

PHYSICAL EDUCATION LESSON PLAN	
Class: Key Stage Three	Date:
Activity: Stoolball	Focus: Fielding Skills-throwing and catching.
No. of Pupils:	Sequence: 4
Location:	Time: 50 minutes
Response to Evaluation of Previous Lesson / Learning:	
<p>NC Key Concepts: Competence Performance Creativity Healthy Active Lifestyles</p> <p>In this lesson pupils will develop their ability to throw and catch using both the under and over arm technique. They will use these skills within a game situation, making and applying decisions about which throw or catching technique to use. Some pupils will demonstrate a good awareness and use the correct throw in order to successfully put pressure on the batters' runs.</p>	
NATIONAL CURRICULUM KEY PROCESSES	
Learning Outcomes : This lesson will enable All pupils to:	
<p>Develop Skills in Physical Activity</p> <p>Use the correct technique to throw the ball under-arm and over-arm. They use these with some accuracy over short distances.</p> <p>Demonstrate the correct technique to catch the ball below waist height- they have some success when doing this.</p> <p>Most:</p> <p>Use the correct technique to throw the ball under-arm and over-arm over some varied distances.</p> <p>Will be able to demonstrate the correct technique to catch the ball below and above waist height.</p> <p>Some:</p> <p>Will be able to throw the ball accurately over a range of distances, demonstrating good accuracy.</p> <p>They have very good success in catching the ball at different heights and speed and also demonstrate an ability to catch the ball with one hand.</p>	
<p>Make and Apply Decisions</p> <p>Assess the distance of the required throw and use the appropriate throw to suit. They will be able to return the ball back to the bowler's wicket.</p> <p>Most</p> <p>Will return the ball to either the bowlers or wicket keepers end depending on the batter's positioning.</p> <p>Some:</p> <p>Will demonstrate good, quick decision making and move the ball quickly and effectively to the appropriate wicket, often to threaten a batter's run.</p>	
<p>Evaluate and Improve</p> <p>Be able to highlight a strength and one area of improvement in their partners throwing and catching technique.</p> <p>Some:</p> <p>Will be able to highlight strengths and areas for improvement in their own and other's throwing and catching performance. They are also able to give advice and suggest practices to encourage improvements.</p>	
Develop Physical and Mental Capacity	
<p>Making Informed Choices about Healthy Active lifestyle</p> <p>Pupils may identify the type of fielder they are most suited too depending on their skills and abilities. For example, a pupil with quick reaction may be suited for a close fielding position. Whereas a quick runner, with a strong throw would be better on the boundary.</p>	
<p>Resources/Equipment/Safety:</p> <p>Wickets, stoolball bats, stoolballs, cones. (Quantity depends on the size of the group).</p> <p>During game play all pupils should be hitting out-wards. Safety zone in middle area.</p>	

Timing	ACTIVITY Organisation / Task	HOW WILL THIS BE ACHIEVED?		EVIDENCE OF LEARNING/ PUPIL PROGRESS (assessment opportunities)
		Teaching Points	Differentiation	
2 mins	State Learning Objectives- refer to front page.		Differentiated learning objectives.	Question and Answer- What is the focus of today's lesson?
3 mins	Introductory Activity Pupils in 3's Pupil throws ball to opposite partner then runs to follow ball and stand where receiver was, continue this pattern so pupils are all actively throwing and catching.	<u>Under- arm throw:</u> Opposite foot to throwing hand steps forward. Dominant hand starts behind body and swings below waist. Release as hand points towards target.	Less able: reduce distance or use a softer ball. More able: get pupils to throw to different heights so pupils practice catching at different heights/ one handed.	Do pupils improve the amount of completed throws they make? Are the throws accurate? All pupils should have some success throwing over a short distance. Some are able to demonstrate very good throwing and catching techniques over varied distances.
5 mins	Give group one minute once warm to come up with a teaching point for the under arm throw. After next minute- another pair give another t.p. Repeat this for the catching technique.	<u>Catching below waist-</u> Little fingers together. Cupping shape made with hands. Absorb impact of the ball. <u>Catching above waist-</u> Thumbs together. Cupping shape made with hands. Absorb impact of the ball.		
5 mins	Introduce competition- -how many complete passes can you make in a row? -how many complete throws can you make in 30 seconds?	<u>Over arm throw:</u> Stand side on to target. Opposite foot to throwing arm forward. Throwing arm starts behind head, with elbow bent at 45 degree angle- ball held high. As ball is began to be moved forward, hips and shoulders rotate forward too for power. Throwing arm follows through, down and across body.		

10 mins	<p>Pupils now get into a line- place cones out for where pupils should stand. They over-arm throw the ball down the line and then back down to the starting person.</p> <p>Again get pupils to work out the teaching points during the practice. Throwing relay- up and down line. First team who has the starter back with the ball and sitting down wins!</p>		<p>Less able: decreased distance. More able- increased distance.</p>	<p>Accuracy assessment- do the pupils have to move far from the cone to receive the ball?</p>
22 mins	<p>Modified games. Target scoring. Batters given a set target to score, fielders must try to stop them reaching this target! 8 balls for each batting pair. Target decided by group.</p>	<p>Encourage all of the above teaching points within the game situation.</p>	<p>Less able: lower target scores. Less able: co-operative bowling. More able: higher target scores. More able: challenging bowling.</p>	<p>Are pupils using an over-arm and under-arm throw in the game? All should be attempting both throws with some success. Most are accurate using both throws over short distances. Some are accurate over a larger distance. They show good decision making when throwing into either the bowler or the wicket keeper/</p>
3 mins	<p>Plenary- discuss learning objectives.</p>	<p>Refer to all of the above teaching points.</p>	<p>Less able: prompted answers.</p>	<p>Question and Answer: Can you give me on e teaching point of the over arm throw?</p>