

## Grade 6

## Lesson 2

### Lesson plan

Lesson theme	Cricket skills	Grade	6
Duration	30 - 40 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>Getting more physically active</li><li>The benefits of leading a healthy lifestyle.</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Different types of games have different physical benefits.</li></ul>		<ul style="list-style-type: none"><li>Learning how to lead a healthier lifestyle.</li></ul>	
Core knowledge			
<ul style="list-style-type: none"><li>Know the rules of mini-cricket.</li></ul>			
Learning activities and assessment			
<p>Group work:</p> <ul style="list-style-type: none"><li>Warm-up</li><li>Learners take turns to throw a tennis ball at a target on a wall</li><li>Learners take turns to bat</li><li>Learners then play a game of mini-cricket</li><li>Cool-down.</li></ul> <p>Individual work:</p> <ul style="list-style-type: none"><li>Introduce the worksheet for lesson 2.</li></ul>			
Forms of assessment		Resources	
<p>Expanded opportunities:</p> <ul style="list-style-type: none"><li>Observe learners while they play</li><li>Worksheet.</li></ul>		<p>Resources:</p> <ul style="list-style-type: none"><li>Large, preferably grass</li><li>Wall with target squares or markers stuck on</li><li>Cricket bat (or you can tightly roll up newspaper and tape it securely with masking tape)</li><li>Tennis balls</li><li>Worksheets.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Play a game of mini-cricket with family and friends</li><li>Encourage learners to play a variety of different sports that develop different skills.</li></ul>		<ul style="list-style-type: none"><li>The activities show learners that throwing and batting develop their skills and coordination, and the game also helps them learn fair play in team sports.</li></ul>	

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### Lesson 2: Cricket skills (30 to 40 minutes)

#### 1 Outcomes

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

- Catch and throw a cricket ball
- Hit a cricket ball
- Work together as a team
- Participate in a game of cricket.

#### 2 Teacher's corner

Lesson 2 will teach the learners how to participate in a striking and fielding game. The first 2 activities give the learners an opportunity to learn and practise batting and fielding. The third activity is a game of mini-cricket.

Participation is far more important than learning the proper cricket technique at this stage, so don't worry if you're also new to the game. You may have some learners that compete in the school's cricket team and you can use them as group leaders to help the other learners learn the skills.

#### 3 Activities

For lesson 2 you'll need the following equipment:

- Large, preferably grassed area. The first 2 activities require an area roughly the size of half a soccer field
- Wall with target squares or markers stuck on (the learners will throw the tennis ball at the target)
- Cricket bat (or you can tightly roll up newspaper and tape it securely with masking tape)
- Tennis balls (1 for every group of 4 to 6 learners).

##### Activity 1: Warm-up (5 minutes)

Choose a warm-up exercise from the list of warm-up and cool-down exercises.

##### Activity 2: Throwing (5 minutes)

Put the target on the wall. Divide the learners into groups of 4 to 6 and have them line up 1 behind the other about 5 metres from the wall.

- Each learner will have a turn to throw the tennis ball at the target on the wall
- Once all the learners in a group have a throw at the target, they take a step back from the starting line and throw again. Each learner will only have 1 attempt at a time.
- See which group is furthest from the wall after 5 minutes or so.

##### Tip for activity 2:

If a wall is not available, use cricket stumps, or the upright poles of the soccer or rugby goal posts.



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### Activity 3: Batting (10 minutes)

Keep the learners in their groups from activity 2 and give each group a bat and a tennis ball.

- 1 learner will bowl the ball (under-arm) while another bats. The remaining learners will field the ball once it is hit and return it to the bowler.
- Ensure that learners rotate in these positions, so that each 1 has a turn to bat
- The emphasis should be on the fun of hitting the ball rather than displaying correct cricketing technique.

#### Tip for activity 3

It may be easier to give each learner 6 chances in a row to hit the ball before changing positions (there are 6 balls in an over in cricket).

### Activity 4: Mini-cricket (15 to 20 minutes)

Start this activity by agreeing to stick to the set of rules worked out with the learners. They do not have to follow traditional cricket rules.

- Combine the groups from the previous activities into 2 or 4 teams – aim to have 2 games running at the same time if you have 4 teams
- Divide a soccer field into 2 halves and place each game half the field (this means that you will have 4 groups of learners altogether)
- Each learner on a team must have a turn to bat and bowl
- Once all the learners have had a chance to bat and bowl, switch the bowling and batting teams. Each team should bat for no more than 10 minutes.

