**Year 7 - Cricket**

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| **Unit aim** | To become more confident and competent when performing core batting skills and techniques | | | | |
| **Lesson outcomes** | Demonstrate correct grip and stance and basic batting technique | Demonstrate correct forward drive technique | Demonstrate how to place the ball in different areas of the field using an on and off drive | Demonstrate how to perform a pull shot from a bouncing delivery | Demonstrate how to perform a forward defensive to prevent the bowler from bowling you out |
| **Intended Knowledge** | Students will know how to catch a high and low ball.  Pupils will we taught the difference between an English and Australian method of catching the ball.  Students will know that you hold the bat with a V grip  Students will know how to make contact with the ball with the correct technique.  Students will know that you need to keep the ball low when aiming to stay in. | Students will know that a drive off the front foot (off drive/straight drive or on drive) is played when the ball is ‘pitched up’ heading towards the stumps.  Students will know that stumps are what the batter needs to defend when being bowled at.  Students will know how to use the correct grip, stance and follow through for a front foot drive.  Students will know the meaning of the ‘offside’ and ‘leg side’ | Students will know how to play the off and on drive.  Students will know that the on drive is a batting stroke played to a half-volley (pitched up), pitching on or just outside the leg stump.  Students will know that the off drive is a half volley shot played when the ball pitches close to the batsman (when the ball is pitched up) and does not bounce very high. It will be just on or outside the off stump. | Students will know that the pull shot is played to a short-pitched ball bouncing between knee and chest height as it arrives at the batsman  Students will know how to perform a pull shot.  Students will know that a four is when the ball it hit and bounces before going over the boundary.  Students will know that to score a six you hit the ball over the boundary line without bouncing.  Students will know that the boundary is the perimeter of the cricket field. | Students will know how to perform a forward defensive shot.  Students will know that a forward defensive shot can help maintain your wicket.  Students will know how to use the forward defensive shot to score a quick single |
| **Prior Knowledge** | Students will have played a form of quick cricket at primary school in KS2.  Students will have a basic understanding of how to catch a ball (little fingers together). | Students will know that you hold the bat with a V grip  Students will know how to make contact with the ball with the correct technique.  Students will know that you need to keep the ball low when aiming to stay in. | Students will know that a drive off the front foot (off drive/straight drive or on drive) is played when the ball is ‘pitched up’ heading towards the stumps.  Students will know that stumps are what the batter needs to defend when being bowled at.  Students will know how to use the correct grip, stance and follow through for a front foot drive.  Students will know the meaning of the ‘offside’ and ‘leg side’ | Students will know how to play the off and on drive.  Students will know that the on drive is a batting stroke played to a half-volley (pitched up), pitching on or just outside the leg stump.  Students will know that the off drive is a half volley shot played when the ball pitches close to the batsman (when the ball is pitched up) and does not bounce very high. It will be just on or outside the off stump. | Students will know that you hold the bat with a V grip  Students will know how to make contact with the ball with the correct technique.  Students will know that you need to keep the ball low when aiming to stay in.  Students will know the meaning of the ‘offside’ and ‘leg side’  Students will know that stumps are what the batter needs to defend when being bowled at. |

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| **Lesson 1 -** Demonstrate correct grip and stance and basic batting technique |

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| **Do now** | What is the main objective of cricket? | | | | | |
| **Teacher exposition**  **(I do)** | **Context:** Cricket is a game played between two sides of 11. You have a batting side a fielding side. The aim is to score more runs than your opposition when you are batting and when you are fielding you are aiming to bowl and catch the batters out as quickly as you can.  When you bat it is important to play (hit) any ball that is on target to hit the wicket, leave anything that will miss the wicket and try to score off less well directed deliveries. | | | | | |
| **Grip and stance**   * Dominant hand at the bottom * V shape made by thumb and index finger. * Hands close together * Stand sideways on to the bowler * Feet shoulder width apart * One foot either side of the crease * Face the bowler. * Swing the bat back straight * Bat and hands remain in line   with shoulders  Look forwards and keep eye on the ball | |  | | |  | |
| **Learning task (We do / you do)** | | | | | | |
| ***Activation – simple fielding***  https://www.sportplan.net/upload/users/afc8/4526/22633669/cp7131959720-1614767863386.png  Pairs  Underarm / overarm throws  Throw and follow  Short and long barrier technique  **Practice – Grip, stance and basic technique**     * In 4s (Bowl/Batter/WK/2Fielders) * 4 bats from yellow tee * 1 wicket (with crease) * 1 bat one ball, 1 bowler marker, No boundary. * ^ balls each then rotate round. Score the most runs. * Allow the student to get used to used to the stance | | | | ***Application – Singles Cricket***  https://www.sportplan.net/upload/users/88b8/4464/22324617/cp0507-1520243756364.png   * Groups of 4 * Bowler / Batter / Wicket keeper / fielder * 6 deliveries each * Bowled or caught out lose “x” amount of runs * Rotate positions * Bonus run for hitting through gate. | | |
| **Responsive adaptations** | **Developing**   * Hit ball off of cone * Bowler stands closer * Slow down feed * Feed on the full | | **Securing**   * Step into shot * Smaller gates | | | **Mastering**   * Ball at different starting points (on/off side). * Feeding the ball in. * Multiple gates |
| **Progress check questions** | 1. What letter of the alphabet should our hands represent on the bat? 2. Why should you point your foot when completing the forward drive? 3. Why should you have a back lift? 4. How should my body weight be when striking the ball? 5. How show I hit the ball without getting bowled out? | | | | | |
| **Errors or misconceptions to look out for** | * Ball travelling in the air – foot not next to pitch of ball * Standing side on to the ball – Foot position and stance * Ball travelling left (RH) or right (LH) – Baseball swing not pendulum | | | | | |

