**Year 8 - Cricket**

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| **Unit aim** | To become more confident and competent when sending and receiving the ball in different scenarios. | | | | |
| **Lesson outcomes** | Demonstrate the correct bowling action from a standing start | Demonstrate the correct bowling action with a run up | Demonstrate the bowling at different lengths to outwit an opponent | Demonstrate how to bowl a ball with spin to outwit an opponent | Demonstrate how to set a field based on the batters and bowlers strengths |
| **Intended Knowledge** | Students will know that bowling is a technique used to get a batsman out.  Students will know how to grip the ball when bowling.  Students will know how to perform the correct arm action when bowling (circumduction) - GCSE theory link.  Students will know that a wide is given if a bowler bowls the ball too wide or too high.  Students will know that a wide results in an extra run awarded to the batting team as a consequence of such an illegal delivery. Then an extra ball is bowled. | Students will know how to grip the ball when bowling.  Students will know how to bowl an accurate delivery with a run up.  Students will know that the phases of a run up are the bound and the coil. | Students will know what hitting a good length means.  Students will know the different lengths that you can bowl in cricket.  Students will know the importance on having control over the ball when bowling  Students will know that control means to keep the delivery in line with the stumps (line and length). | Students will know how to grip the ball to bowl a ball with spin.  Students will know that off-spin is the most popular method of spin in cricket.  Students will know that an off-break delivery turns from the off side to the leg side when bowled at a right-handed batsman.  Students will know how to deliver a spin delivery at different line and lengths to deceive an opponent.  Students will know that to deceive means to deliberately make the batter think something different to what will happen. | Students will know why it is important to set a field when trying to get batsman out.  Students will know that setting a field means to place fielders in different positions on the pitch.  Students will know how to set a field based on either the bowler’s strengths or batters’ strengths.  Students will know what key fielding positions are designed to prevent conceding runs. |
| **Prior Knowledge** | Students will know that there are 6 balls in an over.  Students will know to pitch the ball up to hit the stumps.  Students know the difference between the off and leg side. | Students will know that bowling is a technique used to get a batsman out.  Students will know how to grip the ball when bowling.  Students will know how to perform the correct arm action when bowling (circumduction) - GCSE theory link. | Students will know how to grip the ball when bowling.  Students will know how to bowl an accurate delivery with a run up.  Students will know that the phases of a run up are the bound and the coil. | Students will know what hitting a good length means.  Students will know the different lengths that you can bowl in cricket.  Students will know the importance on having control over the ball when bowling  Students will know that control means to keep the delivery in line with the stumps. | Students will know how to grip the ball to bowl a ball with spin.  Students will know that off-spin is the most popular method of spin in cricket.  Students will know that an off-break delivery turns from the off side to the leg side when bowled at a right-handed batsman.  Students will know how to deliver a spin delivery at different line and lengths to deceive an opponent.  Students will know that to deceive means to deliberately make the batter think something different to what will happen. |

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| **Lesson 1 -** Demonstrate the correct bowling action from a standing start |

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| **Do now** | How many ways can you get a batter out in cricket? | | | | |
| **Teacher exposition**  **(I do)** | **Context:** Bowling, in cricket, is the action of propelling the ball toward the wicket defended by a batter. Bowling the ball is distinguished from throwing as you have to restrict the angle of extension of the elbow.  Bowlers bowl deliveries in sets of six, called an over. Once a bowler has bowled an over, a teammate will bowl an over from the other end of the pitch.  If a ball is bowled illegally, an umpire will rule it a no-ball. If a ball is bowled too wide of the striker for the batsman to be able to play at it with a proper cricket shot, the bowler's end umpire will rule it a wide. | | | | |
| **Grip**  Grip the ball with thumb underneath and first two fingers on top  Bowl the ball with seam upright pointing toward the batter | | | **Stance and release**  Side on to the target  Non-bowling hand reaches up high and bowling hand moves down low  Non-bowling hand pulls straight down as bowling hand moves over the top (arm straight) to bowl  Follow through with bowling hand across the body | |
| **Learning task (We do / you do)** | | | | | |
| *Activation – fielding - Hit the stumps*     * *4’s students throw the ball overarm or underarm to try and hit stumps.* * *Team mates opposite to use short and long barrier to field the ball*   **Basic bowling**    **As above but now with focus on correct bowling action** | | | *Application – decisions / decisions*  https://www.sportplan.net/upload/users/afc8/4746/23730709/cp9607416696-1615168738078.png     * Batter to defend two wickets * Bowler will get points for hitting the wicket or getting the batter caught out. * Batter to try and hit the ball through the gates to score | | |
| **Responsive adaptations** | **Developing**   * Shorter distance * Standing start | **Securing**   * Walk into action | | | **Mastering**   * Jog into bowling action |
| **Progress check questions** | What happens if you release the ball too early / too late?  Why is it important to be side on when bowling?  How should you grip a ball when bowling? | | | | |
| **Errors or misconceptions to look out for** | Ball going too high (not bouncing) to low (bouncing along the floor) – Lower/higher the release point of the ball.  Ball going left/right – The arm is not being bought down straight. Aim for the bowler to brush their ear with their arm. | | | | |