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

Choose a cool-down exercise from the list of warm-up and cool-down exercises.

#### 4 Wrap up (2 minutes)

While the learners are doing the cool-down exercise remind them of the skills they have learned and that throwing and batting have benefits for their skills and coordination.

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Name: \_\_\_\_\_

## Worksheet: Grade 6, lesson 2

### Task 1: Know your sports

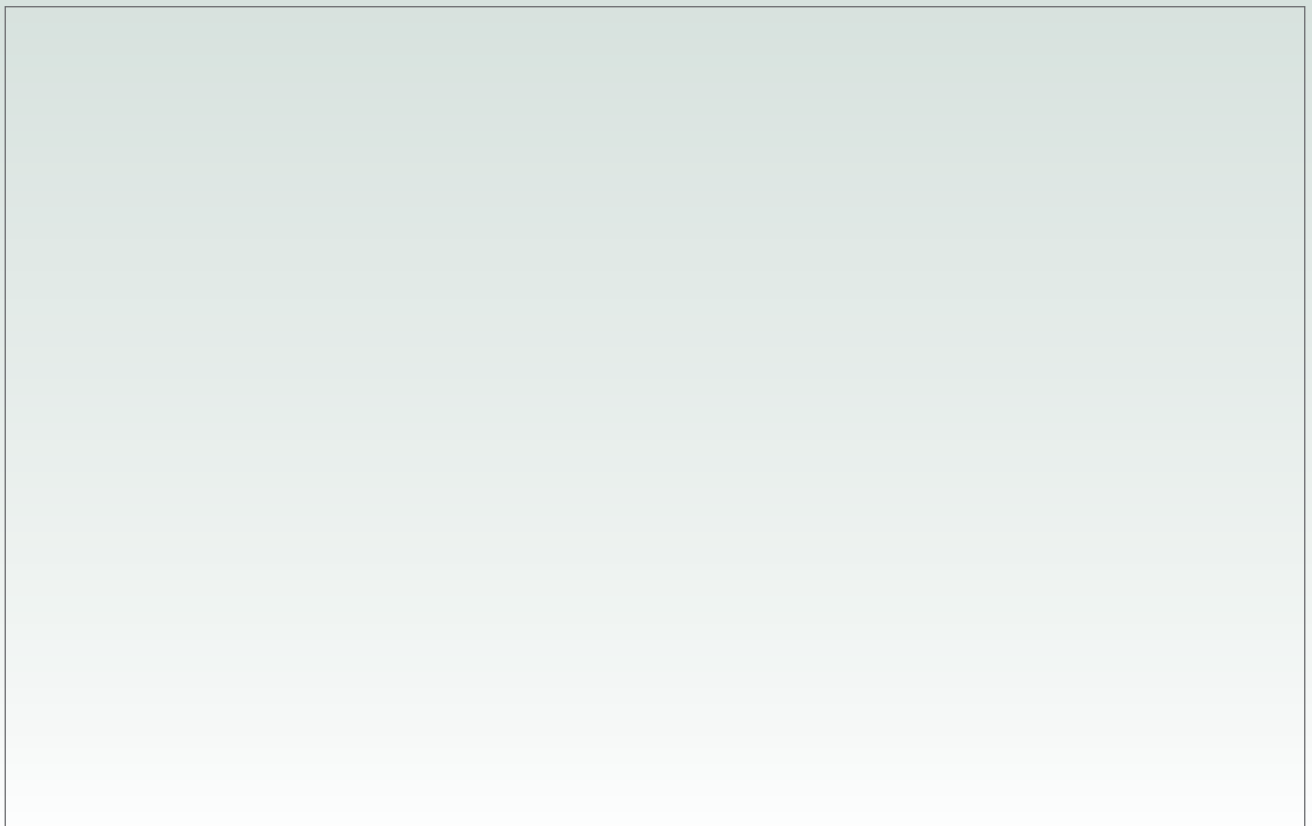
List 3 sports or games that have throwing and batting as part of the game.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Task 2: Know your rules

Choose 1 of these games and describe how the game is played and its rules. \_\_\_\_\_

Find or draw pictures of the game being played.



### Task 3: Play your game

Play a game of mini-cricket, like you did in class, with your family and friends.