

Physical Education Lesson Plan

School:	Class/Teacher:
Week: 8	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: How’s That!	
	Time: 5 minutes	
Lesson Focus:	(45 Mins) Striking/Fielding Games	
Learning Intention:	To increase understanding of attack and defence	
Success Criteria:	<ol style="list-style-type: none"> 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
Cricket Towers – Level 1	<p><u>Equipment:</u> A tennis ball or dodgeball per pair, plastic cricket stumps or equipment, cones to mark out the throwing lines</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> 1. Pairs 2. Students build a tower out of cricket stumps and bases or other available equipment 3. They have a minute to see how many times they can knock down the tower. 4. Each time they knock it down they receive a point and need to rebuild quickly 5. One partner stands at each end of the playing area and can move back each time they are successful 6. Play multiple rounds of 1-2 minutes <p><u>Variations:</u> Increase the distance, decrease the size of the tower (harder), decrease the distance, increase the size of the tower (easier).</p>	15
Knock Em Down	<p><u>Equipment:</u> tennis balls, markers, targets (e.g. skittles, small PE cones, empty plastic bottles, plastic cups, cardboard boxes or folded cardboard)</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> 1. Each small team has multiple balls 2. All students throw from behind the throwing line. 3. One student (per team) throws at a time. 4. Rotate throwers. 5. Students count how many balls it takes to knock down all targets. <p><u>Variations:</u> Move target further away, increase throwing complexity, eg. one bounce first (harder), decrease the distance, group the targets closer together (easier).</p>	15
Cricket All Sorts	<p><u>Equipment:</u> 2 sets of stumps, 2 bats, 6 tennis balls, 10 hoops, markers</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> 1. Fielding team and batting team 2. Bowler from the fielding team bowls 3 consecutive balls from the bowling markers (on edge of safety zone) to the same batter 3. The batter strikes each ball (i.e. one ball after the other – batter hits 3 balls in one play) and Bowler must bowl or throw overarm 4. Fielders are positioned around the diamond 5. Fielders are not permitted to move until all 3 balls have been hit – 1 step rule for catches/fielding 6. After all balls have been played, the batter starts running around bases (1 run for each base they reach successfully). Batter continues around as many times as they are able 7. Fielders need to get each of the 3 tennis balls back to the wicket keeper who places each ball in the marker. Once all balls are back in the marker, they call out ‘stop’ 8. The batter adds up the number of bases they successfully reached, which determines their score 	10



	<p>9. The wicket keeper returns tennis balls to a new bowler and the next batter steps up to the stumps</p> <p>10. After all batters have hit in that round, the batting and the fielding team swap duties</p> <p>11. Scores from each batter are accumulated to determine the team score. Team scores can either continue over rounds or start again each round</p> <p>12. Methods of dismissal – bowled, caught and hit over the boundary on the full (no runs)</p>	
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