

Lesson 2	Subject: CRICKET	Year: 8	Group:	Total No.:	M:	F:
	Lesson: One – Handed Retrieval. NCPE Location 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	Ability:	Period:		SEN:	
	Duration:	w/c				

Objectives: To be able to accurately replicate and perform the One – Handed Retrieval. To understand and know how to accurately replicate and perform this One - Handed retrieval. To understand and know why this method is used in fielding and where this is performed in Cricket e.g. A quick method used to retrieve the ball in the out field.

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	① 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 of the session. 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
Fielding One – Handed Retrieval.	1. In pairs – A rolls ball away from B. B rakes ball up and runs back 2. A rolls ball away from B. B rakes ball up and throws to A at stumps 3. Game: A rolls ball out. B retrieves. 1 PT for throwing ball safely and accurately to WK and 2PTS for hitting stumps	To be able to accurately replicate and perform the One – Handed Retrieval. To understand and know how to accurately replicate and perform this One - Handed retrieval. To understand and know why this method is used in fielding and where this is performed in Cricket e.g. A quick method used to retrieve the ball in the out field	- Approach ball at fast speed - Over run the ball so the ball rolls into the hand just outside the throwing foot - Fingers must be pointed down so ball is raked up in a low position - MINIMUM NUMBER OF STEPS TO DECELERATE - Turn and point and throw	Pupils use peer evaluation skill sheets for fielding. <i>M/C</i> - Evaluate performances of outwitting opponents using the skills	↑ use cones as stumps ↑ use left hand Cr – How do the students think they can make the skills harder / easier <i>Cr</i> – Pupils in pairs refine new skills to accurately replicate and perform skills with power and dominance
	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 <u>OUTWITTING</u> - Discuss teaching points used to beat / outwit opponent in games - Discuss the skills used to beat / outwit an opponent in games - Discuss the skills used to gain ascendancy in games - Discuss the tactics used to outwit teams within games – Discuss the benefits of out thinking opponents using these skills in games - Discuss how performers can use varying skills to outwit opponents in games	To incorporate the one handed retrieve into a small sided game of Cricket To clearly know and understand how to accurately replicate and perform the skills into competitive games To be able to accurately replicate and perform the skills in competitive games To appreciate how to make adjustments and adaptations when using the one hand to retrieve To develop the precision, control and fluency of their retrievals	- Each man rotates clockwise - Rules – Wides – No balls - pairs must call when scoring to score a run - The pupils lose 5 runs for losing wicket through hitting stumps, bowled, or caught, Run out, stumped - Hit the ball into space	Q & A : How are they outwitting their opponents in Game situations <i>M/C</i> - Analyse strength and weaknesses in Batting, fielding and bowling <i>M/C</i> - Discuss and listen to strategies that are used to beat opponents in Batting, fielding and bowling	<i>Cr</i> - Pupils develop, adapt and refine skills, strategies and tactics used in this section <i>Cr</i> – Refine fielding skills <i>Cr</i> – Students create tactics and strategies (in pairs) <i>Cr</i> - Discuss the influential strategies and tactics used to beat opponents <i>Cr</i> - Pupils discuss how they can refine the skills to outwit opponents <i>Cr</i> - Pupils devise new strategies to beat opponents
Cool Down	The 2 students chosen to lead the cool	To understand why you Cool	- listen to and follow instructions	Q & A on the	↑ Ask pupils questions

	down do so	Down and do rhythmical movement after exercise	of those leading the cool down - complete exercises and stretches	teaching points and objectives of the activity and lesson	why a Cool down is essential after exercise			
Informed Choices and Lifestyle	Highlight the pathway to be an elite performer in Cricket Highlight the pathway to be a referee in Cricket Highlight the pathway to be a coach performer in Cricket							
Equipment	Tennis Balls, Cones, Traffic cones, Bats, Hoops, Nets, 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
Comments / Notes:								

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 M AWAY FROM THE HITTER.
- 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

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

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