

# ***PE UKS2 Unit 25***

## ***Striking and fielding games 2***

### **Cricket**

### **Lesson 2**

### **Bowling**



# Lesson 2 Bowling

 40 mins

## Learning objectives

### Children should learn:

- to develop the range and consistency of their bowling skills;
- to use strategies to help them complete challenges accurately;
- to understand how a warm-up can help improve performance;
- to recognise strengths and weaknesses in their own and others' performances.

## Success criteria

### Children:

- use different methods of bowling;
- bowl underarm accurately and learn how to bowl overarm;
- bowl towards a target, working well as a team pair to complete challenges;
- know the importance of warming up;
- recognise their own and others' strengths;
- identify successful play and areas that require improvement.

## National Curriculum Attainment targets

### Pupils should be taught to:

- 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 movements;
- play competitive games such as Rounders, whilst applying basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance;
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.


## Vocabulary

accuracy, bowling, catching, challenge, cricket stumps, overarm, score, target, throwing, underarm

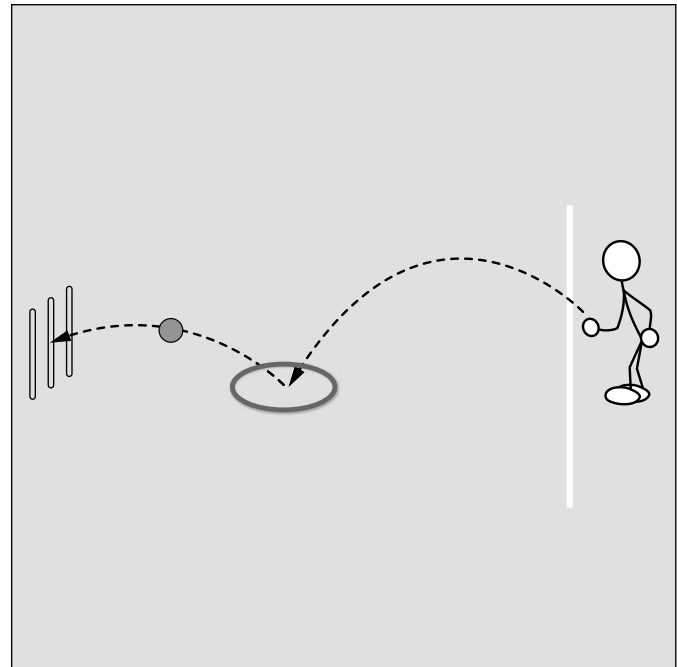
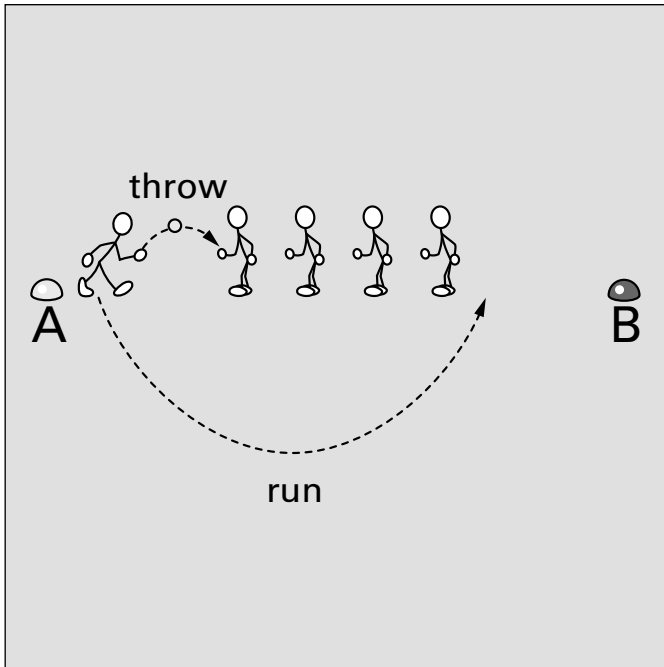
## Resources

- markers
- tennis balls
- cricket stumps or targets on a wall
- **Interactive resource:** *Bowling*
- **Interactive CD Image Gallery:** page 7, *Cricket*

## Warm-up

 5 mins

- Organise the children into groups of five and ask them to stand one behind the other next to a marker. Give the first child in each line a tennis ball. Place another marker opposite each group at the other side of the playing area.
- Now ask the children to move three paces apart. The first child throws the ball to the second child and then runs to stand behind the fifth child. As each team member receives the ball, they throw it to the next one in the line and then run to the other end of the line to receive the next throw. This continues until the team reaches point B.



- The children must throw and catch along the line to their intended target. If they drop the ball at any time they must start again from point A.
- Once the teams have mastered this warm-up game, ask them to do it as a relay race from point A to point B and back again.
- Discuss the importance of warming up and ask the children how they think this warm-up has helped them prepare for games.

## Bowling skills

### 30 mins


- Organise the children into small groups and give each group a tennis ball.
- In their group, the children must use an underarm action to bowl towards a target. Ideally, use a target marked on a wall. Alternatively, you can use cricket stumps if you have them.
- Ask the children to take turns in bowling towards this target, aiming to hit the centre of it. Explain to the children that the ball must bounce first before hitting the target. You could put a hoop in front of the target as a guide for the children to bowl towards.

- To make the task more difficult, ask the children to stand further away from their bowling target.
- Ask the children to stop and hold the ball still. Explain that they must now aim to score points by hitting their target successfully. They will score ten points if they hit the middle stump (or centre of the target) and five points if they hit either of the two outer stumps (or wider area of the target). Again, they should take it in turns to throw and add up their score as a group until they reach 50 or 100 points. When they have completed the task they must stand silently with their hands in the air.
- Ask the children to stop and to hold their balls still.
- Explain to the children that they are going to attempt the same task but, this time, they will use an overarm action. Demonstrate how to hold the ball for bowling overarm in cricket.



- See image gallery for a demonstration of the bowling action.
- Again ask the children to take turns at bowling towards their target; they should aim to bounce the ball in the hoop first, so that the ball then hits the target (the stumps).
- To make the task more difficult, ask the children to stand further away from their bowling target.
- Ask the children to stop and stand still.
- Challenge the children to aim to score points by hitting their target successfully with an overarm bowling action. They will score ten points if they hit the middle stump and five points if they hit either of the two outer stumps. Allow each member of the group to have three attempts at bowling and ask the group to keep score together. Remind them of the importance of bowling accurately in order to accumulate a good score for their team. When they have completed the task they must stand silently with their hands in the air.
- Go round the groups and find out their scores. Ask the children what they found easy and difficult about bowling in this way. Help them to recognise their strengths and discuss what they need to practise in order to improve.

## Cool-down

 5 mins

- Ask the children to complete five successful throws and catches and then put their ball away in the appropriate container.
- Now ask them to stand in a space and stretch their arms up above their heads in a tall stretch. Now do a wide stretch, with arms and legs apart. Teach the children to stretch their legs by bending the front knee forwards and keeping the back leg straight (calf stretch). Swap over so that both legs are stretched.

