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| **Newquay Junior Academy – Physical Education** | |
| **Topic:** Striking and Fielding | **Year:** 4 |
| **Composite: To acquire and develop fundamental skills to be able to play a variety of striking and fielding activities.** | |

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| **What should they already know?** | **Assessment Criteria** |
| * Be able to roll a ball at a target and receive a ball with two hands. * Be able to strike a moving ball with intent when batting. * Understand how to hit the ball and understand how to score runs/rounders. * Understand why it important to work together as a team. | **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 play ‘Danish rounders’ and ‘kwik cricket’. * I know how to stop a ball coming towards me and return back to the bowler. * I know how to hit the ball accurately and into a space. * I know how to apply strategies to become a more effective fielder. | * I can accurately throw a ball at a target and receive the ball with two hands. * I can hit the ball accurately in a range of directions. * I can intercept and stop a ball as a fielder. * I can work as a team and develop strategies to prevent the other team from scoring. |

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| **Key Vocabulary** | **Life Skills** |
| **Batting:** The act of hitting the ball with the correct technique to score runs / rounders’.  **Fielding:** The ‘defending’ team, they aim to field the ball to stop the attacking team scoring runs / rounders’.  **Danish Rounders’:** The batter must hit or try to hit the ball, once they do this, they need to run all the way to 4th base before the ball is passed to 1st, 2nd, 3rd and 4th base.  **Kwik Cricket:** A fun way of getting into cricket whilst practicing and developing your skills. <https://www.ecb.co.uk/play/junior/kwik-cricket>  **Strategies:** A plan to achieve a desired outcome. A way to gain an advantage against the opposing team. | Understanding why rules are important in a game  Being physically literate  Understanding why strategies are used |

**Year 4 Striking and Fielding SoW**

**Composite: To acquire and develop fundamental skills to be able to play a variety of striking and fielding activities.**

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| **Stage** | **Focus** | **Learning Objectives** | **Lesson** |
| A | Careful Catching | * Understand the importance of hand – eye coordination. * Be able to move to receive the ball. | Warm Up: ‘Simon Says……’  In pairs: throwing and catching a volleyball. A) With a bounce B) without a bounce C) Moving further away D) Challenges  Focus: Hand – Eye co-ordination. Develop confidence and self-belief.  In teams of 6. The children spread out in a line. The ball travels up and back down the line. First with a bounce, then no bounce. Turn it into a competition.  Application: Football ‘danish’ rounder’s. Set up two pitches. A) First round, the ‘batter’ kicks the ball whilst its static. B) Second rounder, introduce a bowler who slowly roles the ball to the batter.  Plenary) Q&A, Pair and Share |
| B | Underarm throwing and catching | * Understand how to perform an underarm throw with the correct technique. * Be able to throw with accuracy under pressure. | Warm Up: Bean game (jumping, runner, broad, jelly, kidney, frozen, french)  Introduce catching (we did this in the multi-skills module). Why is it important? What sports do you need to be able to throw and catch in?  In pairs: basic technique for throwing and catching underarm. Step forward with opposite leg (transfer weight & balance), throwing arm is straight, ball rolls off fingers, once released point to where you want the ball to travel to. Two handed catching: little fingers touching, cushion the catch, wrap thumbs over the ball and bring the ball in to the body.  WHY do we try and keep the ball flat rather than loopy? In 6’s: repeat last week’s activity with a tennis ball.  Application: floor hockey. Two stages) a – rolling the ball b- underarm throwing an catching  Plenary |
| C | Overarm throwing and catching | * Understand how to perform an overarm throw with the correct technique. * Be able to throw and catch with accuracy under pressure. | Warm Up: In Pairs ‘Follow the leader’, one partner leads, the other follows. Swap on the whistle.  Recap underarm throwing and catching from last week with a bronze, silver, gold challenge.  Introduce overarm throwing: WHY is it important?  In pairs: Isolate the joints: wrist, elbow, shoulder, hips, transfer of weight. SRAIGHT, BEND, STRAIGHT  Challenge: start close together, for ever pair of successful throw and catch, take a step back. If it drops, take a step closer.  Application: Throwing ‘danish’ rounder’s – the batter ‘throws’ the ball into a space away from the fielder. WHY? Talk about strategies. Develop in to ‘three ball throw’danish rounders.  Plenary |
| D | Batting  (rounders) | * Understand the safety rules when batting. * Be able to bat using the correct technique. | Warm up: Rock / Paper / Scissors in pairs.  Split the class into 6 groups. Set up 6 stations (speak to Ms Rai) with a safety circle in the middle, so everyone is batting AWAY from each other.  Intro batting technique: Side on, feet still, one handed, eyes on the ball. Bat off a ‘T’. Intro role of ‘backstop’, bowler and fielders. Three bats and rotate around. Introduce ‘how’ you can control the direction of where you hit the ball.  Apply a point system. Each group to use a whiteboard to record scores.  Plenary |
| E | Cricket  (rounders) | * Be able to bat using the correct technique. * Understand how to hit the ball in different directions. | Warm up: Mirror, Mirror  Split the class into 6 groups. Set up 6 stations (speak to Ms Rai) with a safety circle in the middle (similar to the previous week).  Intro batting technique. Grip, body position,  Bat off a ‘T’, progress to introduce a bowler.  Set up 3 zones, aim to hit the ball into each of those zones (give points for each of these zones)  Plenary |
| F | Application in to games | * Apply all the skills into game play with the application of basic rules. * Develop use of strategies in game play. | Warm up: Rats and Rabbits  Choose Kwik Cricket or Danish Rounder’s. Split your class into 4 teams. Set up two pitches.  Apply skills to play the full game with application of rules.  Plenary |