

Lesson no.	Subject: Cricket	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	
3		The Pull Shot	8						
Objectives:	To clearly demonstrate that they comprehend and grasp how to confidently perform with accuracy, these skills. To be able to confidently perform with accuracy, the Pull shot. To comprehend and grasp how to confidently perform with accuracy this shot, understanding; where this shots is played; what types of delivery this shots are played from; and what movements have to be made to confidently perform with accuracy, this Pull shots.								
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	
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder	Observe Students performances <input type="checkbox"/> Use warm up cards with key phrases	Create a checklist for etiquette for when safety in Cricket	Science: Chemical reactions <u>Objectives:</u> Describe how the reactions of acids with metals produce a salt, plus hydrogen	Commercialisation of physical activity and sport.	
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Cricket	- Hold stretches for 8 seconds. - No bouncing.	Get Students to incorporate stretching with Objects used in lesson	Q & A on benefits of stretching and their warm ups		Student expectations: I have seen the reactions of acids with metals produce a salt, plus hydrogen	The students review the use of technologies available in all sports and look at the positives and negatives of technology as a whole.	
Batting - The Pull Shot	Students assess, analyse and correct Grip, Stance and Back-swing. - mirror strokes	To clearly understand and know the correct grip, stance and back-lift techniques are important in Batting in Cricket To clearly demonstrate that they comprehend and grasp how to confidently perform with accuracy, these skills. To be able to confidently perform with accuracy, the Pull shot To comprehend and grasp how to confidently perform with accuracy this shot, understanding; where this shots is played; what types of delivery this shots are played from; and what movements have to be made to confidently perform with accuracy, this Pull shots	- Back foot moves back and across. - Front foot moves back and to leg side - Body is now square on and open - Head facing forward - Knees bent and flexed - Bat swings from high to low - Contact made in front of square body with full arm extension in front of body. - Eyes remain on point of contact - Roll wrists at contact to keep ball down	Allow Students to work with books and hand-outs for technique DRAW FOOT MOVEMENTS AND ACTIONS ON FLOOR Hit off tee Give Students targets to hit the ball through increase size of fielders area decrease size of fielders area	Ask students in pairs for feedback regarding their pull shots and performance Use the Pull Shot evaluation sheets to work together to analyses the strengths and weaknesses in the shot. Assess the actions when trying to watch and judge the flight of the delivery when trying to pull the ball	Discuss the influential strategies and tactics used to beat opponents when using the Pull Shot Show the capacity to recover quickly from difficulties when batting	Maths: Parallel lines found in Cricket when batting <u>Objectives:</u> To be able to calculate angles on parallel lines <u>Student expectations:</u> I understand corresponding, alternate, supplementary and opposite angles		
	VIDEO PERFORMANCES and discuss the pull shots one on one	To comprehend and grasp the importance of playing the ball along the floor when performing these shots. To appreciate how to make adjustments and adaptations when playing the pull shot To develop the precision, control and fluency of their pull shots			Q & A : Are they outwitting their opponents with fielding / batting	Define what a good Pull Shot would be when batting?			
	Continuous Pull shot... feed and pull... feed and pull for 3 minutes								
	In 4's - 1 Batter, 1 Fielder, 1 WK, 1 Bowler. The bowler feeds the ball over arm that is short and slightly down leg side to batter to pull.								
Testing	Each pupil has 3 goes each whilst opponents try to prevent ball getting through a goal. Opponents must use Long Barrier.	To develop the batting shots accurately. To use the correct technique. To record the scores precisely and accurately	Use the correct Pull Shot skills Follow all protocols to set up a fair test Record the scores	Give Students targets to hit the ball through increase size of fielders area decrease size of fielders area	<input checked="" type="checkbox"/> Evaluate with students the performance when playing the pull	How can students enhance the Pull Shot to increase their resilience in Batting whilst under an competitive environment		Students are introduced to the positive and negative influences that spectators have on a match or event.	
