

Curriculum area	Topic	Year	Session Number	Skill
Strike & Field Games	Cricket	3/4	#1	Throwing Session

Equipment

- Medium sized balls & tennis balls
- Cones for set up
- Bibs
- Cricket stumps
- Spots

Learning Objective

- To develop accuracy and control when throwing.
- To apply throwing skills in a simple target-based activity.

Success Criteria

- I can use good technique for both underarm and overarm
- I can aim at a target with increasing accuracy.
- I can adjust the power of my throw depending on distance.

Key words

- Technique
- Accuracy – power and aim
- Underarm
- Overarm

Preparation Ideas/Warm Up

Germ & Medicine

Choose 3-4 taggers (germs) who will have a bib and the same number of releasers (medicine) who will start with a different coloured bib. Those without bibs need to get away from the germs. The germs need to tag as many people as possible. If you are tagged, stand still with hand in the air. The medicine will release you back into the game by giving a hi 5.

Progression:

>Give the medicine a tennis ball instead.

>To get back into the game, medicine must throw the ball to those who have been tagged, who will catch the ball and throw back to the medicine. Use the underarm throwing technique for this game

Skill Development

Frog jumps

Children to get into pairs. Each group will need one tennis ball (frog) and one spot (lily pad).

The children will start placing the spot in the middle and taking 2-3 steps back each from the spot.

This is your target.

The idea of the game is to throw the ball to the spot, making the ball bounce on the spot and reaching their partner on the other side. We are going to use both the underarm and overarm technique for this game.

Progression:

>We can go from using the underarm technique to the overarm technique.

>We can also take more steps back to make it more difficult for us to hit the target

Game

Hitting Wickets

Split the children into teams that will have 4-5 children per team. Each group will be given a ball each and a set of stumps. Each team will have a lane that they will play in. The wickets will be placed around 5-6m away.

The aim of the game is for the children to use either the underarm or overarm technique to hit the wickets (the ball can only bounce once before hitting the wickets). Allow the children to begin by practicing hitting the target before turning this into a game.

In the game, the teams will be given a number of times they have to strike the wickets e.g. 10 times. The first team to reach this target are the winning team

Progression:

>We can look to increase the distance to the stumps to make it more difficult.

>We could also say that we have to directly hit the wicket rather than allowing the ball to bounce before hitting

>We could also increase the numbers of times we have to hit the stumps.

Teaching points

- Underarm technique – starting with the ball down by your side, non throwing arm should be used as an aimer, pointing towards the target (which is the spot). Swinging throwing arm back and then forward, stepping the front foot forward and releasing towards the target.
- Overarm technique – This time the ball starts above the shoulder. Again, non throwing arm should be pointed in front aiming at the target (which is the spot). This time push the ball forward, stepping on to the front foot, again aiming for the target.
- Remember to reinforce that we are looking for good accuracy in the session. This is all about aiming and hitting a target (whether a spot or stumps). We don't need to see power immediately, as this may affect our aim. Look to improve aim and then add power later

Key Questions

- What do we mean by the term accuracy?
- What two things do we need to think about to improve our accuracy?
- When using both techniques, what should we be doing with our non throwing arm?
- How could we increase the power in our throw?

National curriculum links:

- Use running, throwing and catching in isolation and combination
- Develop control and technique through playing cricket

Social and environmental skills:

- Showing encouragement and empathy to others
- Developing resilience in their work by looking for improvements
- Developing team work and collaboration skills