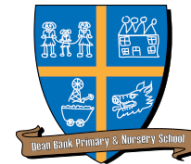




Dean Bank Primary School and Nursery

PE - Medium Term Plan



Subject Area: Games (St + F)

Term: Summer

Class: 4

<p><u>Core Task</u> Zone cricket</p>	<p><u>National Curriculum</u> Play competitive games, modified where appropriate [cricket], and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
<p><u>Key Terms</u> Batting, fielding, feeder, wicket, innings, wicketkeeper, score, stumping base, retrieve</p>	<p><u>Key Skills</u> Keep games going because they have the skill and control to do so e.g. throw and catch in different ways, choosing the right time to pass, selecting the best place to pass to a team mate or to outwit an opponent, join actions together like move, receive, shoot.</p> <p>Develop a range of defence and attacking skills in invasion, net/wall, striking/fielding type games to prepare them to play mini versions of traditional games played in upper KS2.</p> <p>Have the confidence to try out new skills and recognise which skills they need to practise.</p> <p>Adapt and make up rules to suit the equipment/space/targets used.</p> <p>Keep to the rules so that they and others enjoy and are challenged.</p> <p>Encourage team mates to do well.</p>

Learning Objective	Skill Focus (Physical Skills, Thinking Skills, Team Skills)	Key Questions	Activities and Differentiation	Equipment needed
Core task assessments	<p>Keep games going because they have the skill and control to do so e.g. throw and catch in different ways, choosing the right time to pass, selecting the best place to pass to a team mate or to outwit an opponent, join actions together like move, receive, shoot</p> <p>Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate</p>	<p>When batting, did you choose to hit the ball hard or place it into a space? Why?</p> <p>What fielding techniques did you use?</p> <p>What are the best things about your performance in Pairs game?</p> <p>What needs improvement? Think about batting and fielding.</p>	<p>The aim of this game is to hit the ball into an arc, and to score points by running to one of four zones before the fielding team gets the ball back to the stumping base (see diagram 2 below). Play the game four fielders, one batter, one feeder and a wicketkeeper. The batter hits the ball from the feed into the arc and runs into one of the four zones. The fielders retrieve the ball and try to get it back to the wicketkeeper as quickly as possible. Each player should have six goes at hitting before the next person has a turn.</p>	<p>Cricket bats Stumps Balls</p>



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	<p>Use space well by finding and moving into a free space/passing to team mates when they are in a good space</p> <p>Develop a range of defence and attacking skills in invasion, net/wall, striking/fielding type games to prepare them to play mini versions of traditional games played in upper KS2</p> <p>With others, decide and try out different ideas/tactics to outwit an opponent in defence and attack</p> <p>Keep possession of the ball · select different positions in the team based on strengths of players</p>	<p>How could you bring about this improvement?</p>		
<p>I can bowl a ball accurately</p>	<p>Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate</p> <p>Use space well by finding and moving into a free space/passing to team mates when they are in a good space</p>	<p>Where are you aiming the ball?</p> <p>What type of throwing action should we use?</p> <p>How can we improve our technique?</p>	<p>Warm up: 'Individual Catching'</p> <ul style="list-style-type: none"> • Each player has a tennis ball. Start off by walking around bouncing and catching ball • Increase to a jog (moving in different directions) • On 'coaches call' stop or swap balls with another player <p>Split class into 3 groups of similar ability. Set up the 3 stations below - Each group starts at a different station.</p> <p>Bowling accuracy Split group into teams of 5. Each team has a set of stumps or a rebound net. Pupil 1 is the wicket keeper, pupils 2, 3, 4 and 5 are the bowlers with a ball each 5 to 8 yards away. Pupil 2 bowls the ball at the stumps and runs to become wicket keeper, the wicket keeper gathers the ball and runs behind pupil 3. Pupil 3 underarm bowls at the stumps and so on. Teams get 1 point if they hit the stumps. Highest scorers win. Catchphrase – 'Watch the wicket and you're likely to hit it!'</p> <p>Additional key teaching points: -Point opposite foot towards stumps (Looking foot). -Aim looking over top of ball.</p>	<p>Cricket bats Stumps Balls</p>

