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| ***Class: 2.1*** |
| ***Lesson: Cricket*** |
| *Lesson Objective:*  Under arm throwing technique and catching technique. |
| ***Resources:***  Tennis balls, Balls, Discs, Cones |

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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:**  Agility  Balance  Co-ordination  Reaction Skills  ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  All the children will now get themselves into pairs and will practice the under arm throwing technique. The children will move around and work with different. The children will use both left and right arm throws to practice.  The coaching points will be as follows:   * Weight of throw * Vision * Communication * Teamwork   **Coaching points:**  Body Position  Throwing Technique  Left/Right arm familiarity  Accuracy  ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Warm Down***:  Gentle Jogging  Understanding the importance of a warm down  Question time  **Coaching Points:**  Breathing Techniques  Slowing the heart rate down  ***Safety Points***:  Awareness  Good behaviour  Awareness of surroundings |
| ***Plenary:***  ***Children will have now become familiar with the throwing technique*** |

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