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| ***Class: St Thomas of Canterbury***  |
| ***Lesson: Cricket*** |
| *Lesson Objective:*Bat Familiarisation  |
| ***Resources:***Tennis balls, Balls, Discs, Cones, Cricket bats |

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| ***Warm Up:***Children will move around the hall travelling in different directions. The children will also be asked for their input with regards to the different movements in which they can make.**Coaching Points:**AgilityBalanceCo-ordination Reaction Skills***Safety Points:***AwarenessGood Behaviour Awareness of surroundings |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***The children will now be split into groups of 3 or 4 they will now be attempting to become familiar with the ball and be able to hit the ball with the bat. Each child will get a go of holding the bat with the ball. 1 child will go and stand in a hoop and will underarm roll the ball so there can be some sort of contact on the ballThe coaching points will be as follows:* Weight of throw
* Vision
* Hit the target
* Communication
* Teamwork

**Coaching points:**Body PositionThrowing TechniqueLeft/Right arm familiarityAccuracy Cricket bat familiarisation ***Safety Points:***AwarenessGood Behaviour Awareness of surroundings  |
| ***Warm Down***:Gentle JoggingUnderstanding the importance of a warm down Question time**Coaching Points:**Breathing TechniquesSlowing the heart rate down***Safety Points***:AwarenessGood behaviour Awareness of surroundings |
| ***Plenary:******Children will have now become familiar with the throwing technique as well as how to hold the bat*** |

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| RED:Break down throwing technique  |
| AMBER:All children adequate at movement |
| GREEN:Adjust session to suit  |