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| **Lesson 2 -** Demonstrate the correct bowling action with a run up |

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| **Do now** | What are the key points we need to focus on to bowl accurately? | | | | | |
| **Teacher exposition**  **(I do)** | **Context:** Introducing a run up will allow you bowl at a greater speed. However, it can also mean that you lose control if you try to run too fast.  In cricket, a run-up is the approach a bowler makes when preparing to deliver the ball. The ball must be delivered from behind a bowling crease, but preparation to bowl the ball can be done any way the bowler wishes.  Spin bowlers tend to have very short run-ups, some even approach the bowling crease at a walking pace. Medium bowlers tend to run up off a short run-up of about 10 paces or so. Fast bowlers tend to have long, rhythmical run-ups.  Revise: basic bowling action (arm action, including release of the ball) | | | | | |
| **The bound**   * Head level * Arms thrown up * Body leans back away from the batter | | **The coil**   * Front arm pulled back * Ball held by chin * Body leans away from the batter * Front leg raised * Back foot lands parallel to the crease | | | **The release**   * Release at about one O’Clock after * arm brushes ear * Look over opposite shoulder * Remain tall |
| **Learning task (We do / you do)** | | | | | | |
| *Activate – fielding practice – target throwing*     * In pairs or fours * Overarm throwing at a target marker * Increase distance away from marker * Encourage long and short barrier   **Bowling with a run up**   1. Create a straight channel using cones or pick a line on the floor 2. Run up in a straight line towards your target 3. Jump forward towards your target in a straight line between the lines/cones 4. Keep your arms and cricket ball close to your body while in the air 5. Bowl the ball and follow through towards your target in a straight line | | | | ***Application – Singles Cricket***  https://www.sportplan.net/upload/users/88b8/4464/22324617/cp0507-1520243756364.png   * Groups of 4 * Bowler / Batter / Wicket keeper / fielder * 6 deliveries each * Bowled or caught out lose “x” amount of runs * Rotate positions * Bonus points for hitting wickets * Use two wickets to increase success rate of bowling | | |
| **Responsive adaptations** | **Developing**   * Shorter run up * Shorter pitch * Larger target | **Securing**   * Increase steps in run up * Choose an area to bowl at * Stumps 3 pts / off side 1pt / Onside 0ptt | | | **Mastering**   * Full run up. | |
| **Progress check questions** | What is meant by the term line and length?  Why is it important to jump forward and not up?  Why does starting side on help to generate power?  How did you get your body in line with the crease? | | | | | |
| **Errors or misconceptions to look out for** | Good run up but slows down before release – Bowler worried about jumping/jumping to high  Ball bowled wide – Keep the jump straight with the body in line with the stumps | | | | | |

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| **Lesson 3 -** Demonstrate the bowling at different lengths to outwit an opponent |

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| **Do now** | What do the following terms line and length mean? | | | | |
| **Teacher exposition**  **(I do)** | **Context:** The line is the direction of the ball in accordance to the batsman's stumps, while the length is the area of the pitch where the ball bounces. The batsman does not need to hit every single ball they face. So it is the bowler must tempt the batsman into playing a stroke, increasing the chances of taking a wicket.  Revisit key teaching points for previous lesson(s) | | | BBC SPORT | Cricket | Skills | Bowling line and length | |
| **Learning task (We do / you do)** | | | | | |
| *Activate – fielding combinations*  https://www.sportplan.net/upload/users/88b8/4391/21958507/cp0941-1601208295577.png   * In pairs * **Step 1** – roll ball out for a one hand pick up and throw return * **Step 2** – back peddle for a high catch and return * **Step 3** – perform a long or short barrier * Rotate roles   *Practice – The run up*  **Set up**  1.create a channel (line) and a hoop length on the wicket.  2. 1 bowler at a time aims for the hoop.  Wicketkeeper – fielder (inline with the hoop) – back of bowling line.   1. Wicketkeeper gives 1pt for a good line 2. Fielder gives 1 point for good length. 3. If both give a point then a bonus point is awarded. | | | *Application – Line and length in a game scenario*  https://www.sportplan.net/upload/users/88b8/4464/22324617/cp0507-1520243756364.png  **Set up**   1. 1 bowler becomes a batter. 2. Aim is to only score at mid on and off only. 3. Every time a bowler bowls a good line and length they score additional runs for themselves | | |
| **Responsive adaptations** | **Developing**   * Smaller ball * Shorter run up * Shorter pitch * Larger target | **Securing**   * **Normal target** | | | **Mastering**   * Full run up. * Smaller target * Vary position of target |
| **Progress check questions** | * What is meant by the terms ‘yorker’ / ‘bouncer’? * Why is it important to jump forward and not up? * Why does starting side on help to generate power? * How did you get your body in line with the crease? | | | | |
| **Errors or misconceptions to look out for** | Good run up but slows down before release – Bowler worried about jumping/jumping to high  Ball bowled wide – Keep the jump straight with the body in line with the stumps | | | | |

