# Year 4 Cricket Lesson 2 – Bowling Technique

**Learning objective:** 1. To develop underarm and overarm bowling technique  
2. To know how to hold a cricket ball when bowling  
3. To bowl with accuracy

*(all) will be able to attempt underarm bowling with reasonable accuracy and success  
(most) will be able to replicate overarm bowling technique  
(some) will be able to bowl with good overarm technique

## Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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| **Cricket Netball** – Set up 3 equal areas, each with a set of cricket stumps at either end. Divide the class into 6 teams, 2 teams per area. In teams, children must throw and catch the ball and try to throw the ball to hit the stumps. 1 point is scored every time the stumps are hit. **Arrange teams based on ability.** | 10 mins | Extend:  
- HA groups have 3 seconds to pass the ball or throw at the stumps  
- If the ball is dropped, possession goes to the other team  
Support:  
- LA groups can roll/bounce the ball to each other  
- If the ball is dropped, possession stays with the same team |

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<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
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| **Activity 1: Underarm bowling**  
Divide the class into groups of 2 and give each child 2 cones. Partners stand opposite each other 10m apart and practise underarm bowling, aiming to bounce the ball once before reaching their partner. This is a good way to teach the rule that the ball must only bounce once when bowling.  
**Progress:** add a hoop in front of each child to act as a target zone to bounce the ball in. If there aren’t enough hoops, place one hoop at one end and children can take turns. | 5 mins | Extend:  
- HA pupils/those with prior cricket experience can bowl overarm  
Support:  
- LA pupils can decrease the distance between them and their partner |
| **Activity 2: Overarm bowling (please view visual aids/videos for further guidance on bowling technique)**  
Divide the class into groups of 3 or 4, ideally with a set of stumps per group and 1 ball per child. 1 at a time, children stand 10-15m away, side on to stumps, with ball in bowling hand. Ball should be held with index | 15 mins | Extend:  
- HA pupils can walk in before they bowl  
- Give HA pupils specific places to aim for on the stumps (at the base, in the middle or at the top)  
Support:  
- LA pupils can continue to practise underarm bowling until they are comfortable |
finger and middle finger on either side of the seam and thumb on the bottom.
Front arm points towards the target, whilst bowling arm is held straight, bringing the ball round in a circle, aiming to release the ball at the highest point
Add a hoop/cones in a square shape to give the children a zone to aim to bounce the ball in.

**Progress:** add a wicket keeper to stand behind the stumps to catch the ball. Explain the role of the wicket keeper and encourage children to stand in ready position: knees bent; palms open with fingers pointed towards the floor, ready to catch the ball.

### Activity 3: Team bowling challenge

In groups, children try to score points by bowling to hit the stumps.

- 1 point = ball bowled with underarm technique and 1 bounce.
- 2 points = ball bowled overarm, 1 bounce that lands in the target zone.
- 3 points = ball bowled overarm and hits the stumps
- 4 points = ball bowled overarm, lands in target zone and hits stumps
- 10 points = ball bowled overarm and knocks stumps over.

### Plenary

1. Can you explain overarm bowling technique to the person next to you?
2. How do you hold a cricket ball when bowling?
3. What is the role of the wicket keeper?