



CRICKET

Years 3 & 4



Lesson Week:	Lesson Topic:
Week 1	Throwing and Catching Skills
Week 2	Bowling Skills
Week 3	Fielding Skills
Week 4	Batting Skills
Week 5	Team Cricket Games
Week 6	Team Cricket Games

Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Throwing & Catching Skills. • Up to 30 Children. 	<ul style="list-style-type: none"> • Cricket / Tennis Balls. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To catch a ball between waist and ankle height. • To catch a ball at shoulder/ head height. • To catch a ball dropping from above head height. • To throw a ball overarm with power and accuracy. 	<ul style="list-style-type: none"> • Throw, Catch, Run, Waist, Ankle, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Hoop.
Warm Up:	Differentiation:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Children work in groups one behind the other with a ball at the front. Set a hoop a certain distance in front of each line and a cone even further away. Children take it in turns to run and place the ball in the hoop, run around the cone and back to the hoop, then pick up the ball and underarm throw it back to the next person and join the back of the line. Team mates repeat. 2) Same exercise as 1, but this time, increase the distance. 3) Same exercise as 2, but this time, allow overarm throw. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Introduce races and time limits.
Main Content:	Differentiation:
<p>“Low Catch”</p> <ol style="list-style-type: none"> 1) Children work in pairs, one ball between two. Children gently underarm throw the ball to and from each other, aiming for between waist and ankle height. Children throw with one hand and catch with two. 2) Competition, first to so many catches wins. <p>“Shoulder High Catch”</p> <ol style="list-style-type: none"> 1) Children work in pairs, one ball between two. Children gently underarm throw the ball to and from each other, aiming for shoulder height at the side of the head. Children throw with one hand and catch with two. 2) Competition, first to so many catches wins. <p>“High Catch”</p> <ol style="list-style-type: none"> 1) Children work in pairs, one ball between two. Children gently underarm throw the ball to loop the ball up and down to drop near head height. Children throw with one hand and catch with two. 2) Competition, first to so many catches wins. <p>“Throwing And Catching”</p> <ol style="list-style-type: none"> 1) Children work teams. One team versus another. Each team stands behind a line facing the other team. Teams take it in turns to try to throw the ball past the other teams’ line. The other team tries to catch the ball. If the team throwing does not reach the line with the ball, the team catching gets a point. If the team catching does not catch the ball, the team throwing gets a point. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Bowling Skills. • Up to 30 Children. 	<ul style="list-style-type: none"> • Cricket / Tennis Balls and Stumps. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To bowl underarm accurately with one bounce. • To bowl overarm accurately with a straight arm. • To link overarm bowling with a run up. • To make a ball spin when landing. 	<ul style="list-style-type: none"> • Bowl, Stumps, Throw, Catch, Run, Arm, Crocodile, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Bounce, Land, Spin.
Warm Up:	Differentiation:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Children work in groups one behind the other with a ball at the front. Set a hoop a certain distance in front of each line and a cone even further away. Children take it in turns to run and place the ball in the hoop, run around the cone and back to the hoop, then pick up the ball and underarm throw it back to the next person and join the back of the line. Team mates repeat. 2) Same exercise as 1, but this time, increase the distance. 3) Same exercise as 2, but this time, allow overarm throw. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Introduce races and time limits.
Main Content:	Differentiation:
<p>“Underarm Bowling”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball, one hoop and one set of stumps per group. Children take in turns to stand in the hoop and underarm bowl the ball to try and hit the stumps. The ball has to bounce once before hitting the stumps. 2) Competition, first to hit the stumps so many times wins. <p>“Standing Overarm Bowling”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball, one hoop and one set of stumps per group. Children take in turns to stand in the hoop and overarm bowl the ball to try and hit the stumps. Children must keep their arm straight and the ball has to bounce once before hitting the stumps. 2) Competition, first to hit the stumps so many times wins. <p>“Running Overarm Bowling”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball, one cone and one set of stumps per group. Children take in turns to run up to the cone and overarm bowl the ball to try and hit the stumps. Children must take no more than four steps, keep their arm straight and the ball has to bounce once before hitting the stumps. 2) Competition, first to hit the stumps so many times wins. <p>“Spinning The Ball”</p> <ol style="list-style-type: none"> 1) Same exercises as “Running Overarm Bowling”, but children try to spin the ball as it bounces by flicking their wrist or their fingers as the ball leaves their hand. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between stumps. 4) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between stumps. 4) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> Fielding Skills. Up to 30 Children. 	<ul style="list-style-type: none"> Cricket / Tennis Balls and Stumps. Cones / Hoops – Variety of colours. Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> To stop a fast moving ball using two hands and the body as a barrier. To pick up and throw a ball underarm on the run. To chase and return a ball. To catch a bouncing ball, from a crouched position. 	<ul style="list-style-type: none"> Stumps, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Bounce, Land, Return, Crouch, Barrier, Chase, Wicket Keeper.
