

Unit  
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## Striking and fielding

## Lesson 1

## Year 5 • Champions

**Learning objective:** • To develop skills in batting and fielding.

**Learning outcomes:** • Hold the bat correctly and place the ball accurately.  
• Return the ball accurately.

**Prior learning:** • Striking and fielding skills from Year 4.

**Vocabulary:** • Watch the ball, grip.

**Equipment:** • Striking tees or cones, tennis balls or wind balls, wickets and cricket bats.

**Champions resources:** • Champions movies: *throwing and catching*, Champions movies: *cricket striking*, Champions movies: *cricket technique*, Champions movies: *cricket fielding*.

**Warm-up:****Dishes and domes**

Lay out 30 cones, facing down (like domes). Divide the children into two teams – the dishes team and the domes team. On 'Go!', the dishes team turns over domes to make dishes, and the domes team turns over dishes to make domes. At the end of a set time (e.g. 30 seconds), the team with the most dishes or domes wins.

**Skills learning and development:**

In pairs standing opposite each other, the children throw the ball underarm – ask them to recap on good underarm technique, e.g. step into the throw with the opposite foot forward. They move further apart and repeat for overarm throwing, e.g. ball behind shoulder, release the ball high and in front.

Recap on the correct grip for holding the cricket bat – both hands together, with right hand below the left (for right-handed players; the left hand is below for left-handed players); keep the bat vertical and step into the ball.

Organise the children into small groups. The batter

stands in front of the wickets beside a batting tee with a ball on it. Two or three fielders are placed out in the field. Place two cones 4 to 5 m in front of the batter. The batter aims to strike the ball through the cones. The children take it in turns, having five attempts each. The aim is to hit the ball low and hard.

This is a good practice for fielding by responding to where the ball is hit.

**Application and practice:****Batting game**

Put the children into small teams of equal numbers (e.g. five). One team bats and the other fields. Each batter faces six balls thrown or rolled underarm. In front of the batter at 5, 10 and 15 m distances are pairs of cones set out at increasing widths apart. The batter scores runs by striking the ball through the cones. If it goes past the first cone, they score one run, past the second they score two runs; and past the third, they score three runs. If the ball doesn't travel through the cones there is no score. The batter can be caught or bowled out. Once each batter has had a turn, change over. Designate one person on each team to keep score.

**Reflect and review:**

As a team, discuss your strengths and weaknesses.

**Support**

Use a tennis racket to strike the ball. Make the scoring distances closer.

**Extend**

The batter can score extra runs by running to the first set of cones.



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## Striking and fielding

## Lesson 2

## Year 5 • Champions

- Learning objectives:**
- To choose fielding techniques.
  - To run between the wickets.

- Learning outcome:**
- Choose which type of fielding technique to use.

- Prior learning:**
- Throwing and fielding skills (Year 4 and Lesson 1).

- Vocabulary:**
- Wicket keeper.

- Equipment:**
- Kwik cricket wicket, bats and balls, cones.

- Champions resources:**
- Champions movies: *throwing and catching*, Champions movies: *cricket striking*, Champions movies: *cricket technique*, Champions movies: *cricket fielding*.

**Warm-up:****Numbers**

The children run, hop or skip in the playing area. When a number is called, the children get into groups of that number (so if they hear '3', they get into groups of three). If more than one player cannot find a group, they could perform a fun forfeit (e.g. five star jumps).

**Skills learning and development:**

In groups of five, the children make a circle with one person in the middle. The person in the middle throws the ball underarm randomly to each person in the group. They vary the throw, e.g. high, low, left and right. After everyone has caught the ball, change the person in the middle.

Play again but, this time, if the ball is dropped, the person who dropped it goes down on one knee, then the next time both knees and the next time sitting down. If it is dropped from sitting down, they are out and become the person in the middle. This aims to improve reactive catching.

**Mini cricket game**

Organise the children so that they are in teams of five versus five. Both teams start behind a line. Between the two teams is a wicket with a wicket keeper from the fielding team. The wicket keeper rolls the ball into the fielding area, which is marked with cones about 10 to 12m in front. As soon as the ball is rolled, the batter runs to the marked line and back, carrying the bat. The fielders run to field the ball and return it to the wicket keeper or hit the stumps before the runner gets back. Runs are scored as normal – there and back is two runs. Aim to get the whole team out and change over. The game can be timed if necessary.

**Application and practice:**

Play a kwik cricket game in the same five-a-side teams.

**Kwik cricket**

Each batter keeps their own score. The bowler uses an underarm throw. The batter must run whether or not they hit the ball and the bowler aims to hit the stumps. Each player can bowl and has one over each (six balls). Focus on good sending skills when throwing the ball back to the bowler in order for them to get the batter out.

