

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

**Subject:** KS1 Year A– Kwik Cricket

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking, and action.

**POS aims from NC:**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.

Perform dances using simple movement patterns.

### **Prior Learning (what pupils already know and can do)**

- Pupils will know how to catch a ball after one bounce.
- Pupils will know how to work well with other and within a defined space.
- Pupils will know how to throw the ball using over arm and under arm.
- Pupils will have some understanding of rules and boundaries.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

**Kwik Cricket- Catch, Throw, Bowl, Batting, The Rules of the Game, Game Play.**

- To know about what wickets and bails are.
- To know how to play Kwik cricket in small groups and demonstrate the school values, beginning to show some strategy (e.g. strike the ball to a space where there are no fielders)
- To know where the fielders stand and what they do, beginning to understand basic fielding strategies such as rolling, catching and stopping the ball
- To throw and catch different sized balls at different distances
- To know how to bowl underarm and catch a ball with some control, and to know that a bowl is different to a throw.
- To know how to hold a bat correctly and bat a ball using the correct technique.

### **Key Vocabulary**

speed, power, confidence, slow, fast, accuracy, inclusion, wickets, bail, bat, rolling, target

Session 1 – **To be able to catch a cricket and tennis ball with some control.**

- To know how to roll a ball with control and some accuracy.
- To know how to stop the ball with two hands and sometimes one hand.
- To know how to hold a bat correctly and hit the ball off a tee with control.
- To know how to retrieve the ball and how to catch using balls of different sizes.
- To know how to keep eyes on the ball when making a catch.

Healthy Participation – To discuss and know that exercise keeps your heart healthy.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, slow, fast, accuracy, precision, inclusion, rolling, catch, release, bat, control, safety, tee, target, cradle.

Session 2 – **To be able to throw a cricket and tennis ball with some accuracy.**

- To know how to throw a cricket/ tennis ball correctly.
- To know how to use the correct technique when throwing.
- To know how to throw the ball from different lengths.
- To know how to throw the ball underarm and catch a ball with control.
- To know how to throw a ball overarm with control.

## **Medium Term Plan: Supporting Implementation of LTP/Progression Grid**

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have when playing Kwik Cricket.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, slow, fast, accuracy, precision, inclusion, rolling, catch, release, bat, control, safety, tee, target, cradle.

### **Session 3 – To be able to bowl underarm and overarm.**

- To know how to bowl underarm and catch a ball with some control.
- To know how to throw underarm when bowling and knowing how to judge the distance, speed, direction, and height of the ball.
- To know that a bowl is different to a throw.
- To know how to bowl to a partner in front of wickets.

Healthy Participation – To highlight the benefits of taking part in Kwik Cricket on your long-term health. Discuss the benefits of being healthy and active.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, slow, fast, accuracy, precision, inclusion, rolling, catch, release, bat, control, safety, tee, target, cradle.

### **Session 4 – To be able to hold the bat in the correct position and hit the ball off a tee.**

- To know how to hold a bat correctly and bat a ball using the correct technique.
- To know to stand side on with feet Parallel shoulders width apart.
- To know to hold the bat with the right hand towards the bottom handle and left hand above (opposite for left-handed players).
- To know not to cross arms overs and that the flat face of the bat must be facing forward.
- To know how to bat and hit a ball off a tee with control and accuracy.
- To know how to play bowling, hitting, and fielding games in small groups.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, slow, fast, accuracy, precision, inclusion, rolling, catch, release, bat, control, safety, tee, target, cradle.

### **Session 5 – To be able to have an understanding of some of the rules of Kwik cricket.**

- To know about the rules of cricket and the number of players and what they do – fielding side, batting side, bowler, wicket keeper, batter.
- To know about what wickets and bails are.
- To learn how a batter scores runs.
- To know that the batters try to place the ball where the fielders are not standing.
- To know how to run by running between wickets.
- To know where the fielders stand and what they do.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

## **Medium Term Plan: Supporting Implementation of LTP/Progression Grid**

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, slow, fast, accuracy, precision, inclusion, rolling, catch, release, bat, control, safety, tee, target, cradle.

### **Session 6 – To be able to play small-sided game of cricket.**

- To know how to play small-sided games of cricket using the skills learnt.
- To know how to field, throw a ball back and how to bowl underarm in game situations.
- To know how to bat a ball and direct it in a game situation.
- To know how to play Kwik cricket in small groups and demonstrate the school values.
- To know how to show some awareness of boundaries and the rules of the game.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, slow, fast, accuracy, precision, inclusion, rolling, catch, release, bat, control, safety, tee, target, cradle.

Future learning this content supports:

This unit will support future subjects in LKS2. Pupils will be able to transfer skills into the summer 2 term when pupils will be looking at Disk golf and Skittle bowl. Pupils will know how to bowl underarm and at a target and be able to play modified games encouraging teamwork.

**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).