

Scheme of Work

Cricket

Phase
Throwing & Catching

Objective
To be able to confidently perform accurately, both underarm and over arm throws
To clearly comprehend and grasp how to confidently perform with accuracy, these skills in cricket and where these skills are used e.g. *Under – close to wicket; Over – from long distances*
To be comprehend and grasp how to catch each delivery correctly.

Assessment
👂 Ask students for feedback regarding their performances and strategies used for catching different types of deliveries

👁️ Assess the hand eyes and body actions when throwing and catching
Q & A on the flight of the ball
👂 Record the distance away from the wall.
👂 Record amount of successful catches

Activities
In pairs – 5m apart use underarm throws (with a bounce).
In pairs – 5m apart use underarm throws (no bounce).
At wall. A throws at wall B catches rebound
In 4's – 1 ball, 1 catcher, 3 throwers (B,C,D).
B throws to A, A to C, C to A, A-D, D-A, A-B
From a line use an underarm throw into a target where it must bounce
5 attempts at a traffic cone
Line passing. Throw – catch – turn – throw catch – throw – catch – turn – throw - catch
In pairs 10m apart using over-arm throws.
In pairs 10m apart using over-arm throws with a bounce
Throw ball to target on wall. Partner gets / catches rebound - Throw ball to target on floor onto the wall
In 8'S – pass and move down to end of queue

Theoretical PE
Students review the definition of commercialisation.
Students should also review the relationships between sports, sponsorship and the media. Specifically looking at these relationships in cricket.
Students are then introduced to the definitions of sponsorship and media.
Types of sponsorship;

- Financial
- Clothing and equipment (inc footwear)
- Facilities

Types of media;

- Television
- Radio
- The press
- The internet
- Social media

Testing / Competition
From a line in front of a wall. A throws ball against the wall and the catches the rebound. B then throws the ball at the wall and A catches the rebound.

From a line use an underarm throw into a target (1x1m) without bouncing

GAME : Non – stop Cricket

Resilience
How do you bounce back from a poor attempt.
How do you bounce back from a poor / inaccurate throw.
How do you react to a dropped catch

Maths

Practical arithmetic from Scoring within Cricket

English

To allow Students to become more confident and self-sufficient with key reading, writing and study skills by creating warm and stretch exercises.

Science

Forces – Speed

Equipment

Tennis Balls, Cones, Bats, Stumps, Chalk, pen, Chairs, Fielding Charts, Windballs, peer evaluation sheets