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| **Lesson 2 -** Demonstrate correct forward drive technique to score runs. |

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| **Do now** | What are the main points to hold the bat correctly? | | | | |
| **Teacher exposition**  **(I do)** | **Context:** You would use a straight drive (forward drive) when the ball pitches approximately on the line of the middle stump.   * Fingers and thumbs wrapped around the handle “V” * Knees flexed * Side-on position * Front shoulder rolls * Backswing and step * Co-ordinated movement * Comfortable stride | | |  | |
| **Learning task (We do / you do)** | | | | | |
| *Activation – one hand pick up and throw*   * Mark a spot 5m in front of each team and place a cone for each team 10m away from the line. * The first player runs with a ball, places it on the 5m spot, then continues to run forwards and around the cone. * On the way back, the player stops to pick up the ball and gently throws it to the next team member to catch     ***Practice – Lords front foot drive***    From batting tee or a drop down feed students perform correct technique hitting through the gates | | | *Application – singles cricket*  https://www.sportplan.net/upload/users/88b8/4464/22324617/cp0507-1520243756364.png   * Groups of 4 * Bowler / Batter / Wicket keeper / fielder * 6 deliveries each * Bowled or caught out lose “x” amount of runs * Rotate positions * Can only run if ball is hit through gate | | |
| **Responsive adaptations** | **Developing**   * Wider gate. * Hit off tee   **Game**   * No negative points * Fielders have to field behind the gates | **Securing**   * Use of a smaller gate. * Use a drop down feed * Fielders behind gate   **Game**   * Minus points if gets out (caught) * Add points on for fielding | | | **Mastering**   * Smaller gate * More fielders * Throw downs rather than drops * Fielders in front of gate   **Game**   * **-6 if out** * **Throw downs** |
| **Progress check questions** | What are the key points you need to remember to perform this technique?  Why should you run aggressively between the wickets?  How would you perform a straight drive? | | | | |
| **Errors or misconceptions to look out for** | Ball not being struck in right direction – front foot pointing in right direction  Little power in shot – pendulum swing  Ball travelling in the air – foot not next to pitch of ball | | | | |

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| **Lesson 3 -** Demonstrate how to place the ball in different areas of the field using an on and off drive |

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| **Do now** | Where do we need to hit the ball?  What are the two sides of a cricket pitch called? | | | |
| **Teacher exposition**  **(I do)** | **Context:** Often the ball will be delivered to different sides of the stumps – this is designed to make it difficult to hit the ball. When the ball pitches to different sides we need to adapt our technique and use different batting skills. These would be called an on drive and an off drive.  The **on drive** is a batting stroke played to a half-volley, pitching on or just outside the leg stump.  The **off drive** is a half volley shot played when the ball pitches close to the batsman and does not bounce very high. It will be just on or outside the off stump. | | | |
| ***On drive***   * Very similar to other drives. * Lead with head and front shoulder onto line * of ball. * Dip front shoulder while taking a shorter * stride than for other drives. * Throw hands and arms out along line ball is * intended to be struck. * Keep head close to shoulder. Top hand in * control all the time | | ***Off drive***   * From a good high backlift, lead with head and front shoulder onto line of ball. * Top hand in control. * Play ball under head close to bent front leg. * Do not lift head after contact. * Arms follow-through along line ball was struck; top hand and elbow high. * Back leg straight; weight on front foot. * The wrist can now ‘break’ allowing the bat to go over the shoulder, handle pointing roughly in direction of ball | |
| **Learning task (We do / you do)** | | | | |
| *Activation – fielding – at the stumps relay*    *Sprint out and place ball*  *One or two handed pick up*  *Underarm / overarm throw back to team.*  *Practice – On and off drive*   * 4 in group, bowler/batter/fielder/wk * 1 wicket and crease.  * 1 ball, 1 bat, coned gates 10m back (Mid on and off) * Bowler drops the ball * Batter strikes towards either gate (mid on and Mid off) * 6 goes each then rotate | | | *Application – decisions / decisions*  https://www.sportplan.net/upload/users/afc8/4746/23730709/cp9607416696-1615168738078.png     * Two teams set up as above. * All fielders start on the boundary. * The ball must be driven between the v markers or the batsman is out. * The batsman must complete 2 runs after striking the ball * The wicket keeper must take incoming throws in the aim to run the batter out. * 2 runs scored each time unless the ball beats the fielders and a 4 is scored. | |
| **Responsive adaptations** | **Developing**   * Wider gate. * More Gates * Hit off tee   **Game**   * No negative points * Fielders have to field behind the gates | **Securing**   * Use of a smaller gate.   **Game**   * Minus points if gets out (caught) * Add points on for fielding | | **Mastering**   * Smaller gate * More fielders * Throw downs rather than drops   **Game**   * **-6 if out** * **Throw downs** |
| **Progress check questions** | * What fielding positions might we be hitting towards? * Why do we have our head over the ball when we hit it and why is that important? * How might we adapt the on and off drive when looking to attack and score runs quicker? | | | |
| **Errors or misconceptions to look out for** | Ball not being struck in right direction – front foot pointing in right direction  Little power in shot – pendulum swing  Ball travelling in the air – foot not next to pitch of ball | | | |
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**Lesson 4** - Demonstrate how to perform a pull shot from a bouncing delivery