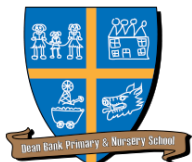


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			<p>-Bring ball past hip and smoothly throw from low to high in a rainbow shape. -Weight and accuracy of bowl. Progression – Overarm bowl if space available and safe to do so.</p> <p>Bowling technique BH Split group into pairs. They stand opposite each other with a spot in-between 5 yards away. Pupil 1 has 3 tennis balls and bowls 1 at a time attempting to hit to the spot, pupil 2 stops the each ball ready for their turn. Ball 1 = hold at chest (So you can see ball) and push towards spot. Ball 2 = Hold ball straight in the air above head (So you cannot see the ball) and throw down towards spot keeping arm straight. Ball 3 = Overarm bowl</p> <p>TIPS - Hold ball by mouth, put other arm straight in the air, weight on back foot, take ball down back and round and transfer weight onto front foot - Head forwards (Not to the side) / High arm / Straight arm (Not darts throw). 'Down, back and round.'</p> <p>First pupil to 5 points wins.</p>	
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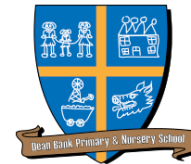


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<p>I can develop a striking technique with a cricket bat</p>	<p>Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate</p> <p>Have the confidence to try out new skills and recognise which skills they need to practise.</p>	<p>What do we use to strike the ball?</p> <p>What do we need to remember when striking the ball?</p>	<p>Warm up: 'Catching Grid'</p> <ul style="list-style-type: none"> • Split players into groups of 3, 4 or 5 (depending on numbers) • Each group has an area and all players are numbered 1-4 (or 1-3/1-5) • No. 1 starts with the ball. They throw it to No. 2 who throws it to No. 3 and so on <p>Model a batting technique - step forward and strike</p> <p>Emphasise: Step towards side of ball Keep eyes on ball</p> <p>Practise: Batter hits the ball off a 'tee' or cone aiming to hit past fielders Fielders return to 'server' who places ball on 'tee' 3 goes each then rotate (add scoring system if desired)</p> <p>Differentiation according to ability: where to hit ball where to field</p> <p>Refine: Working in fives, ask one child to be the batter, one the feeder and three fielders. Explain that they're going to hit the ball after the ball has bounced. The hitter will strike the ball after the feed and run between two cones whilst the fielders retrieve the ball to the feeder. BH Remind the batter of correct stance and look for spaces to hit the ball into.</p>	<p>Cricket bats Stumps Balls</p>
<p>I can strike to score</p>	<p>Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate</p> <p>Adapt and make up rules to suit the equipment/space/targets used.</p>	<p>What points do you remember about striking the ball?</p> <p>How can we improve our striking technique?</p> <p>What should you do to improve your score?</p>	<p>Warm up: 'Catching Grid'</p> <ul style="list-style-type: none"> • Continue from previous week • Coach calls out a number – that player then has to move to the next group clockwise and continue <p>Recall main points learnt about striking the ball with a cricket bat. Ask the children to work in groups of five, with one batter and four fielders. Set up a v-shaped hitting zone</p>	<p>Cricket bats Stumps Balls Cones</p>



