

Spar Lancashire School Games

Learn!

Week 7 - Striking/Fielding Games

Equipment: Rolled up socks, scrunched up paper ball, tennis or soft ball, household equipment for markers/bats

Aim: To develop skills that will help in striking/fielding games

[Video Demonstration](#)

Tasks 1 - To practice the skills needed for striking and fielding games.

In this task the essential element is accuracy. Good accurate throws can often get a running out.



Practice 1 - Accurate throwing

- One player is the thrower and one player is the catcher.
- Place two objects apart to make the target. *(To make it easier place them further away and to make it harder bring them closer)* The catcher stands behind the target attempting to catch and return the ball to the thrower.
- Place one object a distance away from the target and a second object a further 5m away.
- The first player aims to throw the equipment to the catcher through the targets and has five throws from each distance.
- The aim is to get as many balls through the target as possible and a player gets one point for each ball that passes through the target

Remember - Have the opposite leg forward to your throwing arm.

Think -

(Q) What will you have to do if you are further away from the target when throwing?

(Q) What type of throw will you use?

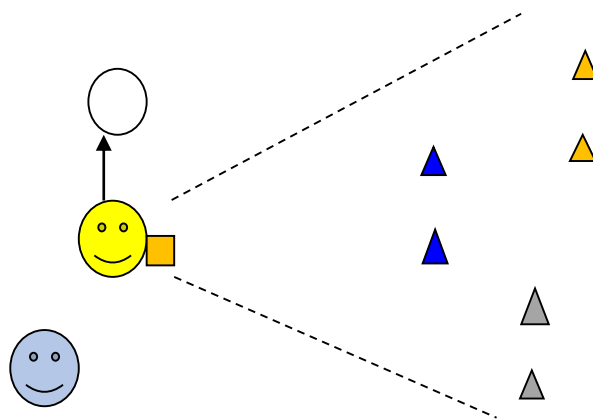
(Q) How will you aim to get the ball through the targets?

Tasks 2 - To practice the skills needed for striking and fielding games

Practice 2 - Scatterball - Focus tactics

In striking and fielding games one of the tactics is to strike the ball away from the fielders so we have more time to score points. This practice is to throw through the target with accuracy, which represent spaces away from the fielders.

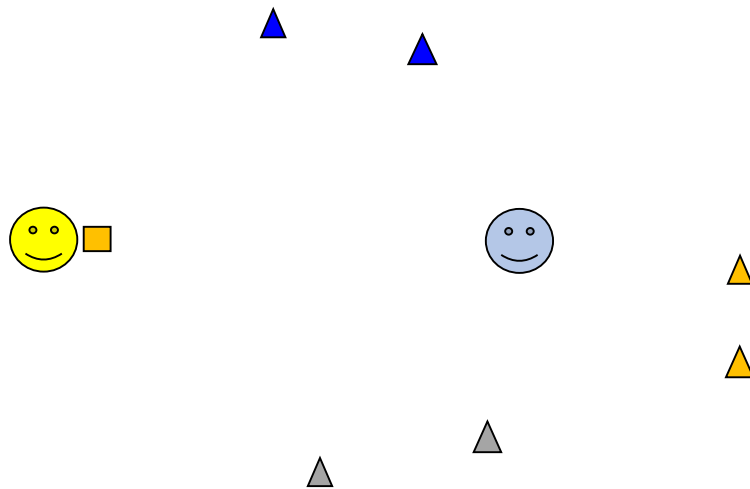
- Set up Scatter Ball for the children to practice throwing through the markers in the fielding area.
- Each player has 3 throws and gets 5 points for each target they throw the equipment through.
- After the third throw the fielder goes to collect the equipment while the thrower does as many star jumps as they can with one point for each star jump. Count up the total points.
- Swap over roles.



Practice 3 - Scatterball with equipment (rolling pin, bat of some sort, cricket bat)

- Set up Scatter Ball for the children to practice throwing through the markers in the fielding area. (as above i.e rounders type) or alternative cricket type below.
- Using a piece of equipment as a bat (*use a rounders type strike or a cricket type strike*) to aim and strike the ball through the targets.

- Players choose whether to have the ball bowled at them by another player or to strike it by using a self-feed.
- Each player gets 3 goes and gets 5 points for each target they strike the equipment through.
- After the third strike the fielder goes to collect the equipment while the thrower does as many star jumps as they can with one point for each star jump. Count up the total points.
- Swap over roles.



Challenge - Can you add some more targets in different areas?

Easier

- Move the targets nearer to the player.
- Make the targets bigger.
- Strike with self feed or from a tee

Harder

- Move the targets further away.
- Make the targets smaller
- Bowl at the player



Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.

Spar Lancashire School Games

Stay at Home Heroes Challenge

Linked to Learn! 7 - Throwing

You have been busy practicing your throwing. Are you ready to take part in our challenge?

Equipment needed: A tennis ball, 20 pairs of socks and a target to bowl at.

Cricket

Challenge yourself, and your friends, to see who can gain the most **points in our Cricket Challenge!**

Video Demonstration

How to;

Make a target/ set of stumps and place an object 12 paces away to mark where to bowl from. Place 20 pairs of socks 2 paces in front of the target/stumps (4 rows of 5 pairs). Player bowls the ball and tries to hit the socks and the target/stumps. If the ball hits a pair of socks they are taken away and the player scores 1 point, if the ball hits the target/stumps they also score a point. How many points can the player score in 90 seconds?

To make it:

- Easier - Move the target closer e.g. 10 paces rather than 12 or put more than 20 pairs of socks down
- Harder - Bowl from further away e.g. 14 or 16 paces away.
- Inclusive - use a larger but light ball e.g beach ball, volleyball

