

Lesson no.	Subject: Cricket	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
1		Throwing & Catching	8						SEN:
Objectives:	To further develop their performances, knowledge, and understanding of under and over arm throws. To further develop K&U of how to catch each different type of delivery e.g. <i>Low, High to sides etc.</i> To be able to confidently perform with accuracy, these skill of catching each different type of delivery.								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular Aspects	Link to Theoretical PE Aspects	
Warm Up	In pairs - WK – rolls the ball out to B who uses a one handed intercepted and throw the ball to the WK hands. Use an over arm throw into the wicket keepers hand	To be able to confidently perform with accuracy, the One – Handed Retrieval. To understand and know how to confidently perform with accuracy, this One - Handed retrieval.	- WK – Watch ball into hands and move hands into stumps	↑ Aim at wickets when throwing ball back in	Observe Students performances	Are the performers, coaches and teammates incorporating new strategies to attack the ball, throw and catch correctly and accurately.	Science: Chemical reactions <i>Objectives:</i> Describe that chemical reactions are the rearrangement of atoms <i>Student expectations:</i> I know that the atoms in chemicals are re-arranged when a reaction happens Maths: Properties of circles found in cricket <i>Objectives:</i> To be able to label and understand different properties of a circle <i>Student expectations:</i> I understand radius, diameter, circumference English: Formative writing Objectives: To comprehend and grasp the health and safety found in cricket. To be able to write formally Student expectations: To create a Health and safety poster pamphlet for year 6 students that are coming to a cricket extra curricular club Skills: Formal writing techniques Writing for purpose and audience Vocabulary Writing to inform	Commercialisation of physical activity and sport. Students are introduced to the technologies available in sports, specifically to cricket. For example, infrared hot spot. Students are introduced to the positive and negative impacts that technology has on the; <ul style="list-style-type: none">• Performer• Sport• Official• Audience• Spectator• Sponsor	
Pair Stretching	Students arranged in a circle. Teacher leads through series of stretches and questions students as to what muscles we were stretching.	To understand the importance of stretching at the start of the session. To know the names of major muscles. To carry out in pairs correct stretching routines safely.	Hold stretches for 8 seconds. No bouncing.	↑ Students demonstrate stretches they know and state, identify and reflect on the muscles that they stretch	Q & A on benefits of stretching and their warm ups	R+ Students must show an optimistic and positive outlook.			
Throwing & Catching	In pairs – 5m apart use throws to either side of partner’s low and very high.	To further develop their performances, knowledge, and understanding of under and over arm throws	Throwing: - Hold ball comfortably - Eyes look at target - Side on position - Align arm with target - Take arm back and transfer weight from back to forth. - Release at knee height - Follow through in direction of ball, from low to high position Catch: - Cupped hand position - Bring hands to chest as you catch - Watch the ball.	↑ Use over arm throw ↑ Competition – How many catches between partners without dropping the ball	☑ Students use evaluation skill sheets for fielding.	R+ How do we overcome barriers when throwing and catching	<i>Objectives:</i> To be able to label and understand different properties of a circle <i>Student expectations:</i> I understand radius, diameter, circumference English: Formative writing Objectives: To comprehend and grasp the health and safety found in cricket. To be able to write formally Student expectations: To create a Health and safety poster pamphlet for year 6 students that are coming to a cricket extra curricular club Skills: Formal writing techniques Writing for purpose and audience Vocabulary Writing to inform		
	Use right hand only	To further develop K&U of how to catch each different type of delivery e.g. <i>Low, High to sides etc.</i>		↑ Increase distance ↑ Use over arm throw	👁 Assess the feet positioning when trying to catch				🗨 Students discuss how they can refine the skills to outwit opponents
	Use left hand only	To be able to confidently perform with accuracy, the skill of catching each different type of delivery		↓ Use sponge ball	Q & A : Are they performing the fielding skill and techniques at speed				
	Back to back catching. ON command of 1,2,3 turn and catch	To develop the precision, control and fluency of their fielding skills.		↑ Aim at wicket / target ↑ Ask the students how they can make it easier / harder	Q & A : How are they improving their throwing and catching	R+ Show the capacity to recover quickly from difficulties			
	1 minutes catching								
	In 3’s. A throws ball to C at chest height with B in middle. B ducks or sways to avoid the ball.								
VIDEO PERFORMANCES and discuss the performances one on one									
Testing 3 grids needed: 5 X 5m grids.	Team A in the left one, team B in the right one. The middle grid is empty / no mans land. The aim is to use a high throw to be thrown into the opposite grid.	To be accurate and precise in the retrievals and throws To use strength, speed and accuracy in the throws and skills	If caught = 1pt for catching group. Dropped or bounces in grid = 1pt. Out of bounds = 1pt against. RULES: If out of bounds or bounces then the team loses a player. If caught player stays in but the grid gets bigger by one metre each side	↓ Bigger grid ↑ Smaller grid ↑ Bigger no mans lands ↑ Do not align the grids	Q & A: Are they outwitting opponents whilst fielding, throwing and catching 👁 Assess the actions when trying to watch and judge the flight of the ball	R+ How can students enhance their throwing and catching to increase their resilience when fielding, whilst under an competitive environment			
Game	GAME: 6 man cricket. Each face 6 balls - 1 Batter, 1 bowler, 1 umpire/score, 1 fielder (on), 1 fielder (off), 1 wk – under/over arm bowling	To understand and know why this method is used in fielding and where this is performed in Cricket.	- Keep eyes on ball at all times - Bowl when ready - Students bowl one over each - Bat for two overs then move on - Walking in - The Students lose 5 runs for losing wicket through hitting stumps, bowled, or caught, Run out, stumped	↑ Students create tactics and strategies (in pairs) for bowling, batting and fielding	Q & A : How are they outwitting their opponents when fielding 👁 Assess the influential strategies and tactics used	R+ Play game and enable mistakes to happen. Coaches take practices to work on the mistakes 🗨 Discuss the influential strategies and tactics used to beat opponents when throwing the ball to gain points in the drill			
	Leadership & Coaching	Create 2/3 drills to work on throwing and catching when mistakes arise within the games	To be able to modify and refine catching, throwing and fielding skills	Give clear instructions and teaching points for throwing and catching. Give praise	↑ Students look at ways of improving their catching and throwing skills with fewer errors	☑ Use evaluation sheets to help partners enhance skills.	R+ Students teach / coach a new skill		
	Officiating	Officiate the Game	To be able to officiate the 6 man Cricket Game correctly using the correct signals, comments, scoring and techniques	Use the correct signals Use the arms and body movements to stop the action Get in the right positions to make accurate decisions Be fair and constant	Focus on the rules regarding getting out, batting and fielding ↑ Introduce new rules	☑ Analyse strength and weaknesses in signals, calls, fairness and accuracy of decisions	R+ Students overcome weaknesses		
Cool Down	Gentle walking for 2 minutes around cricket boundary	To understand why you Cool Down and do rhythmical movement after exercise	- Gentle walking speed. - Take in deep breaths - Keep upright	↑ Ask Students questions why a Cool down is essential after exercise	Q & A on the objectives of the skill and lesson	R+ What demonstrates a positive attitude towards Cricket and the cool down			
Active lifestyle & Social Guidance		Discuss the numerous jobs available in Cricket e.g. Sports Journalist,							
Equipment		Tennis Balls, Cones, Bats, Stumps, Chalk, pen, Chairs, Fielding Charts, Windballs, evaluation sheets							
Healthy Lifestyles and well being		How can you volunteer for a sporting event?							