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| ***Class: 1.3*** |
| ***Lesson: Cricket*** |
| *Lesson Objective:*Running with the bat  |
| ***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. The children will now attempt to add movement with the cricket bat. They will run from one end of the hall to the other with the bat- but they can only run if they make contact with the ball. We will be focusing how to move between different areas while holding the bat.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 Movement ***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 while being fluid***  |

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