**Reflect and review:**

Discuss as a class how easy it was to get the runner out. What would have made it easier?

**Support**

Reduce the distance and play with a tennis racket and tennis ball.

**Extend**

Increase the fielding and running distance.



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## Striking and fielding

## Lesson 3

## Year 5 • Champions

**Learning objective:** • To run, throw and catch.

**Learning outcome:** • Return the ball accurately.

**Prior learning:** • Throwing and catching skills (Lessons 1 and 2).

**Vocabulary:** • Action, underarm, overarm, release.

**Equipment:** • Cones, beanbags, various balls, kwik cricket equipment and hoops.

**Champions resources:** • Champions movies: *throwing and catching*, Champions movies: *cricket striking*, Champions movies: *cricket technique*, Champions movies: *cricket fielding*.

**Warm-up:**

The children all move around an area the third of the size of a netball court, each with a beanbag. Hold up cones of different colours, and they perform a different action for each colour. Red = throw and catch the beanbag yourself; yellow = change the beanbag with someone else; green = pass the beanbag around your body. When they can do all three actions well, change red to stop, throw and catch the beanbag to themselves.

**Skills learning and development:**

Organise the children into teams of four. The children line up one behind the other with a ball per team. Place a hoop about 5m away from the start line. In turn, the children run out to the hoop, put the ball down in it, run around another cone 5m ahead of the hoop, return to the hoop, pick the ball up and throw it to the next person in the team using an underarm throw. Repeat until the whole team have had a go.

Ask: *What do you need to do to make the ball go straight?* (Release the ball in front and follow through with your arm in the direction you want the ball to go, staying low as you throw.) Observe and ask a child to model good technique. The children do it again, practising good technique.

Now make it a race. Afterwards, ask: *What happens to our performance when we get competitive?*

Now replace furthest cone with a set of wickets. One child stands behind the wicket and acts as wicket keeper. The first person in each line throws the ball underarm or overarm, aiming to hit the wicket. Then they run out to the hoop and back, joining the back of the line. The wicket keeper returns the ball to the next person in the line. After a while, change the wicket keeper.

Ask: *When might we use this in a game?* (When we are returning the ball to get a batter out before they get to the stumps.)

**Application and practice:****Caterpillar cricket**

Divide the class into four teams and set up two mini games. One team bats while the other one fields. When the ball is hit from a batting tee, it must go past a line marked with cones 20 to 30m away. The batter and the rest of their team run through two gates and aim to get back before the fielding team. Meanwhile, someone in the fielding team collects the ball and the rest of the team run behind the person who has collected it. They must then pass the ball over each person's head until it gets to the back of the line. The back person holds it in the air and shouts 'Stop!'. If the ball gets to the back before the batting team, there is no score. If the batters get back before the ball, they score.

**Reflect and review:**

Ask:

- *How easy was it to get the batting team out?*
- *What could you do to adapt the game to make it easier or harder?*

**Support**

Use a tennis racket and tennis ball.

**Extend**

Use a bowler.



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## Striking and fielding

## Lesson 4

## Year 5 • Champions

**Learning objective:** • To develop a safe and effective overarm throw.

**Learning outcome:** • Develop a technique for overarm throwing and know when to use it.

**Prior learning:** • Throwing and catching, batting skills (Lessons 1 to 3).

**Vocabulary:** • Follow through.

**Equipment:** • Bats, a variety of balls, wickets and cones.

**Champions resources:** • Champions movies: *throwing and catching*, Champions movies: *cricket striking*, Champions movies: *cricket technique*, Champions movies: *cricket fielding*.

**Warm-up:**

With a ball of their choice, the children move around a third of a netball court-sized space, dodging and changing direction. At the same time, they throw and catch the ball to themselves, as in the last lesson, while still moving. Next they balance the ball on the palm of their hand, while still moving. Then they bounce the ball on the floor, first walking then moving around.

**Skills learning and development:**

Set up an area large enough for the whole class to run around. Stand in the middle with a box of balls close by. Roll the balls out to the children to field as they run around. They pick up the ball and continue running around the area. When they pass the ball box, they return it. They should aim to stop the ball and not let it go by. Ask: *Why would this help in a game?*

Set up one wicket with four cones at varying distances in front of it. In teams of five, the children take it in turns to hit the wickets using an overarm throw from each cone, starting at the cone closest to the wicket and making their way further back. The ball can hit

the floor before it hits the stumps. The children model good technique – opposite foot forwards to throwing arm and throw with arm coming in front and across the body. Ask: *When would we use an overarm throw in the game?*

**Application and practice:****Cricket game**

Organise the class into four teams on two pitches. The batting team bat in pairs, who each face two overs (12 balls) before the batters change, unless they are bowled out, caught, run out, stumped or hit the wicket. The batter who is out does not face the following ball. Each time a batter is out, two runs are deducted and the other batter faces the next ball.

