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| **Newquay Junior Academy – Physical Education** | |
| **Topic:** Rounders / Cricket | **Year:** 5 |
| **Composite:** **To apply and develop fundamental skills learnt in Years 3 and 4 into Rounder’s and Cricket games. To understand the rules and be able to co-operate in a team situation. Some students will be able to develop tactics and strategies.** | |

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| **What should they already know?** | **Assessment Criteria** |
| * How to play ‘Danish rounders’ and ‘kwik cricket’. * How to stop a ball coming towards me and return back to the bowler. * How to hit the ball accurately and into a space. * How to apply strategies to become a more effective fielder. | **GOLD (GD):** Fulfilling and exceeding all the Learning Outcomes. Performing skills fluently and consistently. Having a thorough understanding of the knowledge involved and be able to apply to other areas of PE curriculum.  **SILVER (WA):** Meting 80% of the Learning Outcomes, demonstrating a ‘good’ level of skill and knowledge.  **BRONZE (WT):** Working towards achieving the Learning Outcomes. |

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| **Learning Outcomes** | |
| **Overview of Knowledge** | **Overview of Skill** |
| * I know how to bat using the correct technique. * I know how the ball is bowled. * I know the fundamental rules of cricket. * I know how to apply strategies in games to make my team more effective. * I know how to bat using the correct technique. * I know what an ‘English’ and ‘Australian’ catch is. * I know the fundamental rules of rounders. * I know strategies that can be implemented in both batting and fielding. | * I can bat using the correct technique with increasing power and a change of direction. * I can bowl a ball over arm in a straight line. * I can play ‘Kwik Cricket’ in line with the rules. * I can apply strategies when I am batting and fielding and work as part of a team. * I can bat using the correct technique with increasing power. * I can perform an ‘English’ and ‘Australian’ catch under increasing pressure. * I can play a game of rounders in line with the basic rules. * I can suggest strategies that can be implemented in both batting and fielding. |

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| **Key Vocabulary** | **Life Skills** |
| https://tse1.mm.bing.net/th?id=OIP.2OJSQ6dno1mEGvJBjeisTQAAAA&pid=Api**English catch**: Two handed catch, thumbs touch. Used to catch a high ball above shoulder height.  **Australian Catch**: Two handed catch, little fingers touch. Used to catch a ball below shoulder height.  **Strategies:** A plan to achieve a desired outcome. A way to gain an advantage against the opposing team.  **Rounder’s Positions:** See diagram.  **Deep Fielder:** A player who is positioned far out on the pitch is a deep fielder. Their job is to retrieve  And return the ball after it has been hit by a fielder.  **No-ball:** In rounder’s, a no-ball is called when the bowler does not deliver the ball correctly to the batter  e.g. too low, too high, too wide. | Team work  Respect  Feedback  Understanding why rules are important. |

**Year 5 Rounder’s and Cricket SoW**

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| **Stages** | **Focus** | **Learning Objectives** | **Lesson** |
| A | Throwing and Catching | * Understand the importance of hand-eye co-ordination. * To understand the fielding positions | Warm up) In Pairs. **A** leads the pulse raiser **B leads the stretches.**  Skills) One ball between two. Working close together do some little challenges to develop hand-eye co-ordination. Progress to underarm throwing: technique, keep the ball flat not loopy, relate to ‘bowling’. Overarm technique: Isolate joints, transfer of weight, throwing for distance.  Application) Play ‘3 ball rounders’. The ‘batter’ throws three balls. The fielders cannot move until the last ball is thrown. Aim: For the batter to get all the way around to 4th base before the three balls get back to the bowling square. |
| B | Batting in Rounder’s | * Be able to bat using the correct technique. * Be able to vary the direction and power when batting. | Warm up) Jog around the field, throwing and catching on the move. Recap key points from previous week. Introduce **Long Barrier.**  Skills) Batting practice. Set out a ‘safety circle’ (see Ms Rai) so all batters are batting away from one another. In groups of 5: Backstop, Batter, Bowler, two fielders. Recap what these positions mean. Focus on batting technique, bat off a ‘T’ if needed. Feet still, yes on the ball, one handed bat. Q) How do you control the direction you hit the ball in? Rotate around, develop a scoring system if you have time.  Plenary |
| C | Application of rules in Rounder’s | * To know the basic rules of rounder’s. * Apply tactics and strategies to games. | Warm up) Three teams, Captain to lead a warm up.  Application) Introduce the rules and positions of rounder’s. Two teams play a game. Set the third team on a fielding practice activity. Rotate around. Ensure the area is safe and you have a safety line for the ‘batting’ team to sit behind.  Plenary) Q&A positions, rules, application of skill |
| D | Throwing and Catching under pressure | * Be able to catch using an English and Australian technique. * Understand why you need to ‘cushion’ the ball. | Warm up) In groups of 5, a relay challenge: collect each person one by one, then they drop off one by one. Under /over relay with a tennis ball.  Skills) Introduce English and Australian Catch. **English:** High catch above the shoulders, thumbs together. **Australian:** Low catch, little fingers together. **CUSHION the ball when you catch it.**  Application) Play ‘Round the World’ cricket. Application of rules. Keep score of individual runs. |
| E | Batting in Cricket | * Acquire the skills to bat will the correct technique. * Develop technique to be able to control power and direction. | Warm up) SAQ pulse raiser, throwing and catching activity.  Application) Set up 5 cricket pitches, spaced out…. Think about the direction that they will be batting. Is it safe?  Introduce batting technique. Start by hitting off the T, develop to hitting off an under arm bowl. Introduce the rules involved with batting, discuss how you can control the direction you hit the ball in.  Plenary) |
| F | Application of rules into ‘Kwik Cricket’ | * To know the basic rules of Kwik Cricket. * Apply tactics and strategies in games. | Warm up) Split into 4 teams. Captain to lead pulse raiser and stretches.  Application) Set up two pitches, two games of Kwik Cricket. Talk about the application of rules and tactics.  Plenary) Positions, Rules, Application of skill Q&A. |