Warm Up:	Differentiation:
<p>“Imaginary Fielding”</p> <ol style="list-style-type: none"> Children work individually jogging around the area. On command “left”, “right” or “both”, the children have to pretend to pick up a ball with that hand. Same exercise as 1, but this time, the children have to put the same knee on the ground their picking up hand. Same exercise as 1, but this time, the children have to pretend to throw the ball after they have picked it up. 	<p>“Easier”</p> <ol style="list-style-type: none"> Decrease the speed of movement. Decrease the playing area. <p>“Harder”</p> <ol style="list-style-type: none"> Increase the speed of movement. Increase the playing area.
Main Content:	Differentiation:
<p>“Stopping The Ball With Two Hands”</p> <ol style="list-style-type: none"> Children work in pairs with one ball. Children take in turns to roll the ball to each other. As it is rolled the children have to get down on one knee, to use their leg as a barrier, and stop the ball with two hands. Competition, first pair to roll and stop so many times. <p>“Picking Up One Handed and Throwing”</p> <ol style="list-style-type: none"> Children work in pairs with one ball. Children take in turns to roll the ball to each other. As it is rolled the children have to run towards the ball, pick it up with one hand on the move and throw it straight back to their partner. Children have 5 rolls then swap over. Competition, first pair to roll and throw so many times. <p>“Chasing And Throwing”</p> <ol style="list-style-type: none"> Children work in pairs with one ball. Children start side by side and take in turns to roll the ball out in front. As it is rolled the other child has to chase after and retrieve the ball, then it back to partner. Children have 5 rolls then swap over. Competition, first pair to roll and retrieve so many times. <p>“Wicket Keeping”</p> <ol style="list-style-type: none"> Children work in groups, one ball, one hoop and one set of stumps per group. Children take in turns to stand in the hoop and overarm bowl the ball to try and hit the stumps and to crouch behind the stumps and retrieve the ball after the bowl. Bowler moves to behind the stumps, wicket keeper moves to the back of the line. 	<p>“Easier”</p> <ol style="list-style-type: none"> Decrease the speed of movement. Decrease the playing area. Decrease the distance between stumps. Decrease the running distance. Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> Increase the speed of movement. Increase the playing area. Increase the distance between stumps. Increase the running distance. Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Imaginary Fielding”</p> <ol style="list-style-type: none"> Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. Same exercise as in 1, but this time the children have to slowly lunge around the area. 	<ul style="list-style-type: none"> Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Batting Skills. • Up to 30 Children. 	<ul style="list-style-type: none"> • Cricket / Tennis Balls, Bats and Stumps. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To block a ball that will hit the stumps. • To lean forward and strike a ball that is bouncing one pace in front of the batter. • To step back towards the stumps, to strike a ball bouncing up at waist height. 	<ul style="list-style-type: none"> • Bat, Back, Lift, Front, Hit, Attack, Safety, Stumps, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Barrier, Chase, Wicket Keeper.
Warm Up:	Differentiation:
<p>“Running With The Bat”</p> <ol style="list-style-type: none"> 1) Children work in groups with a bat each. Set up small races. Children take it in turns to run with their bat to a certain line and back. The next child in line can go when the bat of the child in front of them crosses the start line. 2) Same exercise as 1, but this time, give the children a target number of runs to get to in the specified time. 3) Same exercise as 1, but this time, increase distance. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Decrease the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Increase the equipment size.
