

<b>Lesson 2</b>	Subject: <b>Rounders</b>	Year: <b>7</b>	Group:	Total No.:	M:	F:
	Lesson Description: <b>Catching &amp; Rules Relating to Catching</b>	Ability:	Period:	SEN:		
	NCPE Location <small>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; 3.1b; 3.1c; 3.1d; 4a; 4b; 4c; 4d; 4e; 4f; 4g</small>	Duration:	w/c			

Objectives:  
 To understand the importance of catching in rounders.  
 To be able to catch the ball successfully in a variety of situations

Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
<b>Warm Up &amp; Stretching</b>	Pupils jog within a grid, giving the ball to other pupils, increasing intensity and introducing a short throw	To understand and know the benefits of a warm-up prior to exercise To accurately replicate and perform the skills and actions within the warm-up To know why they stretch, and the benefits of stretching	Increase tempo as time increases Run hard and efficient  Stretch from head to toe, or toe to head	Observe pupils performances  <b>Q &amp; A</b> on benefits of warming up and stretching	On receiving the ball, players pass the ball around different parts of the body
Catching	Keep Ball - Pupils work in 2 teams within a grid, trying to achieve a given number of catches. Players cannot move with the ball If the ball is dropped, the other team then re-starts with possession If the ball goes out the area, the other team then re-starts with possession When a team achieves the given number of catches, the other team re-start with possession of the ball	To understand the importance of catching in rounders. To be able to catch the ball successfully in a variety of situations To understand the importance of moving for the ball To be able to catch successfully in various situations To improve communication and team work To develop the throwing and catching precision, control and fluency skills.	<b>Catch:</b> - Cupped hand position - Bring hands into body as you catch <b>- Watch the ball.</b> <b>Close catching</b> - feet shoulder width apart - weight evenly spread and on balls of feet - Hands together - Fingers point to the ground, little fingers together - Watch the ball - Give when they receive the ball <b>Catching high ball</b> - Balanced and low position	Observe performances, skills and techniques.  Ask students for feedback regarding their performances and strategies used	Increase the number of catches to get a point Use a larger area for players with stronger throw and emphasise running ↓ Use bigger balls ↓ Use colourful balls ↓ Use softer balls ↓ Allow a bounce ↑ Use weaker hand to throw and catch <i>C*</i> - Pupils discuss how they can refine the skills
	Individual throw & catch – body, clapping	To develop their understanding, knowledge, awareness and mental capacity of the basic fundamentals of Rounders To be able to accurately replicate and perform and know how to accurately replicate and perform under control different types of catches To understand the laws governing Catching and fielding in Rounders	- 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 when give occurs	Observe performances, skills and techniques.	↓ Use softer balls ↓ Allow a bounce  <i>C*</i> – Pupils refine new skills
Catching	Catching pairs – A opposite B, short distance apart	To know and understand how to catch each delivery from fielders To be able to accurately replicate and perform the skill of catching each type of delivery	<b>Catch:</b> - Cupped hand position - Bring hands into body as you catch <b>- Watch the ball.</b>	Ask students for feedback regarding their performances and strategies used when	Throw the ball wide, high, short so the catcher has to move to make the catch
	Pressure catching. In 4's - A throws ball up in air and shouts	To be able to accurately replicate and perform successful catching under	<b>Catching high ball</b> - Balanced and low position		↑ Accurately replicate and perform an overarm

	B, C or D as the ball start to drop. The appropriate player makes the catch	pressure	- 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 when give occurs	catching	throw using non dominant hand, starting close and increasing distance ↑ Increase distance and height that ball is thrown Introduces pressure. Make a late call to create more pressure	
Game	Team Catch – divide the group into 2 equal teams. Each team tries to throw the ball into the opponents half. If the ball hits the floor, one point is awarded to the opposite team.	To incorporate catching into a small game	- Use the correct techniques to throw	Ask students for feedback regarding their performances and strategies used	Encourage team work, team tactics – players work on a strategy ↑ Throw correctly ↓ Use a bigger ball	
<b>Student led Cool Down</b>	The 2 students chosen to lead the cool down do so.	To understand the importance of cooling down at the end of a session. To be able to lead a cool down	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	<b>Q &amp; A</b> on the teaching points and objectives of the skill, activity and lesson	observes students ability to lead the cool down	
<b>Informed Choices and Lifestyle</b>	Discuss how we become and stay healthy Discuss the positive effects of a balanced diet for a Rounders player Discuss the benefits of a pre match and post match meal in Rounders. Describe what should be included in a Rounders players pre and post match meals					
<b>Equipment</b>	Tennis Balls, Cones, Bats, spoon bats, Rounders Sheets, Windballs, Rounders Balls, Pen, Whiteboard, Video Player, Digital Camera, TV, Video, Tees, Score sheets, peer evaluation handouts					
ICT	(A) Assessment	(C) Citizenship	(E) Peer Evaluation	(L) Literacy	(N) Numeracy	(PP) Pupil planning
<b>Comments:</b>						

### HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Use tennis balls or soft balls - Pupils must all throw the same way - Pupils must never try to stop the ball with their feet, shins or body.
- Space out the games / practices so that there is minimal risk - Never allow pupils to accurately replicate and perform the actions if injured or ill
- Stretch out major muscles - Pupils must remain within in and out boxes - The wicket keeper must NEVER get too close
- Players must drop their bat after hitting the ball, but must not throw it back - Pupils must not be any closer than the diamond line or 10 metres behind
- KEEP EYE ON BALL - Pupils must not obstruct opponents

### ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

<b>Competence</b>	<b>Performance</b>	<b>Creativity</b>	<b>Health and Active Lifestyle</b>
<b>Developing Skills</b>	<b>Making and Applying</b>	<b>Physical and Mental Capacity</b>	<b>Evaluating and Improving</b>