

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS2 Year B– Cricket

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.

compare their performances with previous ones and demonstrate improvement to achieve their personal be.

Prior Learning (what pupils already know and can do)

- Pupils know how to throw and catch a ball.
- Pupils know how to strike a ball off a tee and with some accuracy.
- Pupils know how to get into the ready position to catch.
- Pupils know how to communicate effectively with others.
- Pupils understand rules and boundaries.

Long-term Learning (what pupils MUST know and remember) End Goals

Cricket- Throwing and Catching, Bowling, Batting, Scoring Runs, Fielding, Game play.

- To know how to throw and catch underarm with both hands in different situations
- To know how to bowl over and underarm at a wicket in a modified game against a batter
- To know how to hold a cricket bat correctly and how to hit the ball
- To know how to use fielding techniques with throwing, catching, stopping, and scooping up the ball.
- To know how to play adapted games using tactics when striking and fielding.

Key Vocabulary

teamwork, speed, power, batting, bowling, straight drive, fielding, decisions, positioning, striking, wicket, direction, fast, slow, direct, stumps, bails, straight arm.

Session 1 – To be able to catch under pressure. To be able to demonstrate catching skills at a variety of heights and speeds.

- To know how to throw and catch under pressure in modified games.
- To know how to throw and catch underarm with both hands in isolation.
- To know how to throw over and underarm and catch over various distances.
- To know how to make correct decisions with the type of throw to use in a modified game.
- To know how to move body into a position to catch the ball.
- To know how to get into the correct positioning in a modified game to field the ball (both throwing and stopping it).

Healthy Participation – To Highlight the fitness needed when playing cricket and the necessary components of fitness needed. i.e., coordination, reaction time and agility.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, batting, bowling, straight drive, fielding, decisions, positioning, striking, wicket, direction, fast, slow, direct, stumps, bails, straight arm.

Session 2 – To be able to bowl at a wicket accurately. To be able to bowl a ball overarm using a straight arm.

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- To know how to aim the bowl at an empty wicket.
- To know how to bowl over and underarm at a wicket in a game against a batter with some speed and control to hit the wickets.
- To know how to wicket keep behind the wicket to field the ball.
- To know what the stumps and what the bails are.
- To know how to bowl using direction and weight the bowl towards the wicket.
- To know how to bowl with a short run up and a straight arm with some accuracy.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

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Session 3 – **To be able to bat successfully with a partner and communicate effectively. To be able to demonstrate an effective grip, stance, and back lifting technique.**

- To know how to hold a cricket bat correctly.
- To know how to pull the bat back and direct a ball when hitting it.
- To know where to stand in front of the wickets.
- To know how to bat and direct the ball in different directions.
- To know how to hit a drop fed ball and or moving with a bat.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

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Session 4 – **To be able to score runs in a modified cricket game.**

- To know how to score runs by running to the opposite crease.
- To know how to score a 4 and a 6.
- To know how to bat the ball and then run to the opposite wickets.
- To know that the bowler stays put for 6 bowls and then another bowler takes over from the opposite end.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have when playing cricket.

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Session 5 - **To be able to demonstrate short and long barrier techniques.**

- To perform a range of fielding techniques confidently demonstrating tactical awareness.
- To know to roll the ball with one hand and stop the ball from different directions using a barrier method.
- To know how to use fielding techniques with throwing, stopping, and scooping up the ball.
- To know how to play a modified game to field the ball (both throwing and stopping).

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Healthy Participation – To understand why regular exercise has a positive effect on their health, fitness, and social wellbeing.

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Session 6 – **To be able play in a competitive game of cricket. To be able to take on a number of roles effectively.**

- To know how to play small-sided games improving the accuracy of the bowling.
- To know how to aim the cricket shots when batting based around the field.
- To know how to play adapted games using tactics when striking and fielding.
- To know how to communicate as a team.
- To know how to recognise success of others and on individual performance.
- To know how to link the skills and perform in a competitive game of cricket.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

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Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will be able to transfer these skills into Summer 2 when pupils will be looking at target games of boules and ultimate frisbee. Pupils will be able to transfer skills such as working effectively in a team and communicating with other. Fielding and batting skills and techniques are transferable into target games.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).