

# LESSON PLAN: GAMES-BAT/BOWL AND FIELD: YEAR 4: 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) Cops & Robbers:

- Scatter different coloured cones around the area and give half of the class a hoop which they place in a space away from others.
- Split the class in half - robbers or cops. The cops have a 30 second head start to place cones in their correct corresponding coloured hoop. On the call of 'go', the robbers 'steal' the cones from their correct hoops and place them incorrectly. The 'cops' have to keep going to try and remedy the problem.
- Once the game is over pupils count how many cones that they have in their hoop and players swap roles.

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

- Stopping the ball, (the long barrier). Demonstrate 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. Make it harder by making the gate smaller.

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 on 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)** Think about ways you pick the ball up and throw it to a fielder quickly.

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

## EQUIPMENT

- Tennis balls
- Cones
- Sponge balls
- Hoops

## KEYWORDS/PHRASES

- Slightly over run the ball and turn always facing the ball
- Line leg next to other foot to create barrier
- Bend knees to get lower
- Eyes on the ball
- Hands behind the ball

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Collect balls in a larger area retrieving faster throws

Use one handed pick-up with strong and weak hand

### LESS ABLE

Collect balls in a smaller area retrieving slower throws

Pick the ball up with both hands

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

For access to all lesson plans please contact  
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Lesson activities can also be found on our  
**YouTube channel**

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