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| ***Class: Elmwood*** |
| ***Lesson: Cricket Lesson 5*** |
| ***Lesson Objective:***  Bowling at the stumps |
| ***Resources:***  Stumps, Tennis balls, Cones |

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| ***Warm Up:***  Get players into a circle and get them throwing the ball to someone add a tennis ball to make it harder see how many tennis balls they can keep in the circle without dropping it.  **Coaching Points**:  Soft hands  Eyes focusing on the ball  Still head  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Get children into pairs behind a cone with a tennis ball standing in a side on position with their landing foot pointing towards their partner. Get them to spread their arms out and rotate without bending their arms.  Add stumps for targets.  Get children to run up making sure they jump off the right foot.  **Coaching points:**  Side on  None bowing arms pointing at target  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Warm Down*:**  Bowling competition  **Coaching Points:**   * Support and develop the ideas children create.   ***Safety Points*:**   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Plenary:*** |

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| RED: |
| AMBER: |
| GREEN: |