

CRICKET (Introduction) SCHEME OF WORK

LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6
Focus: Introductory games	Focus: Batting stance	Focus: Bowling underarm	Focus: Overarm bowling Stage 1	Focus: Fielding 1 – throwing and catching	Focus: Fielding 2 – 2 different methods.
<p>What is the aim of Cricket?</p> <p>Explanation of rules for adapted games.</p> <p>Batsman out 3 ways – run out, bowled out and caught out.</p> <p>Batting team start with 100 runs – lose 5 runs if out.</p> <p>During games – explain ‘wides’, no pea rollers.</p>	<p>Recap of rules before games.</p> <p>How best to hold the bat (grip)?</p> <p>The batting stance.</p> <p>Practice correct stance without ball.</p> <p>Games – encourage batsman to have correct stance.</p>	<p>Games – each count no. of wides they bowl.</p> <p>Explanation and demo of underarm bowling technique.</p> <p>In pairs – practicing bowling to partner with 1 bounce.</p> <p>In groups of 4 – practice bowling at stumps.</p> <p>Games – count how many times bowl batsman out.</p>	<p>Advantages of overarm bowling?</p> <p>Demo / video of complete action.</p> <p>Explanation of Stage 1.</p> <p>All to practice movement first, without ball then second, with ball.</p> <p>In groups of 4 – try to bowl and hit stumps.</p> <p>Games – encourage bowling overarm if can.</p>	<p>What can fielders do to help team win?</p> <p>Revise underarm throw (as underarm bowl in lesson 3).</p> <p>Explain and demo correct technique for catching.</p> <p>Practice in pairs – 5 lives each.</p> <p>Explain and demo correct technique for overarm throw.</p> <p>Practice overarm throws in pairs.</p> <p>Games.</p>	<p>Intro to fielding when ball hit along ground.</p> <p>Intro to the ‘long barrier’ technique – all copy teacher then practice in groups of 4.</p> <p>Intro to the ‘pick up and throw’ technique.</p> <p>Practice in groups of 4.</p> <p>Understand when best to use each technique.</p> <p>Games</p>

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