

Play programme
Key stage 1 (Years 1 & 2)
Session 1 of 6

Session One: Cool Catcher

Overview

The learning outcomes are:

National Curriculum

PE: KS1 link

“Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.”

Physical

- Demonstrate running, stopping and changing direction and pathways with control and speed. Developing spatial awareness.
- Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

Thinking

- Describe how to run faster, dodge and swerve and stop under control and why this helps me when I play cricket.

Social

- Demonstrate how to work safely – consider other people around me.

Foundation skills for cricket

FIELDING SKILLS: Throwing, catching and movement with and without a ball.

Spirit of Cricket values

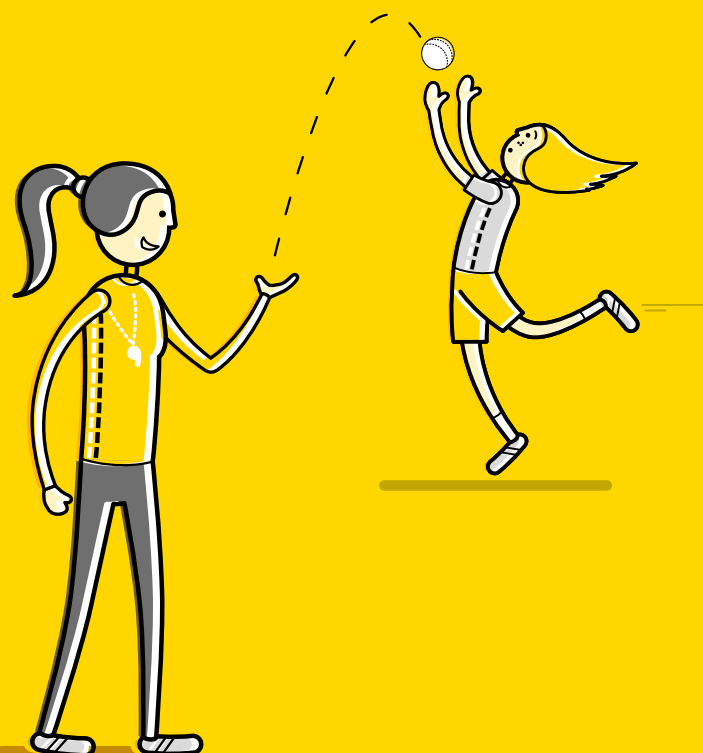
ENJOYMENT: Have fun, play with a smile and celebrate the success of yourself and others.

See the challenge section for self-reflection questions.

Safety

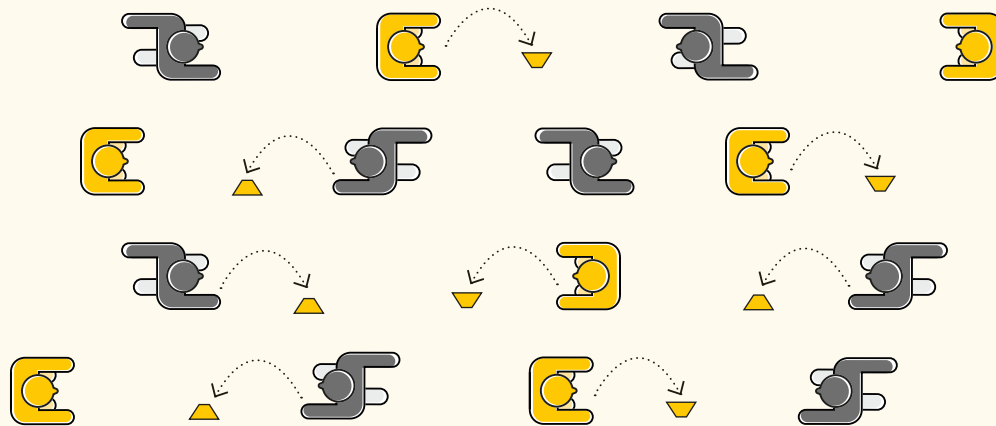
Ensure there is always sufficient **space** to set up games safely and move through progressions to use larger areas.

<p>1 Starter: Volcanoes & Craters</p> <p>25% of available session time</p> <p>Participation: Whole class</p>	<p>2 Skill Development: Star Skills</p> <p>35% of available session time</p> <p>Participation: Whole class</p>
<p>3 Challenge: Around the Milky Way</p> <p>35% of available session time</p> <p>Participation: In pairs</p>	<p>4 Take-away: Do try this at home!</p> <p>5% of available session time</p> <p>Participation: Whole class</p>



Session One: Cool Catcher

1. Starter: Volcanoes & Craters



Key



Activity overview

Suggested time split: 25%

Participation: Whole class

Aims:

- Get ready for action
- Different whole-body movements
- Teamwork

Equipment:

- Multiple cones, two colours

Self Reflection Questions

- How can I run quickly, with control?
- Why is this game useful for getting ready to play cricket?

Prompts:

- Get low to ground when turning cones
- Use two hands to replicate fielding position

A How to set up

- Split class in half: 'Volcanoes' OR 'Craters'.
- Scatter cones around a designated area (try to ensure even mix of right way up (Volcano) and upside down (Crater)).

