

Warm Up

Fun Physical Activities **5-6**

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Skill

Fun Physical Activities

Time

5 mins

Aim

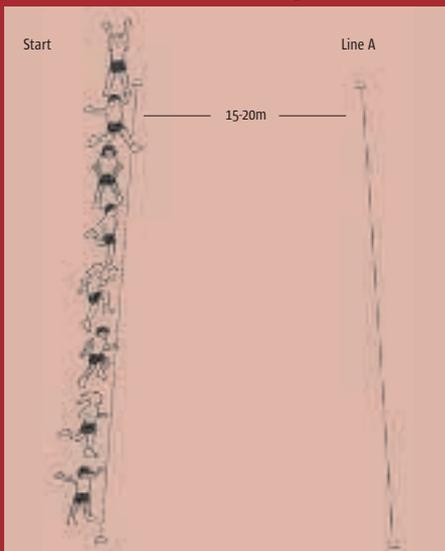
To use a variety of physical activities to increase body temperature

Equipment

4 cones / existing lines



Organisation



Instructions

- 1 Children spread out along the start line.
- 2 Give instructions of various ways for all to move from the start line to line A and back again. e.g. jogging, hopping and side striding (star shape).
- 3 See ideas for progression for further ideas.

Teaching Points

- Remain balanced at all times.
- Be aware of the people around you.
- Move in a straight line.

Catchphrase

Feel your brow... is it sweaty now?

Ideas for progression

Ideas for various physical skills:

- Walking/sprinting, arms can be by sides, above head or touching the ground.
- On all fours, either facing down hands first or facing up feet first (crab).
- Whilst jogging, pick knees up high in front or kick heels up behind.
- Pretend cricket skills, e.g. picking a ball off the ground in one or both hands, taking a catch, bowling a ball or hitting runs.
- Increase or decrease the distance of line A.
- Work in pairs, e.g. leap frog or wheelbarrow. Race other pairs.

Suggestions for discussion on health education

TASK Put your hand on your forehead. What do you feel?

Q Why do we sweat?

A When you exercise, your body temperature rises. Moisture comes through the skin surface to cool you down.

Q How can you replace the liquid in your body lost due to sweating?

A By drinking cold water.

Skill

Jogging with Imaginary Fielding

Time

5 mins

Aim

To combine continuous movement with fielding skills

Equipment

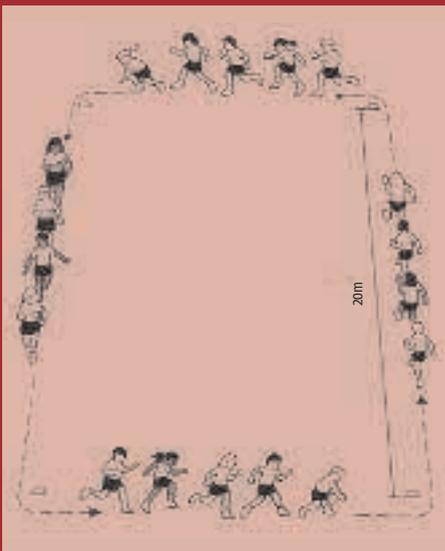
4 cones, 1 whistle



Link Cards

27

Organisation



Instructions

- 1 Children continuously jog round a square cornered by cones.
- 2 When the teacher calls either 'left' or 'right,' the children pretend to pick up the ball in that particular hand.
- 3 On the call of 'both,' the imaginary ball is picked up in two hands.
- 4 When the whistle blows, children change direction.

Teaching Points

- Get down and touch the floor when picking up the imaginary ball.

Catchphrase

You won't last if you jog too fast!

7

Ideas for progression

- Increase or decrease the size of the square as appropriate.
- Teacher calls 'jump' for the children to pretend to jump and catch.
- Teacher calls 'throw' for the children to pretend to throw the ball at the stumps for a run out.

Suggestions for discussion on health education

TASK Think about how much air you are breathing in now, compared to before you started warming up?

Q Why do we breathe faster and more deeply during and after exercise?

A To breathe in more oxygen from the air. This is then carried by the blood to feed our muscles as we work them harder.

Q How can we increase the amount of oxygen that our body can take in?

A By playing sport and exercising regularly, we can train our lungs to take in more oxygen.

Skill

Running with the Bat

Time

▶ 10 mins

Aim

To increase knowledge of how to run with the bat by means of a relay race

Equipment

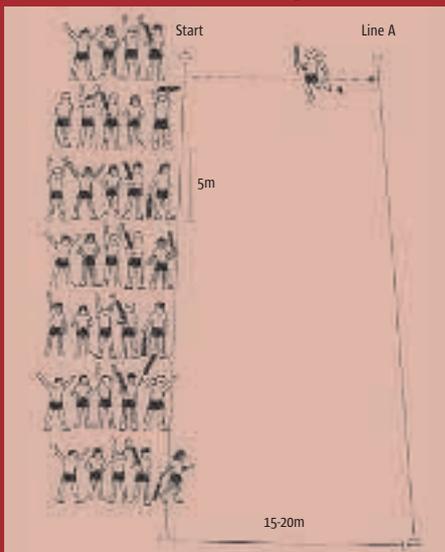
2 bats per team, 4 cones / existing lines



Link Cards

63 64

Organisation



Instructions

- 1 Divide into equal teams according to the number of bats, e.g. 2 per team.
- 2 First member of each team runs to line A and back again.
- 3 As they pass the start line next member repeats and so on.
- 4 First team to finish wins.

