

| Curriculum area | Topic | Year | Session Number | Skill |
|----------------------|---------|------|----------------|-----------------|
| Strike & Field Games | Cricket | 3/4 | #4 | Bowling Session |

Equipment

- Cricket/tennis balls
- Cones for set up
- Cricket stumps

Learning Objective

- To develop a consistent bowling action.
- To bowl with accuracy towards a target.

Success Criteria

- I can bowl with a straight arm (overarm)
- I can aim at the stumps.
- I can bowl within the rules.

Key words

- Bowling
- Accuracy
- Technique

Preparation Ideas/Warm Up

Windmill

Get the children to find a space inside the area. Explain to them that they are going to move around the area skipping whilst rotating their arms (like a windmill).

As the teacher says go, the children will complete this. As they are rotating say the following instructions – Forward (rotate arms forward), backwards (rotate arms backwards) and windmill (this is where the arms are opposite, 1 up and one down whilst rotating)

Skill Development

Bowling technique

To begin with, show a demonstration of the bowling technique without a ball

Allow the children to find a space and practice this technique without a ball. Get them to move around the area, taking 2-3 steps before using the technique

Progression:

>Now give each child a ball. They should not throw the ball whilst completing the technique

Bowling practice

Children to get into pairs. One ball between two. They are to stand around 3-4m apart from one another.

The idea is to use the bowling technique to bowl the ball to their partner. Explain to them that the ball should only bounce once before reaching their partner. In this exercise we are not looking for accuracy, we are looking for good technique.

Progression:

>Introduce a spot in between the partners. Now we are looking for accuracy when bowling. Can we hit the spot?

Hit the wickets

Class split into teams of 4-5 (class size dependent). Each group given one ball, a spot and one set of wickets. The group will take it in turns to use the bowling technique to bowl towards the wickets. One person in the group will be the wicket keeper behind the wickets to retrieve and roll the ball back to the next person in the queue.

Rotate the wicket keeper once each person in the group has had a go at bowling. Make sure the children are using the correct technique and ask them to only allow the ball to bounce once before hitting the wickets. Ask the children where they think is best to aim when bowling so that the ball bounces once and then hits the wickets.

Game

Run & Bowl

Children to be split into groups of 4. Each group is then split into two teams of two. One of the pairs will be the bowler and wicket keeper whilst the other pair are batsman. You will need one ball, one set of wickets, two cones and two bats. (you can do this in bigger groups. If you are, the bowler becomes the wicket keeper and the wicket keeper joins the bowling line)

The wickets will be set up so that the bowler is a similar distance to the last game. There will be two cones set up to the side of the bowling game at the same distance. The two batters start on a cone and their job is to run between the wickets as many times as they can, switching each time. At the same time, the bowler and wicket keeper will try to hit the wickets a set number of times. Set the number dependent on the ability levels of the class.

The bowler bowls, the wicket keeper retrieves and rolls the ball back to the bowler. They switch roles after 3 bowls each or after each time if in bigger groups.

The game finishes when the bowler and wicket keeper teams has reached their target. The teams then swap roles and the team who manages to get the most runs in the time are the winners.

Teaching points

- **Bowling technique:**
 - >Non bowling arm starts straight above head, ball should start on line with nose facing sideways on with the same foot as your non bowling arm being in front.
 - >As you step forward, create a number 6 with the bowling arm using the windmill technique the same as in the warm up (as the bowling arm goes down then up, the non-bowling arm should do the opposite creating that windmill technique).
 - >Each arm should be straight and the bowling arm should brush the ear as it comes up
- Holding the ball – Index and middle finger to grip the ball whilst the thumb is to the side of the ball
- We are looking for good technique throughout the session. The accuracy of the throw becomes secondary. We want to perfect the technique before starting to work on the accuracy of our throw. Encourage the children to do this throughout the session

- When aiming and throwing, the ball should only take one bounce before striking the wicket or moving past the wicket. We do not want to see the ball bouncing multiple times or rolling. Make sure the children are aiming close to the wicket as they throw. We want to see the ball bouncing just before the target

Key Questions

- Can we demonstrate the bowling technique?
- Where should we position our fingers on the ball?
- What should we be doing with our non throwing arm? And how will this help us?
- Where should we be aiming when throwing the ball?

National curriculum links:

- Use running, throwing and catching in isolation and combination
- Play competitive games against others
- Develop technique and control through playing cricket

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills
- Showing encouragement and empathy to others
- Showing resilience through trying to make improvements