There is no LBW (leg before wicket) unless the batter deliberately blocks the ball with a leg or foot.

Runs are scored in the normal way with no boundaries.

Each fielder bowls one over (six balls). They can bowl underarm or overarm.

**Reflect and review:**

Discuss as a team any areas that you need to practise more and areas that went well.

**Support**

Use a tennis racket and tennis ball.

**Extend**

Only bowl overarm.



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## Striking and fielding

## Lesson 5

## Year 5 • Champions

**Learning objective:** • To learn batting control.

**Learning outcomes:** • To practise batting technique.  
• To know how to direct the ball.

**Prior learning:** • Batting technique and underarm throw (Lessons 1 and 2).

**Vocabulary:** • Scatterball.

**Equipment:** • Rounders balls, tennis balls, beanbags, posts, hoops and cones.

**Champions resources:** • Champions movies: *throwing and catching*, Champions movies: *cricket striking*, Champions movies: *cricket technique*, Champions movies: *cricket fielding*.

**Warm-up:**

The children all move around an area the third of the size of a netball court, each with a beanbag. Hold up cones of different colours, and they perform a different action for each colour. Red = throw and catch the beanbag yourself; yellow = change the beanbag with someone else; green = pass the beanbag around your body. When they can do all three actions well, change red to stop, throw and catch the beanbag to themselves.

**Skills learning and development:**

Ask the children what they can remember about batting technique. Ask a child to model good technique, e.g. sideways on, with the bat back ready to swing, weight on back foot, then transfer the weight onto the front foot as the ball is struck to the side and in front.

The children work in groups of four: three bowlers with a single ball and one batter. Each bowler bowls to the

batter, who aims at someone who doesn't have a ball so that they can catch it. Then that player bowls the ball. Change so that each child has a go at batting.

For added challenge, increase the distance to strike the ball.

**Application and practice:**

**Scatterball rounders** - set up two pitches with four teams of three or four on each pitch. One team bats and other three teams field. The bowler bowls four balls in turn to the same batter. The batter strikes the ball using the skills learned for directing the ball into a space. The fielders must stand still until the last ball has been bowled. When the final ball has been bowled, the batter runs around all four bases. When the fourth ball is bowled, the fielders collect the balls and put them into a hoop which next to the bowler. One point is scored for each post reached before all four balls have been returned to the hoop.

**Reflect and review:**

Ask:

- *What skills did you use when playing the game?*

Discuss as a class.

**Support**

In the batting practice, use a tennis or larger ball, or remain close together. In the match, one game can use a tennis racket and tennis ball.

**Extend**

In the batting practice, increase the distance or use a rounders ball.



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## Striking and fielding

## Lesson 6

## Year 5 • Champions

**Learning objective:** • To use all the skills learned by playing in a mini tournament.

**Learning outcome:** • Score and play a game in a sporting manner.

**Prior learning:** • All throwing, catching, batting and fielding skills (Lessons 1 to 5).

**Vocabulary:** • Overarm, underarm, bowl, tournament.

**Equipment:** • Kwik cricket set and cones, a whiteboard or paper to score with.

**Champions resources:** • Champions movies: *throwing and catching*, Champions movies: *cricket striking*, Champions movies: *cricket technique*, Champions movies: *cricket fielding*.

**Warm-up:****Caterpillar game**

The children run round the playing area. Two taggers hold hands and chase the other children. When a child is caught, they hold the taggers' hands until there are four children in a chain. Then split into pairs and continue until all the children have been caught.

**Skills learning and development:**

Explain the rules of kwik cricket. Divide the class into four even teams and allocate them a playing area.

**Kwik cricket**

Each batter keeps their own score. The bowler uses an underarm throw. The batter must run whether or not they hit the ball and the bowler aims to hit the stumps. Each player can bowl and has one over each (six balls). Focus on good sending skills when throwing the ball back to the bowler in order for them to get the batter out.

**Application and practice:**

Play a mini tournament, where each team plays the others.

**Reflect and review:**

Ask:

- *Are there still some skills that you feel can be improved?*
- *What are they?*

**Support**

Use a tennis racket and tennis ball, and a smaller pitch.

**Extend**

Use a wind ball and kwik cricket equipment.