Teaching Points

- Grip bat at the end of the handle
- When waiting to run, you are allowed to stand in front of the start line, as long as your bat is touching the ground behind it.
- When approaching the lines, reach out using the full length of the bat to touch down **over** the line.

Catchphrase

Reach out every time, touch **over** the line!

Ideas for progression

- Teams run through twice before finishing.
- Give a time limit (i.e. 2 minutes) – teams count how many runs they can complete in the given time.

Suggestions for discussion on health education

TASK Run 20 metres as quickly as possible.

Q At the beginning of your run which muscles worked the hardest?

A Your leg muscles.

Q How can you improve your speed?

A By strengthening your muscles. You can do this by exercising regularly.

Skill

Running, Throwing & Catching

Time

▶ 10 mins

Aim

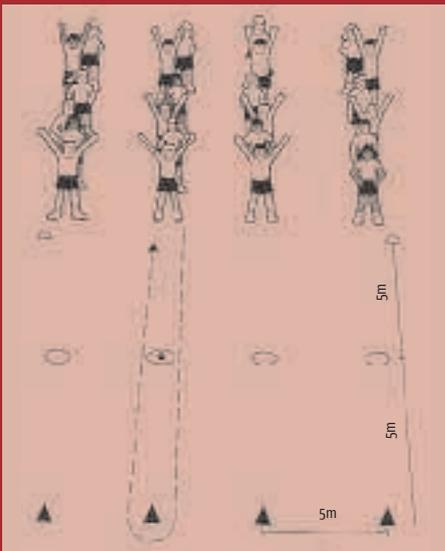
To improve fielding skills by means of a relay race

Equipment

4 tennis/soft balls, 4 skittles, chalked circles, 2 cones / existing lines



Organisation



Instructions

- 1 Split class into 4 equal teams.
- 2 First person in each team starts with a ball and runs placing it in the circle and continues forward round the skittle.
- 3 On the way back they stop, pick up the ball and gently throw underarm for next person to catch.
- 4 Catcher repeats.
- 5 First team to finish wins.

Teaching Points

- Place the ball so that it remains in the circle.
- Stay low when you throw the ball so that it arrives at waist height.

Link Cards

19 27 67

Catchphrase

Stay low when you throw!

11

Ideas for progression

- Increase distances apart.
- If distance allows encourage an overarm throw.
- Using the same lesson format, set a time limit (i.e. 3 mins), teams count the number of clean catches achieved.

Suggestions for discussion on health education

TASK Feel the warmth on your arms and legs – They will feel warmer due to exercise.

Q Why do sports people warm up?

- A**
- (i) To avoid injury.
 - (ii) To get their body ready for further exercise.
 - (iii) To feed their muscles with more blood which carries oxygen.
 - (iv) To get themselves ready mentally as well as physically for exercise.

Skill

Creating Space & Catching

Time

▶ 10 mins

Aim

To improve spatial awareness and catching skills

Equipment

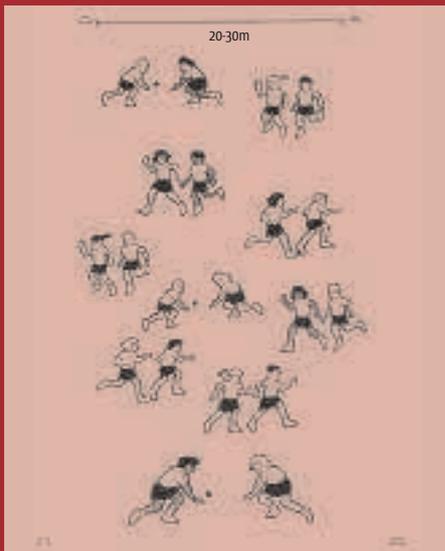
1 tennis/soft ball per pair, 4 cones, 1 whistle.



Link Cards

19

Organisation



Instructions

- 1 In pairs, jog around the available space changing direction frequently.
- 2 When the whistle blows, pairs begin low catching for 30 seconds, counting their score.
- 3 When the whistle blows again, pairs resume jogging.
- 4 Repeat process 3 – 4 times, with pairs attempting to beat their previous score each time.

Teaching Points

- When jogging change direction to find space.
- When catching;
 - (i) Stand 2m away from your partner.
 - (ii) Catch the ball in two hands.
 - (iii) Watch the ball into your hands.

Catchphrase

Can you get more than your previous score?