Main Content:	Differentiation:
<p>“Basics Of Batting”</p> <ol style="list-style-type: none"> 1) Instruct the children in good batting techniques. Hold the bat with two hands at the top of the handle. Hands shouldn't cross. Stand sideways on with feet shoulder width apart with head facing the bowler/feeder. To prepare for the bowl, lift bat back straight above stumps. <p>“Blocking The Ball”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball, one hoop and one set of stumps per group. Each group takes it in turns to be a batter, a wicket keeper and a feeder/bowler or act as fielders. Feeders/bowlers underarm bowl the ball to bounce towards the batters knee height. Batter leans forward to block the ball with the bat close to their leg. Ball must be blocked not hit. Children have three bats then rotate spots. <p>“Leaning Forward To Strike The Ball”</p> <ol style="list-style-type: none"> 1) Same exercise as “Blocking The Ball”, but this time feeders aim the ball to bounce to the batters ankle height and batters lean forward to strike the ball forwards along the ground. <p>“Stepping Back To Strike The Ball”</p> <ol style="list-style-type: none"> 1) Same exercise as “Blocking The Ball”, but this time feeders aim the ball to bounce to the batters waist height and batters step back and swing the bat across their body to hit the ball. Wicket keeper and fielders stay a safe distance away from the batter at all times. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between stumps. 4) Decrease the running distance. 5) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between stumps. 4) Increase the running distance. 5) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Running With The Bat”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths while carrying their bat. 2) Same exercise as in 1, but this time the children have to slowly lunge to the line and back. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Team Cricket Games. • Up to 30 Children. 	<ul style="list-style-type: none"> • Cricket / Tennis Balls, Bats and Stumps. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To improve basic striking, fielding, decision making skills. • To encourage teamwork and improve basic striking and fielding skills. • To encourage good communication between batters in a match situation. • A match requiring batters to co-operate in pairs. 	<ul style="list-style-type: none"> • Bat, Back, Lift, Front, Hit, Attack, Safety, Stumps, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Barrier, Chase, Wicket Keeper, Runs, Score, Team Work, Striking, Fielding.
Warm Up:	Differentiation:
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Children work in pairs, with one ball between two, jogging around the area. On command, pairs throw low and catch as many times as they can in 30 seconds then carry on jogging around the area. Pairs try to beat their score each time. 2) Same exercise as 1, but this time the pairs alternate throwing low, high and up in the air. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Increase the time limit. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Decrease time limit.
Main Content:	Differentiation:
<p>“Continuous Cricket”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Batting team stays a safe distance away when waiting for their turn to bat. The fielding team spread out all over the area, making sure they are a safe distance away from the batter. One fielder acts as a wicket keeper. The coach bowls underarm at the stumps and the batter attempts to hit it. Whether they hit it or not the, batter has to run. Batters score one run each time they travel round a cone and back. More than one run at a time can be scored. Fielders have to return the ball every time to bowler who continuously serves. Each batter keeps going until they are bowled, caught or hit their own stumps. Teams swap when all the batters are out. <p>“Racing Cricket”</p> <ol style="list-style-type: none"> 1) Same exercise as in “Continuous Cricket”, but this time, whatever happens when the batter tries to hit the ball, even if out, the batter has to run immediately around three cones, then return the bat to their team mates and join the back of the line until their next turn. One run is scored each time the ball is hit. If the ball is missed or hit behind the stumps, no run is scored. If out (caught, bowled or hit own stumps), one run is taken away. Bowler continuously serves, even if the bats have not been returned! Teams swap after so many bowls. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between stumps. 4) Decrease the running distance. 5) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between stumps. 4) Increase the running distance. 5) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Team Cricket Games. • Up to 30 Children. 	<ul style="list-style-type: none"> • Cricket / Tennis Balls, Bats, Ball Stands, Stumps. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To improve basic striking, fielding and decision making skills. • To encourage teamwork and improve basic striking and fielding skills. • To encourage good communication between batters in a match situation. • A match requiring batters to co-operate in pairs. 	<ul style="list-style-type: none"> • Bat, Back, Lift, Front, Hit, Attack, Safety, Stumps, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Barrier, Chase, Wicket Keeper, Runs, Score, Team Work, Striking, Fielding.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Children work in pairs, with one ball between two, jogging around the area. On command, pairs throw low and catch as many times as they can in 30 seconds then carry on jogging around the area. Pairs try to beat their score each time. 2) Same exercise as 1, but this time the pairs alternate throwing low, high and up in the air. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Increase the time limit. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Decrease time limit.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Caterpillar Cricket”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Batting team lines up a safe distance behind the first batter. The fielding team spread out behind a target line. Batters take it in turns to strike the ball off the top of a ball stand (placed in front of them) towards the target line. They score by running around a marked out box and back through a gate followed by all the other batters in a train. They then go to the back of the line. Batters are not allowed to run if the ball does not cross the target line or if the batter is caught. Once the ball has crossed the target line and been stopped by a fielder, the rest of the fielding team must form a line behind them. The ball is passed overhead in a straight line until it reaches the 5th fielder who then runs to touch the ball on the set of stumps before the batters run through the gate <p>“Team Cricket”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Set up a game of cricket as close to normal rules as possible. Each team has 10 overs, 5 bowls per over. Make sure all children have a go every position (bowling, wicket keeper, batting, fielding, etc.) 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between stumps. 4) Decrease the running distance. 5) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between stumps. 4) Increase the running distance. 5) Decrease the equipment size.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.

