

**GAMES:** Cricket

Year 7 (under 12)

**LESSON:** 1

**NUMBERS:** 25+

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**CHANGING TIME:** 15 mins

**ACTIVITY TIME:** 45 mins

**LEARNING OUTCOMES**

**KNOWLEDGE:**

The correct fielding technique for 'Chase and retrieve'.  
The fundamentals of fielding, batting and bowling.

**COMPREHENSION:**

How to perform fielding, batting and bowling skills in a safe way.

**PERFORMANCE:**

Practice fielding, batting and bowling skills in drills.

**THE USE OF THIS LESSON PLAN AND THE CONTENT OF THIS LESSON PLAN IS AT YOUR OWN RISK.**  
The information on this Lesson Plan is presented for the purpose of educating participants on coaching and playing of various sports, and participation in various physical activities. No physical activity should be engaged in without first consulting a physician. Furthermore, Inclusive Learning Systems makes no claims about the safety or appropriateness of any information found on this Lesson Plan, nor about the results to be obtained from using this Lesson Plan or any content contained on this Lesson Plan and consequently cannot be liable for any resulting loss, damage or injury.

**EQUIPMENT:** Plastic cricket bats, Cricket stumps, Soft cricket balls (wind/tennis), Batting tees, Flat cones, Bibs.

**ASSESSMENT**

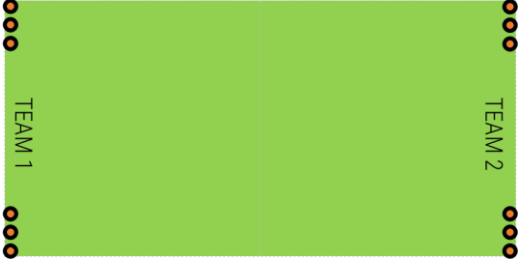

Ability to field the ball safely and efficiently.  
Performance of batting and bowling skills in drills.

**RISK ASSESSMENT**

**Hazard:** Injury throwing / bowling the ball. Stray balls hitting pupils.  
Reckless use of equipment, e.g. bats.

**Control:** Observe throwing / bowling action and emphasise teaching points. Five metre exclusion zone around batsmen. Stop reckless use of equipment.

**LESSON SUPPORT:** N/A

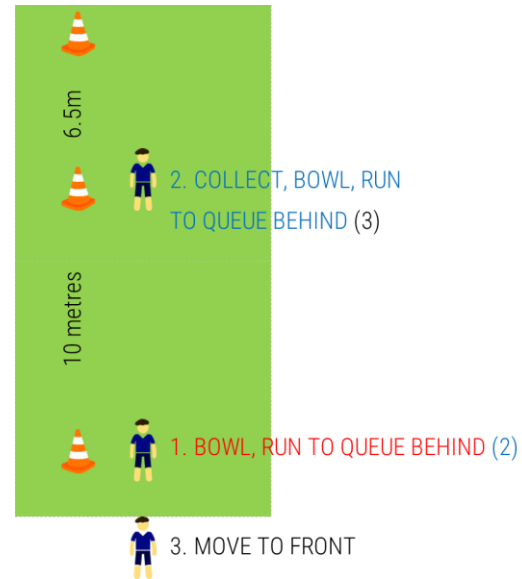
MINS	ACTIVITY	STRUCTURE	TEACHING POINTS
2	Opening: Pupils will be instructed on the learning outcomes for the lesson (front page).		
5	<p><b>Pupils will warmup while practicing ball handling skills.</b></p> <p>Pupils will be divided into two teams defending and attacking two goals. Ball carrier cannot move, instead throw for a teammate to catch. When ball is in hand and touches one of the opponents wickets/stumps a goal is scored and play is restarted with opposition.</p> <p>If the ball is dropped or intercepted possession is lost and play is restarted from where the ball hits the ground.</p> <p><b>Differentiation:</b> Multiple balls can be introduced to keep pupils active.</p>	<p>Four sets of wickets/stumps will be placed to form a rectangle. No boundaries to the playing area. Team 1 defends two sets of wickets/stumps while attempting to score at the opposite end, and vice-versa.</p>  <p>Pupils will practice 'Chase and retrieve' understanding how to throw the ball safely.</p>	<ul style="list-style-type: none"> <li>• One point is scored when the ball is in hand and touches one of two sets of wickets/stumps.</li> <li>• Shorter throws will result in more successful attacks.</li> <li>• No contact with other players at any time.</li> <li>• During the warmup don't move too quickly and don't throw the ball with much force.</li> </ul>
		<p>PURCHASE FOR FULL LESSON PLAN</p> 	

### Pupils will understand the fundamentals of bowling.

In groups of three pupil (1) will bowl to pupil (2) ten metres approx. The ball can bounce or be caught on the full. Once a delivery has been performed pupil (1) queues up at the opposite end. Pupil (2) then continues the cycle.

**Differentiation:** Once ready pupils can move back to the third cone and bowl the full 18 yards (16.5m) attempting one bounce before collected. Experienced pupils can perform different types of bowling with a run up and two sets of wickets/stumps.

Each group of three will work in an area 18 yards long (u12 pitch size). Once pupil (2) has thrown the ball, join back of the queue and repeat.



#### RELEASE & FOLLOW THROUGH (RIGHT HANDED, MIRROR LEFT HANDED):

- Slam the left foot down in front of the body, leaning forwards.
- At the same time pull the left arm down. The right arm rotates all the way round, releasing the ball at the highest point.
- Follow through with a step or two after release for more momentum.



#### SEAM UP GRIP:

- Place the index and middle fingers on top of the ball with the seam running between them. Ring and little finger provide support to the side.
- Thumb should be underneath the ball close to or on the seam.
- Ensure there is a small gap between palm and the ball.
- Experiment with different finger positions on the seam to discover what feels natural.



#### BOUND (RIGHT HANDED, MIRROR LEFT HANDED):

- Lift the left foot, knee pulled up towards chest.



#### COIL (RIGHT HANDED, MIRROR LEFT HANDED):

- While in the bound pose bring the right hand holding the ball close to the right ear.
- Bring the left arm up in front of the face. Elbow points in the direction of the delivery.



**Pupils will understand the fundamentals of batting.**

PURCHASE FOR FULL LESSON PLAN