball from and then repeat. Move for one minute.
- How many balls can you place on a different colour cone in one minute? Repeat and try to beat your previous score.
- Can you collect and move the ball with your weaker hand?

TASK ONE (15/20 MINS) Ball in 2's:

- Working in pair's pupils practice their throwing & catching over increasing distances (from 3 to 8 steps away).
- How many catches can you make with your partner in one minute? Repeat and try and beat your best score.
- Rolling & collecting over increasing distances. Take 10 turns each then swap roles (one rolls ball, other collects).

Develop: Can they collect the ball after a quicker roll?

TASK TWO (15/20 MINS) Triangle rounder's:

- Working in groups of three, the batter hits the ball off a large cone towards either fielder who are standing five steps away to their left or right. Players rotate roles after 2 minutes.
- Player throws the ball underarm to batter who attempts to hit the ball back to the bowler or the fielder. Players rotate roles after 2 minutes.
- Players can use a small or large ball when bowling, a tennis racket or rounder's bat while batting (differentiation).
- Repeat the activity and award the batsmen points each time they hit the ball directly to a fielder.
- Use cone to create gates as targets for the batter to hit the ball through.

EVALUATION (5/10 MINS)

- Each group discuss what strategies could be used to improve their performance (e.g. using different equipment?).

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Large cones
- Rounder's bats
- Tennis rackets

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position and reaction
- Fingers spread to catch
- Get in front of rolling ball to collect it
- Bend your knees when retrieving a ball on the ground
- Sideways stance
- Contact with middle of bat
- Follow through

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use only a rounder's bat and tennis ball

Hit into specific target areas

LESS ABLE

Use bigger, softer balls

Use a tennis racket

INCLUSION: Larger balls, hit ball off tee (cone).

LESSON PLAN: STRIKING GAMES: YEARS 5 & 6: WEEK 2

LESSON OBJECTIVES: To practise throwing, catching, rolling & collecting using a range of balls. To bowl underarm consistently. To hit a moving ball towards a target.

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

- Pupils collect a tennis ball from a cone and place it on another one before repeating. Move for one minute.
- Pupils must place the ball on a different colour cone than the one that they collected the ball from and then repeat. Move for one minute.
- How many balls can you place on a different colour cone in one minute? Repeat to see if you can beat your previous score.

TASK ONE (15/20 MINS) Ball in 2's:

- Throwing & catching over increasing distances. Each pair swapping positions with their partner on the call of CHANGE from the teacher. Repeat the call several times.
- How many catches can you make with your partner in one minute? Repeat and try and beat your best score.
- Rolling & collecting over increasing distances. Take 10 turns each then swap roles (one rolls ball, other collects).
- Can they collect the ball after a quicker roll?

Develop: Can they collect the ball with their weaker hand?

TASK TWO (15/20 MINS) Rounder's in three's:

- Player throws the ball underarm to batter who attempts to hit the ball back to the bowler or the fielder. Players rotate roles after 2 minutes.
- Same as above but players stand further away.
- Players can use a small or large ball when bowling, a tennis racket or rounder's bat while batting (differentiation).
- Repeat the activity and award the batsmen points each time they hit the ball directly to a fielder.
- Use cone to create gates as targets for the batter to hit the ball through.

EVALUATION (5/10 MINS)

- How did you manage to hit the ball consistently?

EQUIPMENT

- Softballs
- Tennis balls
- Large balls
- Cones
- Rounder's bats
- Tennis rackets

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position and reaction
- Fingers spread to catch
- Get in front of rolling ball to collect it
- Bend your knees when retrieving a ball on the ground
- Sideways stance
- Contact with middle of bat
- Follow through

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use only a rounder's bat and tennis ball

Smaller gates to hit ball through

LESS ABLE

Use bigger, softer balls
Use tennis rackets

Larger gates to hit ball through

INCLUSION: Larger balls, hit ball off tee (cone).