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			and mark scoring zones with 2 points scored for a hit on the right, 2 in the middle and 1 on the left (reverse for left-handed players). Use a cone to mark where the batter stands and put a cone 15 paces to the right. Tell the batter to strike the ball into the scoring zones and to run around the cone and back before a fielder stumps the wickets. Give each player 3 strikes and explain that the player with the highest score wins.	
I can develop basic fielding techniques	<p>Use space well by finding and moving into a free space/passing to team mates when they are in a good space</p> <p>Keep possession of the ball · select different positions in the team based on strengths of players</p> <p>Encourage team mates to do well.</p>	<p>What is fielding?</p> <p>Where do the fielders need to be looking?</p> <p>How can fielders work effectively together?</p>	<p>Play cone wars Split children into 2 teams</p> <ul style="list-style-type: none"> Place lots of cones around the playground/hall (ideally 2 different colours) The teams have to pick up their coloured cones as quick as they can (the first team to be stood all together with their cones are the winners) <p>Provide the children with opportunities to develop an overarm throwing technique, ways of stopping a moving ball whilst on the move and distant catching skills. BH/HK continue to focus on this with individuals if necessary whilst others apply skills in a game situation.</p> <p>Half the children stand in a hoop around the edge of the area with a cricket bat each. Each hoop has a safety gap between the next. Place a spot or cone in front of each hoop. The other half of the children have a ball each and start in the middle of the area. On teacher's command children run to a cone, bowl a ball underarm to a batter who strike the ball back and bowlers run to another batter. Children win a point if they catch the ball / batters strike the ball accurately.</p> <p>Prison game 6 prisoner's stand one side of the area with a bat and 2 medium sized soft balls (One balanced on a cone). The rest of the class are officers and stand on their own spot at least 5 yards away from the prisoners and 2 yards away from each other. Place 2 goal cones behind the officers 30 yards apart (This is where the prisoners are trying to strike their balls through). Officers have to be in contact with their spot at all times. On teacher's command prisoners strike their first ball off their cone</p>	<p>Cricket bats Stumps Balls Cones</p>



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			<p>trying to make it roll through the officers and escape through the goal (1 point for every ball that escaped). Officers attempt to block / field.</p> <p>Encourage fielders to be in the 'Ready position' and batters to be side on behind the ball and step one foot towards the ball, bending knee and strike the ball from low to high keeping feet in contact with the floor. Swap roles after prisoners have struck their 2 balls.</p>	
I can intercept the ball	<p>Develop a range of defence and attacking skills in invasion, net/wall, striking/fielding type games to prepare them to play mini versions of traditional games played in upper KS2.</p> <p>Keep possession of the ball · select different positions in the team based on strengths of players</p>	<p>What do we mean by intercepting the ball?</p> <p>What do you need to do to score a point?</p> <p>How can we work together as a team to improve our score?</p>	<p>Warm up: Catching relay - Have 2 cones 5m apart. In groups of 5 have 3 players behind 1 cone and 2 players behind another cone</p> <ul style="list-style-type: none"> • The first player throws the ball underarm to the person on the opposite cone and follows the ball across to the end of the line • The player who caught the ball throws it back to the person on the other cone and follows it across and joins the end of the line. Players continue passing to and fro. BH <p>Ask the children to work in groups of five, with one batter and four fielders. Tell the batter to strike the ball and run between cones while the fielders retrieve the ball and send it back to the bowler. The fielders score a point if they intercept the ball before it passes a fielding line. Make sure the children swap positions so they all have a turn at batting.</p>	<p>Cricket bats Stumps Balls</p>
I can refine my cricket skills	<p>Keep games going because they have the skill and control to do so e.g. throw and catch in different ways, choosing the right time to pass, selecting the best place to pass to a team mate or to outwit an opponent, join actions together like move, receive, shoot.</p> <p>Keep to the rules so that they and others enjoy and are challenged.</p>	<p>What have we learnt in previous lessons that will help to improve our performance today?</p> <p>Which parts of cricket do you feel more confident with?</p> <p>What do you think you need to develop further?</p>	<p>Provide a carousel of activities to reinforce the skills taught in previous weeks. Repeat core task to evaluate children's progress.</p>	<p>Cricket bats Stumps Balls</p>



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<https://www.sasp.co.uk/uploads/somerset-cricket-board-coaching-resource.pdf>

<https://dpsportsplanning.com/wp-content/uploads/Cricket-Years-3-6-playground-and-indoor.pdf>