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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:**  Agility  Balance  Co-ordination  Reaction Skills  ***Safety Points:***  Awareness  Good 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 Position  Throwing Technique  Left/Right arm familiarity  Accuracy  Cricket bat familiarisation  Hand eye- co-ordination  ***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 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 |