LESSON PLAN: STRIKING GAMES: YEARS 5 & 6: WEEK 3

LESSON OBJECTIVES: To practise throwing, catching, rolling & collecting using a range of balls. To work with and identify a new partner. To learn how to play mini rounder's effectively.

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

- Pupils work in pairs taking turns to roll or collect the ball.
- Rolling & collecting over increasing distances. Take 10 turns each then swap roles (one rolls ball, other collects).
- Rolling & collecting with your weaker hand. Take 10 turns each then swap roles (one rolls ball, other collects).

TASK ONE (15/20 MINS) Change your partner:

- Throwing & catching over increasing distances. Each pair swapping positions with their partner on the call of CHANGE from the teacher. Repeat the call several times.
- Player **without** the ball finds a new partner who waits with a ball on the call of CHANGE. Repeat several times.
- Player **with** the ball finds a new partner who waits with a ball on the call of CHANGE. Repeat several times.

Develop: Can you move at least 5 steps each time you find a new partner?

TASK TWO (15/20 MINS) Mini rounder's:

- Split them into 8 small teams with two games going on at once if your TA is available (4 teams playing on two different pitches).
- One team take turns to hit a ball that is bowled underarm by a fielder, 3 teams act as fielders.
- The batters attempt to hit ball into space & run around marker to score runs, keep running until ball is returned to the cone.
- Two hits each per team then changeover so each team has a bat.

EVALUATION (5/10 MINS)

- Each group discuss what strategies could be used to improve their chances of scoring more rounder's.

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Rounder's bats
- Tennis rackets

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position and reaction
- Fingers spread to catch
- Get in front of rolling ball to collect it
- Bend your knees when retrieving a ball on the ground
- Sideways stance, swing & follow through the ball
- Keep back straight, head up

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use only a rounder's bat and tennis ball

LESS ABLE

Use bigger, softer balls
Use tennis rackets

INCLUSION: Larger balls, give them less area to hit. Hit off tee (cone).

LESSON PLAN: STRIKING GAMES: YEARS 5 & 6: WEEK 4

LESSON OBJECTIVES: To practise throwing, catching, rolling & collecting a ball. To work quickly whilst under pressure. To work co-operatively and effectively as part of a team.

WARM UP (10/15 MINS) Through the legs:

- Roll ball between you partners legs, partner then has to chase and collect ball.
- As above but collect ball with weaker hand.
- Rolling & collecting over increasing distances. Take 10 turns each then swap roles (one rolls ball, other collects).
- Roll it through the legs of your partner whilst they face the opposite way.

TASK ONE (15/20 MINS) 10 to 1:

- Throwing & catching over increasing distances.
- How many catches can you make with your partner in one minute? Repeat and try and beat your best score.
- Can you catch with only one hand?
- Between you and your partner make 10 passes and then switch positions, make 9 passes and switch again. Keep repeating this process going down in numbers one by one until you get to number 1 to finish.
- As above but can you complete it quicker than the previous time?

Develop: Can you can with your weaker hand?

TASK TWO (15/20 MINS) Mini rounder's:

- Split them into 8 small teams with two games going on at once if your TA is available (4 teams playing on two different pitches).
- One team take turns to hit a ball that is bowled underarm by a fielder, 3 teams act as fielders.
- The batters attempt to hit ball into space & run around marker to score runs, keep running until ball is returned to the cone.
- Two hits each per team then changeover so each team has a bat.

EVALUATION (5/10 MINS)

- Each group discuss what strategies could be used to improve their chances of scoring more rounder's.

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Rounder's bats
- Tennis rackets

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position and reaction
- Fingers spread to catch
- Get in front of rolling ball to collect it
- Bend your knees when retrieving a ball on the ground
- Sideways stance, swing & follow through the ball
- Keep back straight, head up
- Hit away from fielders

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use only a rounder's bat and tennis ball

LESS ABLE

Use bigger, softer balls
Use tennis rackets

INCLUSION: Larger balls, give them less area to hit.

LESSON PLAN: STRIKING GAMES: YEARS 5 & 6: WEEK 5

LESSON OBJECTIVES: To improve your batting skills. To work co-operatively as part of a team. To improve your performance as a batter, bowler and fielder.

