

Curriculum area	Topic	Year	Session Number	Skill
Strike & Field Games	Cricket	5/6	#3	Bowling with accuracy

Equipment

- Cricket/tennis balls
- Cricket bats
- Cricket stumps
- Cones for set up
- Hoops
- Dodgeballs

Learning Objective

- To bowl overarm with consistent technique.
- To aim for specific targets

Success Criteria

- I can bowl accurately at different lengths, both full and short.
- I have an understanding of how using tactics and strategies can help them to be successful

Key words

- Short delivery
- Full delivery
- Accuracy

Preparation Ideas/Warm Up

Castle Dodgeball

Set up a dodgeball type court with obstacles on both sides (these can be in the form of balls on cones, hoops set up as castles, cricket wickets). Spread different types of balls on the middle line including sponge tennis ball, dodgeballs and other small balls that are available.

If room allows, split the class into 4 teams and have 2 games running at one time. The aim is to strike down all of the obstacles on the opposition's side. You can defend the obstacles by blocking (using a long and short barrier as well as blocking and catching the ball). You cannot be caught out or struck out by being hit, the aim of the game is to simply strike down the opposition's targets.

Skill Development

Bowling at different lengths

Split the class into even groups of around 4-5 per group. We are going to need 1 bowler and 1 wicket keeper, with the rest of the group waiting behind the bowler.

Create a small square with 4 cones and place a cone in the middle. We want the children to try to aim to bowl and strike the middle cone in the square. You can also use a hoop for this with a cone placed in the middle of the hoop.

Once the bowler has had a turn, they become the wicket keeper and then join the back of the bowling queue.

Start with the cone at a full-length delivery before moving it further towards the bowler.

Progression:

Make this activity a competition either between the group or team v team:

>1 point awarded each time they land the ball in the hoop or square

>2 points awarded for striking the middle cone

Game

Bowling with a Batsman

This activity will be the same as the previous activity. This time, we are going to add in a batsman to make the activity more realistic to a game of cricket. Place a hoop or set of cones in a square at a full-length delivery and also a short delivery.

Each bowler will have 4 turns this time before they become the wicket keeper. The wicket keeper will then become the batsman, with the batsman joining the back of the bowling queue.

Progression:

Make this game a competition within the group. The bowler will receive:

>1 point for the ball landing in the square or hoop

>2 points for striking the cone

>3 points for landing the ball in the square, striking the cone and striking the wicket

Teaching points

- The full delivery will land close to the batsman's feet and will more likely result in the ball striking the wickets. The short delivery is used to deceive the batsman. We can use this tactic to just make the batsman think about whether the delivery will be full or short in the future.
- We want the children to make sure they are using good technique when bowling. Make sure that their arms are straight, rocking on their feet side on. When they release, follow through the action.
- We want the children to improve their accuracy of their throw. We are not focusing on power; we want the aim of our throw to be good.

Key Questions

- Can we name the two types of bowling deliveries we used in today's session?
- What tactics or strategies can we use when bowling?
- How can we improve the accuracy of our bowl?

National curriculum links:

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

Social and environmental skills:

- Developing team work and collaboration skills
- Showing creativity in their work

- Improving their decision making skills