

## Grade 12

## Lesson 3

### Lesson plan

Lesson theme	Play a game of French cricket	Grade	12
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>Recreation and physical wellbeing</li><li>Movement focus: Sport and games.</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Learners develop sports skills and get active outdoors.</li></ul>		N/a.	
Core knowledge			
<ul style="list-style-type: none"><li>Know how to play French cricket.</li></ul>			
Learning activities and assessment			
<ul style="list-style-type: none"><li>Warm-up</li><li>Learners play a game of French cricket</li><li>Cool-down.</li></ul>			
Forms of assessment		Resources	
<ul style="list-style-type: none"><li>Checklist</li><li>See ‘Learner assessment’ in the ‘Checklist for evaluation’ at the end of the lesson.</li></ul>		<ul style="list-style-type: none"><li>Tennis balls</li><li>Cricket bats.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Explain to learners the benefits of playing French cricket and encourage them to play it at home or at a park with friends and family.</li></ul>		<ul style="list-style-type: none"><li>The activities teach learners important sports skills and show them fun new ways to get active outdoors.</li></ul>	

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### Lesson 3: Play a game of French cricket (50 minutes)

#### 1 Outcomes

By the end of the lesson learners should be able to:

- Accurately throw a tennis ball underarm to hit a target (the legs of the batsman)
- Hit a tennis ball in a controlled manner in order to place maximum distance between themselves and where the ball lands
- Defend their wicket (their legs)
- Have fun outdoors with their friends.

#### 2 Teacher's corner

##### Setting up

- Divide the learning area into the required number of playing areas depending on your class size
- In each playing area, mark off the batsman's circle with rope. For fielders' safety, this circle should be about 4 metres in diameter.

##### For lesson 3 you'll need the following equipment

- A bucket of tennis balls (1 tennis ball for every 10 learners is ideal)
- A number of cricket bats or tennis racquets (1 for every 10 learners is ideal).

#### 3 Activities

##### Activity 1: Warm-up (10 minutes)

Plan a warm-up exercise based on the warm-up and dynamic stretching exercises found on pages 3 to 7.

##### Activity 2: Playing French cricket (35 minutes)

1. Divide the class into groups of approximately 10 learners, depending on your class size.
2. One learner is the batsman and stands in the centre of the marked circle.
3. The first ball is bowled by one of the other learners from a distance 10 metres away from the batsman.
4. All balls are bowled underarm.
5. The batsman is required to block and defend the wicket; the batsman's legs will take the place of the stumps. Batsmen are not allowed to move legs or feet, but may turn their bodies to defend their legs for a ball coming from behind.
6. Any fielder can bowl to the batsman once the first ball has been bowled and this can come from any angle, including from behind the batsman.
7. No fielder or bowler may enter the batsman's circle at any time.
8. Batsmen are out when the ball hits them beneath the knees or when they are caught out.
9. The learner who bowled the ball normally replaces the batsman, but this can be altered to ensure that all learners have an opportunity to bat.
10. The fielders may pass the ball between each other to get the ball closer to the batsman before bowling, or to change the direction/angle from which the ball will approach the batsman.

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### Activity 3: Cool-down (5 minutes)

Plan a cool-down exercise based on the cool-down and stretching exercises found on page 8.



### Assessment

- Complete the 'Learner assessment' according to the mark allocation in the table below ('Checklist for evaluation')
- Mark off participation in lesson on the class list and complete the 'Checklist for evaluation' below.

### Lesson 3: Checklist for evaluation

Activity	Question	Yes	No
Playing French cricket	<ul style="list-style-type: none"><li>• Can learners accurately throw a tennis ball underarm to hit a target (the legs of the batsman)?</li><li>• Are they able to hit a tennis ball in a controlled manner in order to place maximum distance between themselves and where the ball lands?</li><li>• Are they able to block or defend their wicket (their legs)?</li><li>• Are they able to participate in a game of French cricket?</li></ul>		
Teacher reflection	<ul style="list-style-type: none"><li>• Do you think the learners enjoyed playing French cricket?</li><li>• Do you think this activity showed learners a fun new way to get active outdoors and improve their sports skills?</li></ul>		
	<ul style="list-style-type: none"><li>• If you had to repeat the lesson, what improvements would you make to it?</li></ul>		
Learner assessment	<ul style="list-style-type: none"><li>• Exceptional level of skill – movements always produce the desired outcome (8 to 10 marks)</li><li>• Efficient, effective and appropriate – movements mostly produce the correct desired outcome (5 to 7 marks)</li><li>• Requires further attention and refinement – lapses in movements which do not always produce the desired outcome (3 to 4 marks)</li><li>• Very clumsy and/or ineffective – movements do not produce the desired outcome at all (0 to 2 marks).</li></ul>		