TASK ONE (15/20 MINS) Mini rounder's:

- Split them into 8 small teams with two games going on at once if your TA is available (4 teams playing on two different pitches).
- One team take turns to hit a ball that is bowled underarm by a fielder, 3 teams act as fielders.
- The batters attempt to hit ball into space & run around marker to score runs, keep running until ball is returned to the cone.
- Two hits each per team then changeover so each team has a bat.

TASK TWO (15/20 MINS) Drop and hit:

- Drop ball and hit it towards your partner. Swap roles after 2 minutes.
- Partner throws ball underarm to batter who hits it back. Swap roles after 2 minutes.
- Place two cones (gate) in the middle and attempt to hit the ball through the gate and to your partner. Use a points system so that they compete against each other (a point each time they hit ball through gate).
- In groups of three. Bowler throws ball underarm to batter who attempts to hit it to a fielder standing further away.

Develop: Can they display an improvement in their batting skills during task three?

TASK THREE (15/20 MINS) Mini rounder's:

- Split them into 8 small teams with two games going on at once if your TA is available (4 teams playing on two different pitches).
- One team take turns to hit a ball that is bowled underarm by a fielder, 3 teams act as fielders.
- The batters attempt to hit ball into space & run around marker to score runs, keep running until ball is returned to the cone.
- Two hits each per team then changeover so each team has a bat.

EVALUATION (5/10 MINS)

- Did your batting improve during the second mate? If yes which aspects helped you improve?

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Rounder's bats
- Tennis rackets

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Sideways stance, swing & follow through the ball
- Hit with the middle of the bat/racket
- Hit into space
- Run quickly
- Strategy
- Tactics

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use only a rounder's bat and tennis ball

LESS ABLE

Use bigger, softer balls
Use tennis rackets

INCLUSION: Larger balls, give them less area to hit.

LESSON PLAN: STRIKING GAMES: YEARS 5 & 6: WEEK 6

LESSON OBJECTIVES: To work co-operatively as part of a team. To improve your performance in mini rounder's.

TASK ONE (15/20 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.
- **Rolling ball** = roll the ball to someone without a ball and them keep moving.
- **Bouncing ball** = bounce the ball to someone without a ball and them keep moving.
- **Flying ball** = underarm throw the ball to someone without a ball and them keep moving
- **Space ball** = overarm throw to someone without a ball and them keep moving

TASK TWO (15/20 MINS) Mini Rounder's:

- Split them into 8 small teams with two games going on at once if your TA is available (4 teams playing on two different pitches).
- One team take turns to hit a ball that is bowled underarm by a fielder, 3 teams act as fielders.
- The batters attempt to hit ball into space & run around marker to score runs, keep running until ball is returned to the cone.
- Two hits each per team then changeover so each team has a bat.

TASK THREE (15/20 MINS) Mini Rounder's:

- As above but split the class into eight new teams (use two pitches with four teams playing on each pitch).

EVALUATION (5/10 MINS)

- How did you work effectively as a team? Did changing teams affect your performance?

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Rounder's bats
- Tennis rackets

KEYWORDS/PHRASES

- Bend your knees when retrieving a ball on the ground
- Sideways stance, swing & follow through the ball
- Hit into space
- Run quickly
- Strategy
- Tactics