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| **Do now** | If the ball is pitched up what are your shot options?  What should you do if the ball is pitched short? | | | |
| **Teacher exposition**  **(I do)** | **Context:** Often a bowler will bowl a delivery that pitches short and bounces up high. This means it can be difficult to play a drive. In these situations a batter might play a shot that is known as a pull. This stroke is played to a short pitched ball bouncing between knee and chest height as it arrives at the batsman. This is known as a long hop.   * Back foot moves back and across. * Front foot moves back and to leg side - Body is now square on and open * Head facing forward - Knees bent and flexed * Bat swings from high to low - Contact made in front of square body with full arm extension in front of body. * Roll wrists at contact to keep ball down | | | |
| **Learning task (We do / you do)** | | | | |
| ***Activation – simple fielding***  https://www.sportplan.net/upload/users/afc8/4526/22633669/cp7131959720-1614767863386.png  Pairs  Underarm / overarm throws  Throw and follow  Short and long barrier technique  *Practice – Pull shot*  **Set up**   * Bowler, batsman, WK, Fielder. * Short paced bowler, throws the ball down overarm bouncing into the ground. * Batsman practice’s shot aiming at coned area. | | | *Application – Lords pull shot*  **Set up**    The batting side has to pull the ball (back foot) in between the coned area to score runs. Fielders are placed in the coned area to prevent runs being scored. Fielders return the ball to the wicket keeper. | |
| **Responsive adaptations** | **Developing**   * Draw foot movements and actions on floor * Hit off tee * Give Students targets to hit the ball through * increase size of fielders area | **Securing**   * Give Students targets to hit the ball through * decrease size of fielders area | | **Mastering**   * Put fielders in front of the cone gate. * Make the cone gate smaller * Increase the number of fielders in the gate. |
| **Progress check questions** | What are the key teaching points for a pull shot?  Why is it important to keep the ball from going into the air when you play a pull shot?  How do you prevent the ball from going into the air? | | | |
| **Errors or misconceptions to look out for** | Ball not being struck in right direction – front foot pointing in right direction  Little power in shot – pendulum swing  Ball travelling in the air – not rotating wrists on contact | | | |

**Lesson 5 -** Demonstrate how to perform a forward defensive to prevent the bowler from bowling you out

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| **Do now** | Should you always be attacking when you bat? | | | |
| **Teacher exposition**  **(I do)** | **Context:** The reason for the bat being next to the pad is in order to prevent there being a gap that the ball can get through. It also gives you a wider barrier with which to protect the stumps. Key points: | | Defence | BigCricket | |
| Keep eyes on the ball all the way  Slight bend in front leg, comfortable stride out to the ball  Relaxed bottom hand  Head over bat  Back heel slightly raised | |
| **Learning task (We do / you do)** | | | | |
| *Activation – fielding skill under pressure*     * *4 v 4* * *Try to score point by throwing and catching the ball from one end zone to the next.* * *Cannot throw full length*   **Forward defensive**  **Set up**     * Bowler feeds and batsman completes forwards defensive * Batsman plays with a straight bat and tries to block the ball through the two cones. | | | *Application – Pairs quick cricket*     * Students work in pairs * Rotate roles after 6 deliveries * Focus on team work and communication in all the positions | |
| **Responsive adaptations** | **Developing**   * Closer feed * Bigger coned area | **Securing**   * Smaller inner square * Only two touches allowed | | **Mastering**   * Move coned area to off side. * Allow full bowling action. * Narrow the coned area. |
| **Progress check questions** | What is meant by the term is backing up at the non-strikers end?  Why is it important to rotate the strike?  How did you get your body in line with the pitch of the ball? | | | |
| **Errors or misconceptions to look out for** | Ball is being hit too far – Batter following through  Ball bouncing up off bat – Batter to angle bat downwards  Ball being hit left and right – Batter not in line with the pitch of the ball. | | | |