****Year 9**

**Softball/Rounders Scheme of Work**

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| **Aim:** In this unit pupils will demonstrate timing and fluency in the replication of techniques for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils should be able to accurately score & officiate games. |

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| **Motor Competence**  Pupils will learn to apply consistency & timing in the use of techniques for batting, bowling and fielding. Pupils will develop ability to become a reflective learner. A continual development, adaptation and refinement of the learnt skills will contribute to producing a good performance. | **Rules, Strategies & Tactics**  Pupils should be able to recognise the importance of responding to changing situations within the game. Pupils will be constantly faced with strategic and tactical decisions based on hitting/movement of the ball into space and choice of skill execution. Opportunities to umpire/coach pupils or small groups will develop communication and decision-making skills. | **Healthy Participation**  Develop a deeper understanding of stretches for all major muscle group and those specific to rounders/softball. Suggest any Rounders/Softball clubs within the school timetable and promote community links. Discuss the benefits of being healthy and living an active lifestyle. |

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| **Cross-Curricular Links**  English (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences) | **Recommended Reading**  Women in Sport: Fifty Fearless Athletes Who Played to Win - [Rachel Ignotofsky](https://www.amazon.co.uk/Rachel-Ignotofsky/e/B01BZFB9XK/ref=dp_byline_cont_book_1) |

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| **Lesson** | **Core Skill** | **Lesson Objective** | **Teaching Points** | **Suggested Drills** | **Questions to be asked?** |
| 1 | Throwing & Catching | To consolidate my learning of throwing and catching and to perform this in competitive situations. | **Throw**   1. **Step** – Side on body shape with one foot in front 2. **Point** – use non-throwing hand to aim towards your target 3. **Throw** – Release ball judging the angle of release towards your partner/target.   **Catch**   1. **Body** - Move body so it is line with the ball 2. **Eyes** – Keep eyes focused on ball 3. **Hands** – have soft hands so the ball is collected safely. | **Softball**  <https://www.youtube.com/watch?v=uqbF3nIMKAE>  **Rounders**  <https://www.youtube.com/watch?v=WC3kFvO8GRQ> | **Retrieval:**  **Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)  *Application of knowledge to peer assess.* |
| 2 | Fielding | To consolidate my learning of fielding and to perform this in competitive situations. | **Softball**  **Golden Triangle –**   1. Keep your hands low 2. legs shoulder width apart 3. Knees bent with glove on the ground. 4. Keep your eyes on the ball.   **Long Barrier**   1. Knee contacting the heel 2. Head over ball 3. Fingers down 4. Hands together | **Softball**  <https://www.youtube.com/watch?v=LZLhf8Ep8t4>  **Rounders**  <https://www.youtube.com/watch?v=YWJtql-Jg0A> | **Retrieval:**  **Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)  *Application of knowledge to peer assess.* |
| 3 | Batting | To consolidate my learning of batting and to perform this in competitive situations. | **Softball**   1. High back elbow with bat over shoulder 2. Straight arms on contact 3. Hands closed 4. Body shape is side on   **Rounders**   1. Body shape is side on 2. One arm batting 3. Head still 4. Arm at 90 degrees before hitting and straight on contact. | **Softball**  <https://www.youtube.com/watch?v=leDfLWdAZQk>  **Rounders**  <https://www.youtube.com/watch?v=8eAx71Mo5Yo> | **Retrieval:**  **Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)  *Application of knowledge to peer assess.* |
| 4 | Bowling or Pitching | To consolidate my learning of bowling/pitching and to perform this in competitive situations. | **Softball**   1. Hold ball with one hand 2. Step into bowl 3. Bent knees 4. Underarm bowling   **Rounders**   1. Hold ball with one hand 2. Step into bowl 3. Bent knees 4. Underarm bowling | **Softball**  <https://www.youtube.com/watch?v=mIx9CvpGXsU>  **Rounders**  <https://www.youtube.com/watch?v=MH99kmx9iYI> | **Retrieval:**  **Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)  *Application of knowledge to peer assess.* |
| 5 | Running | To consolidate my learning of running and to perform this in competitive situations. | 1. Eye on the ball 2. Step off current base and move towards next base 3. Anticipate when to run. | **Softball**  <https://www.youtube.com/watch?v=awBfD3Fm-y4> | **Retrieval:**  **Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)  *Application of knowledge to peer assess.* |
| 6 | Game Play | **To consolidate learning in game play.** | **Students will focus on rules of game play and decision making throughout.** | **Softball**  <https://www.youtube.com/watch?v=DwVYejPGS-k>  **Rounders**  <https://www.youtube.com/watch?v=f5Lxiy9_L9Q> | **Retrieval:**  **Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)  *Application of knowledge to peer assess.* |
| 7 | Game Play | **To analyse performances and to improve outcomes.** | **Students will focus on rules of game play and decision making throughout.** | **Softball**  <https://www.youtube.com/watch?v=DwVYejPGS-k>  **Rounders**  <https://www.youtube.com/watch?v=f5Lxiy9_L9Q> | **Retrieval:**  **Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)  *Application of knowledge to peer assess.* |
| 8 | Core Task | Assessment | **Students to be assessed against Assessment Matrix for final grade.** |  |  |