

	Subject: CRICKET Throwing and Catching	Year:	Group:	Total No.:	M:	F:
	Lesson: Throwing & Catching	Ability:	Period:	SEN:		
	NCPE Location: 1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b; 2.1a; 2.1b; 2.2c; 2.2a; 2.2b; 2.2c; 2.2d; 2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Duration:	w/c			

Objectives: To be able to perform both underarm and over arm throws to outwit. To clearly know and understand how to perform these skills in cricket and where these skills are used are used to gain ascendancy *e.g. Under – close to wicket; Over – from long distances*. To be know and understand how to catch each delivery correctly in order to gain an advantage.

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this sessions: - Discuss and analyse the different types of throwing and catching deliveries with throwing and catching techniques found in Cricket, Softball and Rounders - Identify the similarities and the teaching points found in each of these throwing and catching techniques to gain ascendancy and outwit the batters from the WK or backstop - Get the students to transfer the throwing and catching skills, tactics and approaches when WK to gain ascendancy when performing these skills in activities and within the innings
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Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
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	Observe pupils performances	Ⓜ Ask students how they could make warm up easy / harder / intense
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start To be able to demonstrate stretches relevant to Cricket	- Hold stretches for 8 seconds. - No bouncing.	Q & A on benefits of stretching and their warm ups	⬆ Get pupils to incorporate stretching with Objects used in lesson
Throwing & Catching	1. In pairs – 5m apart use underarm throws.	To be able to perform both underarm and over arm throws to outwit To clearly know and understand how to perform these skills in cricket and where these skills are used to gain ascendancy <i>e.g. Under – close to wicket; Over – from long distances</i> To be know and understand how to catch each delivery correctly in order to gain an advantage. To be able to perform the skill of catching each type of delivery and how it can be used to outwit the batters. To incorporate catching into a small game To develop the throwing and catching precision, control and fluency skills to gain an advantage. To develop the throwing and catching precision, control and fluency skills to outwit the batters using these skills.	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. Overarm Throwing - Hold ball comfortably - Eyes look at target - Long stride - Align arm with target - When hips and shoulders turn out the ball should be thrown with a bent front leg from a low position. - At the point of release the elbow should remain level with the shoulder. Catching high ball - Balanced and low position - Move quickly underneath the ball keeping head steady - Little fingers are touching - Hands are in line with the flight of the ball just above the eye level - Catch the ball at eye level	Observe performances, skills and techniques. Ask students for feedback regarding their performances and strategies used for catching different types of deliveries ??? Are the students gaining ascendancy from their throws and catches? ??? Are the students getting into positive scoring positions from the throws and catches when throwing and catching?	⬇ Allow a bounce ⬆ Catch with one hand ⬆ Throw and Catch using week hands Cr – Discuss basic throwing and catching tactics found in Cricket ⬆ throwing higher/lower ⬆ one handed catching. - Discuss the different types of throws and catches found in Cricket, Rounders and Softball. - Discuss and evaluate how they outwit the opponent from using these throwing and catching skills - Discuss and evaluate how other skills previously learnt throws/catches can help the progress and outwit defenders within numerous throwing and catching situations
	2. At wall. A throws at wall B catches rebound				
	3. In 4's – 1 ball, 1 catcher, 3 throwers (B,C,D). B throws to A, A to C, C to A, A-D, D-A, A-B				
	4. Line passing. Throw – catch – turn – throw catch – throw – catch – turn – throw - catch				
	5. In pairs 10m apart using over-arm throws.				
	6. Throw ball to target on wall. Partner gets / catches rebound - Throw ball to target on floor onto the wall 8. In 8'S – pass and move down to end of queue				
Game	GAME : Non – stop Cricket - Pupils must run around either wickets every bowl Out – caught, bowled, hit own wickets	To incorporate throwing, catching, fielding and running between the wicket into small sided games To outwit the opponents	- Use any technique to hit the ball - Use the correct fielding and bowling techniques - Pupils must constantly look to outwit the defenders from various throws/catches and positions - Pupils as a unit must try to be creative to outwit the	Observe the hitting and fielding strategies - Q & A on the	⬆ Increase distance pupils have to run around ⬆ Double runs for hitting balls along the ground ⬆ Six and Out Cr – Discuss the skills used to gain ascendancy Cr – Discuss how performers can use varying

	- Discuss teaching points used to beat / outwit opponent - Discuss the skills used to beat / outwit an opponent	when performing the throws and catches within a game To use a variety of throw and catches and skills to out wit the batters To be creative when throwing and catching in the game To gain an advantage from the throw/catch in a game situation	opponents and opposing team to create a scoring opportunity from each throw/catch	strategies used when hitting and batting	skills to outwit opponents - Discuss, observe, evaluate and listen to the student's feedback of how you transfer these throwing and catching skills when outwitting the opponents and defenders - Observe, evaluate and listen to the students feedback of how creative these throwing and catching skills are when outwitting the opponents and defenders
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Q & A on the teaching points and objectives of the skill and lesson	⬆️ Ask pupils questions why a Cool down is essential after exercise

Plenary Throughout every aspect of this sessions:
- Discuss the different types of throws and catches found in Cricket, Rounders and Softball.
- Identify the similarities and the teaching points found in each of these skills.
- Get the students to transfer skills, tactics and approaches in other areas to gain ascendency when performing the activities and within the games

Informed Choices and Lifestyle
Discuss how we become and stay healthy
Discuss the positive effects of a balanced diet for a Cricket players
Discuss the benefits of a pre match and post match meal in Cricket. Describe what should be included in a Cricket players pre and post match meals

Equipment Tennis Balls, Cones, Bats, Stumps, Chalk, pen, Chairs, Fielding Charts, Windballs, peer evaluation sheets

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Check surfaces are safe for bowling and batting e.g. Flat & Smooth to prevent deflections up into bodies - Remove glass and objects
- Pupils whom are fielding must always be MORE THAN 11 METRES AWAY FROM THE HITTER. - Pupils must always keep their eyes on the ball

ADDITIONAL COMMENTS