



Physical Education Lesson Plan	
School:	Class/Teacher:
Week: 7	Focus: Game Sense – Striking/Fielding Games (Cricket)
Term Theme: Game Sense	

Video Demos: Activity demonstrations in the [Moovosity Online Showcase here](#) – p/word ‘moovosity’

Warm Up <i>The unofficial start to the lesson is a warm up game to get the body moving and to develop and refine locomotor movement.</i>	Activity Name: Cricket Adventure
	Time: 5 minutes

Lesson Focus:	(45 Mins) Striking/Fielding Games	
Learning Intention:	To further develop and understanding of Striking/Fielding Games	
Success Criteria:	1. I CAN use all equipment safely and effectively 2. I CAN experiment with the best type of throw for success 3. I CAN use strategies and tactics to increase scoring opportunities	
Skill Area/Benefit:	Striking/Fielding Games	
Activity	Instructions/Variations	Time
Catch-a-lot	<u>Equipment:</u> per group: 1 tennis or handball, 4-6 markers <u>Instructions:</u> 1. Student 1 begins with the ball and throws it downward at the wall. The ball must bounce before it hits the wall. 2 Student 2 moves into position and catches the ball on the full off the wall. 3. Student 2 throws the ball downward at wall so that it bounces before it hits the wall. 4. Student 1 moves and catches the ball on the full off the wall. 5. This continues until the catcher drops or is unable to catch the ball, or the thrower lands the ball outside the playing boundary. 6. Students may not enter the safety zone, nor can the ball be placed there by the thrower. That is, the ball must be thrown with enough force so that it doesn't land in the safety zone. 7. Students throw with different force and angles to make it difficult to catch. <u>Variations:</u> Make the court bigger, use a faster ball (harder), make the court smaller, use a larger ball (easier).	15
How's That!	<u>Equipment:</u> Per team: Tennis ball, set of cricket stumps and 3 different coloured markers <u>Instructions:</u> 1. Each thrower in the line can choose where to throw the ball from, relative to their ability 2. If student hits the stumps, the team get the points corresponding to the marker thrown from (e.g. close marker 1 point) – continue to accumulate team points with each subsequent hit 3. After each throw, the wicketkeeper rolls the ball back to the next thrower in line 4. Once all throwers have thrown once in the rotation, the first thrower becomes the new wicketkeeper and the wicketkeeper joins the end of the throwing line 5. First team to get 11 points calls out 'Howzat' and they are the winners 6. At this point, teams swap (direct swap with team at other end of court) and start the next round	15
Pepper	<u>Equipment:</u> tennis racquets, foam softballs (essential) <u>Instructions:</u> 1. Three students are fielders and form a semi-circle 3-5m apart. One student is the backstop. 2. One student is the batter (approx. 10m away from the fielders). 3. Fielders lightly toss the ball towards the batter who hits it back towards the fielders. 4. Batter scores one point each time they hit a ball between the fielders. 5. Fielders attempt to prevent the ball from traveling between them.	10



	<p>6. Batter has 10 turns then students rotate through positions when batter completes their turn.</p>	
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Variations: Use a softball or cricket bat, batter hits a moving ball (harder), use a larger ball, batter uses a tee (easier)