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| **Lesson 4 -** Demonstrate how to bowl a ball with spin to outwit an opponent |

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| **Do now** | Why do spinners take so may wickets? | | | | |
| **Teacher exposition**  **(I do)** | **Context:** The main aim of spin bowling is to bowl the cricket ball with rapid rotation so that when it bounces on the pitch it will deviate from its normal straight path, thus making it difficult for the batsman to hit the ball cleanly.  Off-spin is the most popular method of spin in cricket.  An off-break delivery turns from the off side to the leg side when bowled at a right-handed batsman. The spin is generated by the first and second fingers of the right hand.  The more revolutions you can put on the ball, the better chance you have of getting more turn when the ball pitches. | | | | |
| The middle joints of the index and middle fingers are well spread across the seam. The ball rests against the third finger but the thumb has little involvement | | | Turning the wrist and the index finger generate the spin on the ball, turning the ball in a clockwise direction.  Use your first two fingers to give the ball a good "rip" at the point of delivery | |
| **Learning task (We do / you do)** | | | | | |
| *Activate – fielding skills – spinning the ball*  https://www.sportplan.net/upload/users/afc8/4526/22633669/cp7131959720-1614767863386.png   * Pairs * Underarm / overarm throws * Throw and follow * Short and long barrier technique to field * **Practice imparting spin on the ball**   *Practice – Spin the ball*  **Set up**   * + - Place another wicket 2/3rds of the way down the pitch.     - Students have to bowl the ball over the first stump to support with them getting more flight. * Students to practise both off spin and leg spin | | | *Application – make the batter play*     * Students to play singles cricket * Only delivery allowed is a spin delivery * Bowler > Batter > wicket keeper > fielder * The bowler bowls an over at the batter trying to make the batter play at the ball in a defensive manner. The batter has to decide whether to play at the ball or not, depending on the type of delivery. * Points are awarded to the bowler when the batter plays at the ball defensively; batters are awarded points when they leave the ball successfully. | | |
| **Responsive adaptations** | **Developing**   * Bigger hoop * Closer distances * Underarm throw | **Securing**   * **Overarm throw / bowling** | | | **Mastering**   * Full run up. * Smaller target |
| **Progress check questions** | * What is the difference between off spin and leg spin * Why is it important to disguise the different type of spin? * How does the grip differ to seam bowling? | | | | |
| **Errors or misconceptions to look out for** | Lack of spin – Bowler not rotating fingers fast enough or ripping the ball with the thumb (offspin) or ring finger (legspin).  Ball pitching too short – Point of release is too late. Release earlier to give more flight. | | | | |

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| **Lesson 5 -** Demonstrate how to set a field based on the batters and bowlers strengths |

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| **Do now** | Why is it harder to bowl at the end of an innings than the beginning? | | | |
| **Teacher exposition**  **(I do)** | **Context**: Setting a field means that you have the right players in the right places at the right time. This will help a team get more wickets.   * Mid on and mid off stop the straight drives * Third man and fine leg stop the edged ball * Extra cover and midwicket stop the wider drives | | | |
| **Learning task (We do / you do)** | | | | |
| *Activate – keep ball*   * Students are divided into two teams. * Students pass the ball to team members whilst moving around in a coned area. Once 5 consecutive passes have been made one point is scored.   *Bowling recap: Hit the stumps*     * *4’s students bowl to try and hit stumps.* * *Team mates opposite to use short and long barrier to field the ball.* * *Students to follow bowled ball and join opposite side* | | | *Application - set your field*       * Each bowler to set their field as above for the first two deliveries. * Bowler then needs to consider how they would change their field based on the batters strengths and weaknesses. | |
| **Responsive adaptations** | **Developing**   * Bigger hurdle * Underarm throw | **Securing**   * Alternative. Batters have to score off a minimum of every three balls (adjust as necessary). If they do not then there is a forfeit of runs points or they are out etc.. | | **Mastering**   * Score a run a ball |
| **Progress check questions** | What are the different fielding positions learned in today’s lesson?  Why would you change the fielding positions?  How might your fielding positions differ at different stages of a game/innings? | | | |
| **Errors or misconceptions to look out for** | Batsman regularly scoring runs – field position is incorrect and fielders need to be moved | | | |