B How to play

- Once the game begins the pupils move around to turn cones to represent their 'team'.
- Pupils wave both hands in the air to ensure no turning after the end of play! A countdown from the teacher works well!
- Winning team = most cones representing their team shape.

C How to include & challenge all pupils

Make it easier

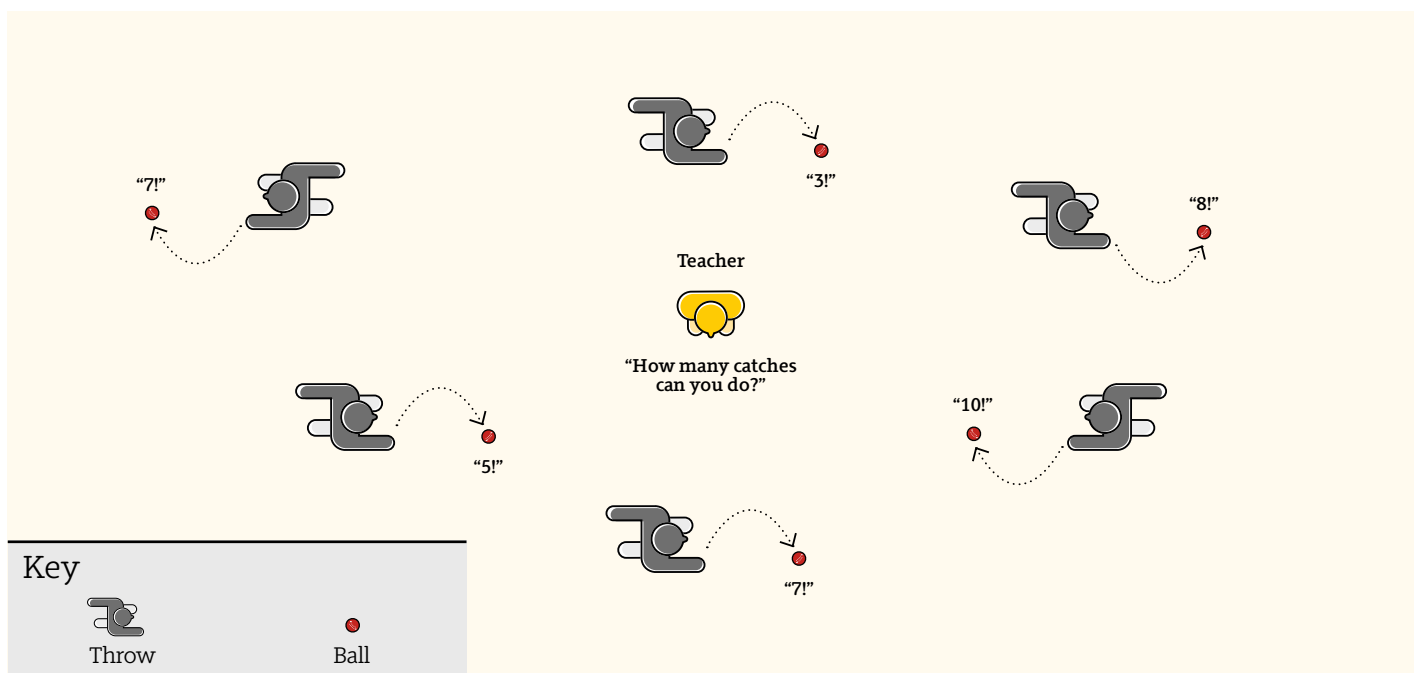
- Decrease size of playing area
- Use two hands to flip cones
- Match teams by ability

Make it harder

- Increase size of playing area
- Place a ball or beanbag on or inside a cone
- Play with uneven teams or give one team a head start
- Change movement pattern – lunges, star jumps, sumos, two-footed jump etc.

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2. Skill Development: Star Skills



Key



Throw



Ball

Activity overview

Suggested time split: 35%

Participation: Whole class

Aims:

- Different whole-body movements
- Watch and catch a ball

Equipment

- Balls (one per student)

Self Reflection Questions

- Which parts of my body help you to catch?

Prompts:

- Watch the ball
- Use your feet to get into a good position to catch
- Keep your hands together

A How to set up

- Each child has their own spot/cone and ball or bean bag.

B How to play

- Teacher instructs forward/backwards/left/right to practice quick movements.

Choose from the following:

- Introduce a ball, choose ball size/type relevant to ability/confidence. Practice self throw & catch.
- How many can you do without dropping?
- How high can you throw it and still catch?
- Bounce and catch the ball before it bounces a second time.
- Throw in the air and clap before you catch, how many claps can you do?
- Pass the ball through your legs in a figure of 8 whilst moving.
- Invent your own! Do a crazy catch (example, throw the ball in the air, spin round and catch it).
- Encourage the children to come up with their own challenges.