Competition	Target game : 2 gates : 1 square, 1 to side - 2pts for square, 1pt for ball through side cones	To be able to test the pull shots accurately in competitive environments. To know and be able to test the individual correctly via their batting skills. To complete the test and be able to perform the shot correctly	Use the correct Pull Shot skills Follow all protocols to set up a fair Record the scores	Over arm feed Bowl into feeding area Try and prevent ball going through target	<input checked="" type="checkbox"/> Evaluate the performance Bowler and how can you out with your opponent who is trying to use a Pull Shot		English: Understanding conventions of text, purpose and audience. <u>Objectives:</u> Reading advice leaflets, websites and help guides. Write own advice website page e.g. how to keep fit and healthy. <u>Student expectations:</u> Reading for meaning and understanding of writer's technique. Learning new vocabulary and technical terms. Writing for specific purpose and audience using accurate spelling and grammar. <u>Skills:</u> Background research and reading.	Students are introduced to the positive and negative influences that spectators have on a match or event. <ul style="list-style-type: none">• Positives;o Creation of an atmosphereo Home field advantage• Negativeso Increased pressure on athleteso Potential for crowd trouble / hooliganismo Safety concerns / cost	
Games	GAME: 2 equal teams. 1 batter, 1 server, 1 wk, 1 umpire and the rest of the fielding team defending a line 15 m away. They are not allowed to cross the line until the ball has been hit. Each batter has 4 goes each. 1 run for hitting ball passed line. 4 runs for hitting ball passed boundary.	To further their knowledge of Batting strokes performed in Cricket To further develop the understanding, knowledge, awareness and mental capacity of the laws governing Batting in Cricket <i>e.g. Getting out; scoring runs, boundaries and sixes; LBW</i> To incorporate a range of Batting strokes into a small game To comprehend and grasp the importance of walking in whilst fielding.	- 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 - Extra runs: double amount scored if the ball travels through square leg and points areas. Students must walk in every ball <i>See if the students are outwitting the opponents by varying tactics, shots, deliveries, techniques and skills</i>	Use the sheets to highlight these and enable them to plan, evaluate and implement ways to enhance performances Q & A on teaching points of the shots played in these games Assess the batting skills used to gain ascendancy in games	Praise, reward, certificate resilience Discuss the tactics of the Bowler and how can you out with your opponent who is trying to use a Pull Shot Discuss how performers can use varying skills to outwit opponents in games			
	Each go the ball must be thrown into the WK. Lose 5 runs if caught.	To be able to confidently perform with accuracy, the walking in technique whilst fielding To be able to outwit opponents. To be accurate in the replication of actions, phrases and sequences of movements and actions to beat an opponent							
	Leadership & Coaching	Work on Pull shot when mistakes arise within the games.	To incorporate the Pull shot into a small sided drill to enhance performance	Create a Pull Shot drill away from the game so that students with weaknesses can practice their Pull Shots	Make the drill challenging for those students making batting mistakes to feel and achieve success.	Coaches instructions and feedback are assessed	Are students able to accept others opinions and scenarios (above their own) Introduce new rules		
Officiating	Officiate the Game	To be able to officiate the 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 positions to make accurate decisions Be fair and constant	Focus on the rules regarding getting out, batting and fielding	<input checked="" type="checkbox"/> Analyse strength and weaknesses in signals, calls, fairness and accuracy of decisions				
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmic movement after exercise	- listen to and follow instructions - complete stretches	Ask Students questions why a Cool down is essential after exercise	Q & A on the teaching points and objectives of the skill, activity and lesson <input type="checkbox"/> Use cool down cards with key phrases	What demonstrates a positive attitude towards a cool down			
Active Lifestyle & Social Guidance		Highlight the pathway to be a coach performer in Cricket							
Equipment		Tennis Balls, Cones, Bats, Stumps, Chalk, pen, Chairs, Fielding Charts, Windballs, evaluation sheets							
Healthy Lifestyles and well being		Why is alcohol addictive? What are the dangers of drinking alcohol?							