

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:			
8	Rounders	Post Work & Rules Development	7						SEN:			
Objectives:	To comprehend and grasp how to catch each delivery and stump the post correctly using the hand and post correctly and appropriately. To be able to confidently perform with accuracy, the skill of catching each type of delivery and stumping the post out. To be able to outwit opponents when fielding and when at the posts. To confidently perform with accuracy, at maximum levels in relation to speed, height, distance, strength or accuracy when fielding and at Posts											
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular Aspects	Link to Theoretical PE Aspects				
Student led warm up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Listen and observe warm ups and answers	R+ Students build the creativity, aspirations and empathy they need to succeed	Science: Current electricity	Students review the content covered in this series of lesson plans.				
Post Work	Catchers in the middle – A faces inwards to B, who stands next to C but C faces the opposite direction facing D. A →→ B C ←← D A throws to B, B stumps the post to their left side then throws back to A. B turns 180 degrees and repeats this with D. C follows this pattern receiving the ball from D, while B receives from A.	To clearly comprehend and grasp how to confidently perform with accuracy, these skills at the posts in Rounders To comprehend and grasp how to catch each delivery and stump the post correctly using the hand and post correctly and appropriately To be able to confidently perform with accuracy, the skill of catching each type of delivery and stumping the post out To be able to outwit opponents when fielding and when at the posts, To confidently perform with accuracy, at maximum levels in relation to speed, height, distance, strength or accuracy when fielding and at Posts	Under-arm throwing - grip the ball between fingers and thumb - stand facing target, feet together - take throwing arm back at 180degrees, ball facing ground - Bring arm through at same time as stepping with opposite leg - release ball with fingers pointing to target	↑ Longer throws, introduce a runner for pressure A and D move A and D throw the ball so B and C have to chase the ball	☑ Evaluate performances of outwitting opponents at the post using the skills ☞ Assess the hand and eye co-ordination when at the post to reduce the chances of getting opponents out ⊖ Define what a good position is at the post	R+ Show the capacity to recover quickly from difficult situations in Rounders R+ How do you bounce back from a poor throw to the post?	Objectives: Explain what electric current is (a flow of charge) and that it is measured in amperes. Give examples of current in series and parallel circuits. Recognise that currents add where branches meet in a parallel circuit. Student expectations: I can explain what current means. I know that current is measured in Amperes (amps). I can show how current adds or subtracts in parallel circuits.					
	In 4's – 1 ball, 1 catcher, 3 throwers (B, C, D). B throws to A, A to C, C to A, A-D, D-A, A-B - vary the feed from side to side and at speeds								Stand with foot next to post	↑ Accurately replicate and perform skills on move	Q & A : Are the post skills weak, low predictable or unpredictable	☞ Discuss the influential strategies and tactics used to beat bowlers by using the forward defence.
	Line passing. Throw – catch – turn – throw catch – throw – catch – turn – throw - catch at posts									Post work DO NOT STAND WITH FOOT ON POST	↑ Use non dominant hand at all times	Q & A : Are they outwitting their opponents with fielding ☞ Assess the feet positioning when trying to catch the ball at the posts
Testing and Targets	5 throws from BS to 1 st . 1 st cannot move off the post. Record accuracy	To be able to throw and catch at posts under pressure	Stand with foot next to post	↓ Allow bounces ↑ bounces = start again	Record number of catches	⊖ Define what good running between post is when batting?	Maths: Data representation					
Competition	How long does it take to throw from bowler to BS – 1 st , 2 nd , 3 rd and 4 th . Record times	To be accurate in the replication of actions, phrases and sequences found in Rounders	Stand inside diamond so not to obstruct	↓ Allow bounces ↑ Increase time	Pupils develop, adapt and refine skills, strategies and tactics used in this competition	R+ How can students enhance the throwing and catching skills	Objectives: To be able to draw bar charts, line charts and pie charts					
Game	Full group game of Rounders - 2 Equal teams - Explain obstruction rules and simple tactics	To incorporate catching, fielding and post work into a small game	- If the ball is hit the batter has to run - Fielders no closer than the edge of the diamond.	- Use tees to hit off - Use bigger ball - No stumping allowed	Observe throws, post work, fielding and Games Q & A : Are they outwitting their opponents with fielding / batting	⊖ Define what good post work is within full sided games?	English: Rules on safety					
	Leadership & Coaching	Work on the areas of weaknesses when at the posts, positioning, and running between the post. Work on calls and understanding who is right to call	To incorporate Calling, communication and running between the posts into a small sided drill to enhance performance	Create a few post work drills away from the game so that students with weaknesses can practice their plays through different areas	Make the drill challenging for those students making batting mistakes to feel and achieve success. ↑ Do not use the same drill twice	R+ Improve behaviours, thoughts and actions when running between wickets	Objectives: To know and understand the importance of safety found in Rounders					
	Officiating	Officiate the Game	To be able to officiate the Rounders Game correctly using the correct signals, comments, scoring and techniques. To understand the Laws regarding the back stop when officiating To know and be able to perform the correct signals for these. To use their knowledge / understanding of the skills and game to officiate to the laws and to the best of their ability fairly	Use the correct signals Use the arms and body movements to stop the action Get in the right positions to make accurate decisions Be fair and constant	Focus on the rules regarding getting out, post work, batting and fielding	☑ Analyse strength and weaknesses in signals, calls, fairness and accuracy of decisions made at the post	R+ What is a good behaviour when a decision goes against you?					
Cool Down	The 2 students chosen to lead the cool down do so.	To understand the importance of cooling down at the end of a session. To be able to lead a cool down	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	observes students ability to lead the cool down	Q & A on the teaching points and objectives of the skill, activity and lesson	R+ Improve behaviours, thoughts and actions						
Active lifestyle & Social Guidance		Discuss the numerous jobs available in Rounders										
Equipment		Tennis Balls, Cones, Bats, spoon bats, Rounders Sheets, Windballs, Rounders Balls, Pen, Whiteboard, Video Player, Digital Camera, TV, Video, Tees, Score sheets, evaluation handouts										
Healthy Lifestyles and well being		Why is eating 5 fruit and veg essential?										