Year 4 Cricket Lesson 3 – Bowling 2

Learning objective: 1. To recall overarm bowling techniques from last lesson  
2. To continue to develop technique and accuracy  
3. To add a run up and follow through into bowling action

(all) will be able to bowl underarm  
(most) will be able to attempt overarm bowling with reasonable accuracy  
(some) will be able to incorporate a run up and follow through into their bowling action

Lesson Structure

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| **Cricket Tag:** Divide the class into groups of 4/5, each with a reasonably large area. Nominate one child to be a runner, whilst all other children must throw and catch the ball and try to catch the runner by touching them with the ball. The ball cannot be thrown at the runner and children cannot move with the ball in their hands. Change runner once they are caught. | 10 minutes | **Extend:**  
- Increase size of area to increase challenge for the throwers and catchers  
**Support:**  
- Decrease size of area |

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| **Activity 1: Pairs bowling**  
Divide the class into pairs, with 1 ball per pair and 2 cones per child placed about a metre apart, to create a target for their partner to bowl at. Children stand 10-15m apart and practise bowling technique, introduced in the last lesson.  
**Refresh technique points:** release at 12 o’clock, bowling grip, side on stance.  
**Progress:** Encourage children to walk in/run up as they bowl and combine with bowling action. | 10 mins | **Extend:**  
- HA pupils can add run up immediately  
- Decrease distance between target cones to increase challenge  
**Support:**  
- Increase distance between target cones |
| **Activity 2: Cone Explosion**  
Divide the class into groups of 3, and give each group 10-12 cones. Place the cones in a group on the floor 10-15m away. Children must bowl their ball at the cones attempting to knock the cones away. For each cone that is hit, the bowler scores a point. This activity is better | 15 mins | **Extend:**  
- Increase distance from cones for HA pupils  
- Reduce number of cones to challenge bowling accuracy  
**Support:**  
- Decrease distance from cones |
with tall cones, however small cones work fine too.

Discuss the flight of the ball the best place to release the ball in the bowling action to hit the cones.

**Activity: Team Bowling Challenge**

Place 4 sets of stumps, even spaced across the middle of the area, with a team of children set up on either side of the stumps, roughly 10m away. One bowler from each team bowls at the stumps simultaneously, attempting to hit them. Once the ball is bowled, the ball is collected by the bowler and returned to the next bowler.

Arrange teams in ability groups.

1 point: Stumps hit.
3 points: Stumps hit and knocked over.

**Plenary**

1. Can you describe overarm bowling technique to the person next to you?
2. When bowling, where should you aim to release the ball?

- Add more cones to create a bigger target