13

Ideas for progression

- When jogging around, one of the pair takes the lead and must dodge, weave and side step to lose their partner.
- Use the same lesson format but for the different catches on pages 21 and 23.

Suggestions for discussion on health education

TASK Think about the amount of energy you have just used whilst warming up.

Q How will you replace this used energy?

A By eating and drinking at your next meal time.

Q Are some foods better for you than others?

A Yes, but it is important to have a balanced diet including fresh fruit and vegetables.

Skill

Running & Stopping the Ball

Time

5 mins

Aim

To increase the heart rate, using continuous movement and incorporating a fielding skill

Equipment

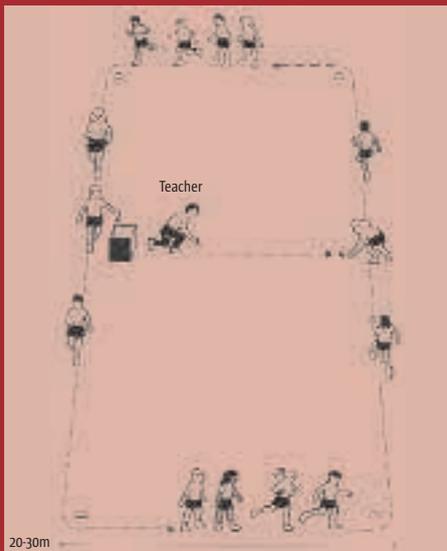
Minimum 10 tennis/soft balls, 4 cones, 1 bucket/box



Link Cards

25 61

Organisation



Instructions

- 1 Children in a straight line between cones 1 & 4.
- 2 Teacher continuously rolls out balls to be stopped with hands between cones 1 & 2.
- 3 Children individually stop and collect a ball and continue round the square.
- 4 Place the ball in the bucket/box and join the back of the line. Repeat.

Teaching Points

- Run fast to get close to the ball.
- Use two hands to stop the ball.
- Place the ball in the bucket/box.

Catchphrase

Get back to the start then feel your heart!

15

20-30m

Ideas for progression

- Roll the ball out slower to make it easier, or faster to make it more difficult.
- Change the size of the square to increase or decrease the distance that has to be run.
- Loop the ball in the air for the children to take a high catch (refer to page 23).

Suggestions for discussion on health education

TASK Feel your heart... is it beating faster than when you started?

Q Why? What does your heart do?

A When you are active, your muscles need more blood, so your heart has to work harder to pump it around your body.

Skill

Stretching

Time

▶ 10 mins

Aim

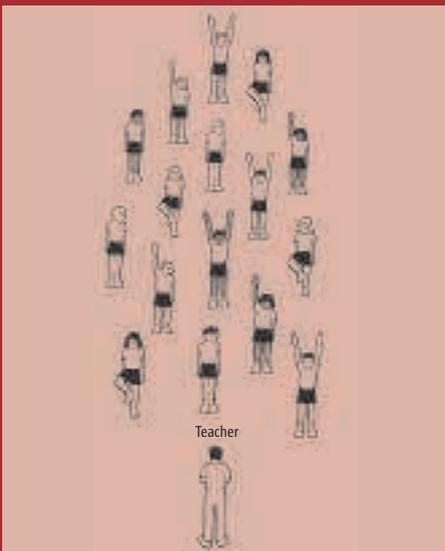
To encourage safe stretching exercises to increase flexibility and to avoid injury

Equipment

Nil



Organisation



Instructions

- 1 Class jog around gently for 2 minutes, then spread out and find a space facing the teacher.
- 2 Work on muscles and joints from head to toe. See the teaching points for different instructions.
- 3 When stretching, hold for 10 seconds, then slowly release. 'No bouncing'.
- 4 When mobilising, rotate the joint slowly three times.

Teaching Points

Stretching Exercises · **Neck:** Look over right shoulder, hold. Look over left shoulder, hold. · **Sides:** Feet shoulder width apart, right arm stretched above head, push up and hold. Repeat left arm.

Mobilising Exercises · **Arms:** Arms above head, rotate forwards (3 times slowly), then backwards. · **Legs:** Lift up right knee, rotate to the side then down to the floor. Repeat left knee. · **Ankles & Wrists:** In turn rotate clockwise and anti-clockwise.

Catchphrase

You must be flexible to fetch-a-ball!

Ideas for progression

Further stretching exercises.

- (i) Arms above head palms touching, push hard against each other. (Upper body).
- (ii) Left foot in front of the other, bend left leg at the knee and straighten right leg, keeping the heel on the floor. Repeat, right leg in front. (Calves).
- (iii) Left foot forward one pace, bend right knee, keep left one straight and push back slightly. Repeat, right leg in front. (Hamstrings).

Suggestions for discussion on health education

TASK Clench your fist and bring your fist towards your shoulder.

Q Why are your muscles so important and what do they do?

A They hold the bones together (stability) and they produce movement.

Q When you bent your arm at the elbow, what happened to the muscle to make your arm bend?

A It shortened (contracted).