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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:**  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. 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 Position  Throwing Technique  Left/Right arm familiarity  Accuracy  Cricket bat familiarisation  Hand eye- co-ordination  Movement  ***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 while being fluid*** |

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