DIFFERENTIATION/HOMEWORK

MORE ABLE

LESS ABLE

Use only a rounder's bat and tennis ball

Use bigger, softer balls

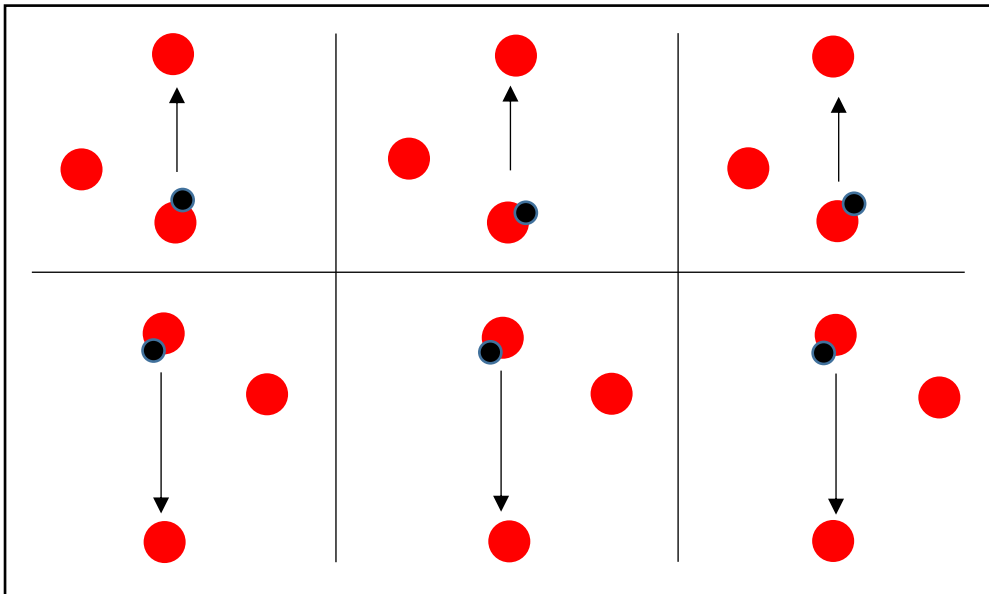
Allow only one attempt to hit the ball

Allow two/three attempts to hit the ball

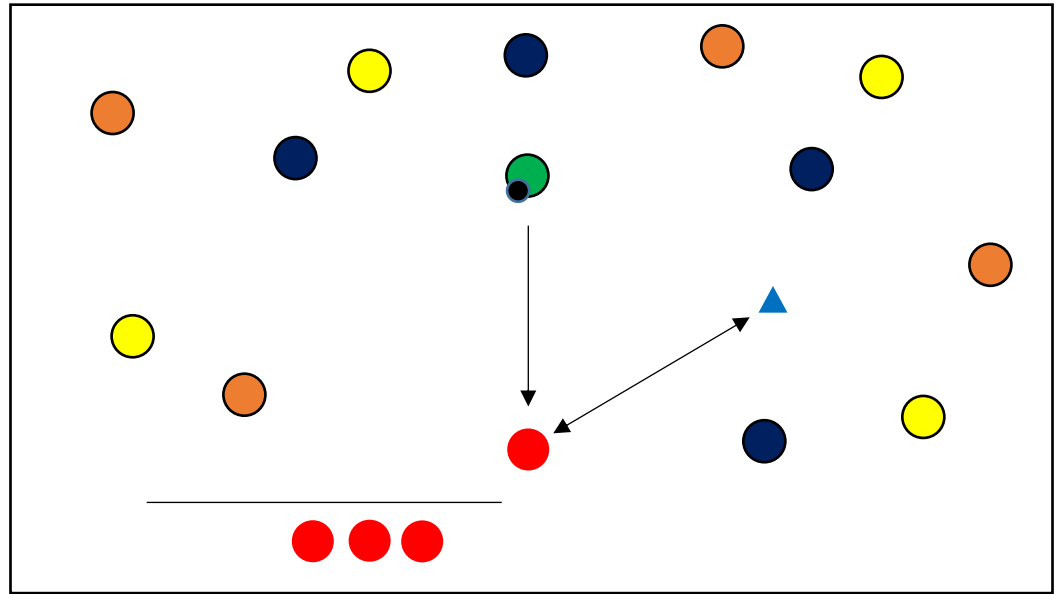
INCLUSION: Larger balls, give them less area to hit.



TRIANGLE ROUNDERS – STUDENTS, BALL



MINI ROUNDERS – STUDENTS (TEAM 1) (TEAM 2) (TEAM 3) (TEAM 4), BALL



10-1 – STUDENTS, BALL