C How to include & challenge all pupils

Make it easier

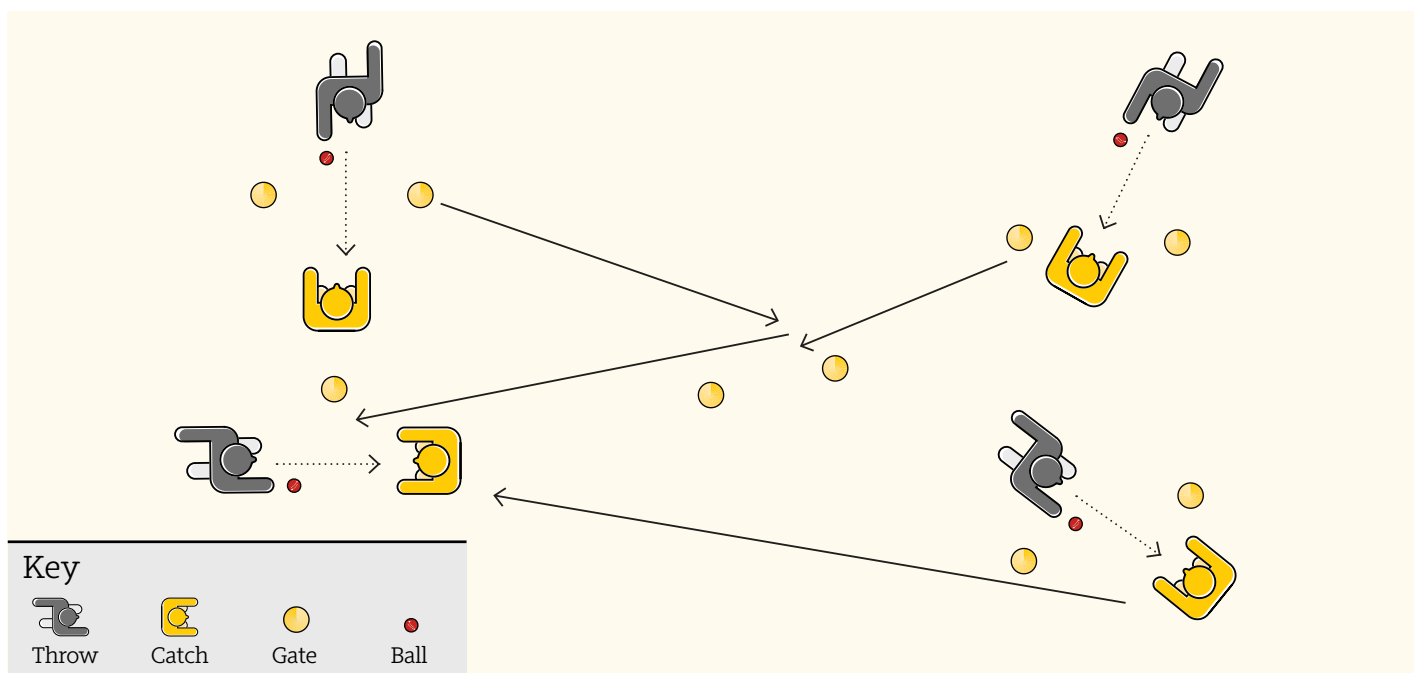
- Spread out
- Select ball-handling routines appropriate to ability
- Use larger ball
- Work in teams of similar ability

Make it harder

- Work in smaller areas
- Challenge players by using non-dominant hand
- Use smaller ball
- Race against other players

Session One: Cool Catcher

3. Challenge: Around the Milky Way



Activity overview

Suggested time split: 35%

Participation: In pairs

Aims:

- Different whole-body movements
- Watch and catch a ball
- Throw a ball
- Teamwork

Prompts:

- Watch the ball
- Run fast to visit all the planets
- Teamwork

Equipment:

- Cones, balls

Self-Reflection Questions:

- What can you do to ensure everyone has fun today?
- What did I learn today?
- How did I show I can work safely?

A How to set up

- Lay out lots of gates using pairs of cones.
- Ensure each pair has one ball between them.

B How to play

- In pairs, players have to visit each star (gate) and pass the ball back and forth to complete two catches.
- Set time limits to see how many catches can be completed.
- Get pairs to think about their route.
- The aim is to beat their personal best.

C How to include & challenge all pupils

Make it easier

- Decrease size of playing area
- Roll ball between pairs
- Use larger ball
- Match players by ability

Make it harder

- Increase size of playing area
- Change types of throw and catch e.g. one-handed catch
- Use a smaller ball
- Introduce scoring for pairs

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4. Take-Away: Do try this at home!

Suggested time split: 5%

Participation: Whole class

Next session we will...

- Review what we learnt this session to make us a **COOL CATCHER**
- Focus on developing the skills to be a **BRILLIANT BOWLER**

A Achieve your personal best

- How many can you do without dropping?
- How high can you throw it and still catch?
- Try to beat **YOUR** score from the lesson. Find someone at home to practice your catches with: How high? How far apart can you go?

B Fancy another challenge? Try these games at home

- You can practice your skills at home by trying these fun All Stars Cricket games with your friends and family! Simply go to www.ecb.co.uk/play/all-stars and look in the video section – **FREE** of charge!

