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

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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 receive the ball and with the bat they now have to try and hit the ball towards the stumps. Once they have had a go they have to move to the back of their line then the next person will then have a go The 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 Hand eye- co-ordination ***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, working towards hitting the target*** |

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