

Year 3 - Striking & Fielding 4

We are rehearsing our batting skills



Warm-up - Roll a Goal

Children are positioned opposite each other a few meters apart with a 'goal' marked out with cones or floor spots between them. The game aims to roll the ball through the goal to score a point and work cooperatively with partners to score as many as possible between the pair. Challenge the children to make their goal smaller if they are successful and make it more challenging for themselves.

Activity 1 - Bat, Bowl

The aim of the game is to practice batting techniques and build confidence. Working in groups of 4, each student takes on the role of batter, bowler, backstop or fielder. Using a rounder bat or tennis racket, the bowler bowls the ball underarm to the batter who attempts to hit it. The fielder or backstop collects the ball and returns it to the bowler. Each child has 6 balls bowled at them in the batting position before the roles rotate, and children continue to practise in the other roles.

Activity 2 - Bat Target Rehearsal

Working in groups of 4, each student takes on the role of batter, bowler, backstop or fielder. Each group needs to set up 2 or 3 gateways with cones in this activity. These are going to act as targets. Similar to the previous activity, each batter gets 6 bowls to attempt to hit the ball as many times as possible. In this activity, the batter scores 1 point for every successful hit of the ball and 5 points for every ball they manage to get through the gateway targets. If they miss, there are no points scored. The fielder can attempt to block the gates and catch the balls, so the batter does not make the target. Each child gets 6 attempts to score as many points as possible before the roles rotate.

Equipment:

- A selection of smaller balls
- Cones
- Rounders bats or tennis bats

Set up:

- A large area for children to play within
- Cones set out as goals and then gates or targets