

| Curriculum area      | Topic   | Year | Session Number | Skill               |
|----------------------|---------|------|----------------|---------------------|
| Strike & Field Games | Cricket | 5/6  | #1             | Throwing & Catching |

#### Equipment

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

| Learning Objective                                                                                                                                                 | Success Criteria                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• To throw and catch accurately over increased distances.</li> <li>• To use quick decision-making when fielding.</li> </ul> | <ul style="list-style-type: none"> <li>• I can use those skills from year 3/4 and apply them in a range of different games.</li> <li>• I can release the ball quickly and accurately after catching.</li> <li>• I can catch consistently at different heights.</li> </ul> |

#### Key words

- Accuracy
- Consistency

#### Preparation Ideas/Warm Up

##### Hot Potato

Split the class into even groups of around of even numbers (4 or 6 per group)

Set out 6 spots at various points in front of each team (around 5m apart from each other)

In pairs in their groups, start 1 player on the start line and 1 person the first cone. They will perform a throw and catch to each other. If successful, they both move to the next spot. When they reach the end, they then do the same on the way back. When they get back to the start, swap with the next pair in your group

Progression:

>Make this into a race between games to see which team can finish 1<sup>st</sup>

#### Skill Development

##### Beat the ball

Split the class into teams of 6-8 and ask them to stand in a circle. The children will perform underarm and overarm passes to others in their group. When the teacher shouts 'GO', the player with the ball places it on the floor and begins to run around the circle. The player next to the ball will then picks up the ball and the team begin to throw the ball to the next player in the circle, trying to catch and beat

the player running. It's a race to see who gets back first, the ball or the player

### Game

#### Cricket Handball

Split the class into even teams of around 6-8 per team. You may want to set up multiple playing areas so each team can be playing at once. Set up an area with a cricket wicket at both ends 2 teams compete against each other looking to keep possession of the ball and strike their opponent's target. You can only intercept a pass to win possession back.

### Teaching points

- We want to see the children using good accuracy when throwing the ball. We are looking to aim for our partner's hands to make it easier for them to catch it. Think about the amount of power we are using in our throw. We don't want too much power and make it difficult for our partner to catch the ball
- When catching, we want to see the children make good decisions as to whether to use the cupping technique or the W shape technique. We want to make sure they are waiting in the ready position with knees bent and feet shoulder width apart, anticipating the ball coming to them.
- The more accurate we can be with our throwing and catching, the greater chance we have of being successful in the games we are playing.

### Key Questions

- What do we mean by the term accuracy?
- How can we be accurate when throwing the ball to someone?
- When looking to catch the ball, how will we decide which catching technique to use?

### National curriculum links:

- Use running, throwing and catching in isolation and combination
- Develop technique and control through playing cricket
- Play competitive games against others, applying basic principles for both attacking and defending

### Social and environmental skills:

- Developing good team work and collaboration skills
- Developing good communication skills
- Improving our decision making skills