

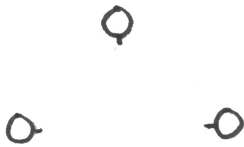
PROGRESSION 3

Warm-up - preparation

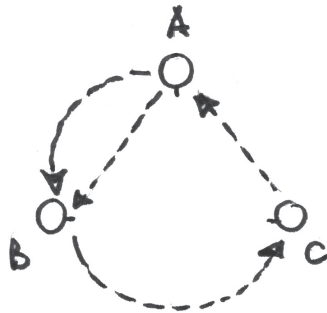


- (i.) Take some general warm-ups from Group 2 “time-jog” to raise muscle temperature and increase blood flow.
- (ii.) Practise your sequence from last session of jog and change the leader, including your stretches. Continue until a signal from the teacher asks you to stop.
- (iii.) Pupils engage in TAG 1 “Stuck in the mud with throw release”.

Skill Development



- (i.) Stand in groups of three – one small ball to each group.



Stand in a triangle shape and pass the ball underarm around the triangle. *(Remember **downwards** and **upwards** cradle, get body in line with the ball and give a balanced preparation, action, follow through. Get pupils to remind each other and evaluate technique.)*

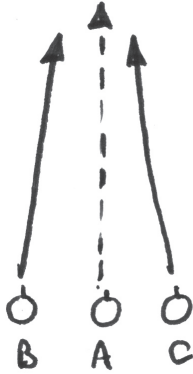
- (ii.) Stand further away from each other “A” rolls to B who fields it, then throws it overarm to C, and so on in that order around the triangle.

(At this point some technique teaching for collecting a ball rolling directly towards you and a long stop to either side of the body would be useful.)



- (iii.) “A” throws the ball high, somewhere between B and C. Both move towards it, but, whoever is nearest moves to catch it and calls “mine”. Whoever catches

it is the thrower next time (*talk about playing as a team member and covering the catcher. Also remember to get **under** the ball to collect it.*)



(iv.) Stand side-by-side in 3's, all facing the same way. (**Organisation** all groups facing the same direction or groups back to back throwing away from each other.)

- "A" rolls the ball.
- As the ball is released "B" and "C" race to field it and throw it back accurately. Whoever gets there first collects the ball as the other person "covers".
- Have three turns and then change roles. (*This practice can also be done with throwing the ball to **bounce** several times or throwing the ball **high**.) (It could be appropriate to do specific technique teaching of fielding a run-away ball.)*

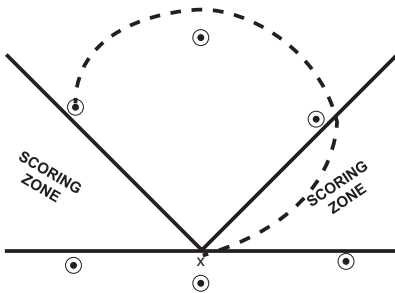
Two groups of 3 join together to form a group of 6.

Game



N.B. The teacher can organise the game or give groups Game Card 2 to organise themselves.

(i.) Each group of 6 has 6 cones, 2 bats and 1 ball. (*The team makes a democratic decision about which bats and balls to use.*)



- The aim of the game is for the batter to hit the ball into one of the two scoring zones in order to run and score.
- If there is a successful hit, the batter has to run around the 3 inner cones to touch the base cone before the fielder retrieves it and touch the base.
- Each batter receives a number of bowls (*to be decided by the group*).
- They cannot score if are caught or are stumped, but

they are **not** out.

- The group is divided thus:- batters (2), bowler / backstop (2), fielders (2). After the requisite number of bowls the field rotates so everyone experiences the different roles.

N.B. The group decides if they bowl underarm or overarm and, whether it bounces before being hit or whether it should be hit on the volley – which gives the most scoring opportunities?

Cool-down



- (i.) Move in and out of the cones in a slalom activity.
 - Follow-my-leader. The leader decides when to jog, stride, walk. Start with stride, then jog, then walk.
- (ii.) Put the equipment away.