

MULTI-SPORTS PROGRAMME (Y5-Y6)

Striking

Session/Focus	Activity	Activity	Activity	Activity
Cricket				
<u>Bowling and Fielding</u>	<p>Warm – up</p> <p>Snowball tag Make a square 18x18m. All players must stay inside the square during the game. One tagger with a ball must try and tag other students. If the student gets tagged they go outside the square to collect a ball and then re-enter as a tagger. Last person left is the winner.</p> <p>Mod – use the lines on a field or court for the students to stay on.</p>	<p>Warm-up</p> <p>Five Pass Make a square 15x15m. Aim of the game is for one team to complete 5 passes without the other team intercepting the ball or them dropping the ball. If they get 5 passes the team gets 1 point. If the ball is dropped or they get to 5 passes it is turned over to the other team.</p> <p>Mod – For larger numbers you can increase the square size and number of passes.</p>	<p>Fielding</p> <p>Catching Tennis Make a rectangle 20x5m. Divide the rectangle so there are three zones. 5m then 10m then 5m lengthwise. The 5m zones are zone A and zone B. Players are divided into Zone A and B. Players in Zone A lob the ball with an underarm throw to Zone B. Zone B players must catch the ball. A point is scored if the player drops the catch or it bounces in the opposition's zone. If the opposition catches the ball they get a point or if the throw does not go into the zone. Then Zone B lobs the ball back and vice versa.</p>	<p>Bowling</p> <p>On the Money Make groups of 3. Set up a wicket and cone 15m apart. Create two zones. Zone A is 2m from the wicket and Zone B is 1m from the wicket. Each student is either a bowler, wicketkeeper or fielder. The bowler gets 4 balls to bowl. They must attempt to hit the wicket for 3 points. If it lands in Zone A it is 1pt and Zone B is 2pts. After four bowls they add up their score and move on to be wicketkeeper. The wicketkeeper retrieves the ball and throws to the fielder who then throws to the bowler. The wicketkeeper becomes the fielder and the fielder becomes the bowler.</p> <p>First to 20 points wins.</p>

<ul style="list-style-type: none"> Catch with little fingers together making a cup. 				
	<p>Bowling</p> <p><u>Bowling Action 1,2,3,4</u></p> <p>Set up an area where partners stand 15m away. The aim is to bowl to your partner so they can catch the ball. Once they have done this they bowl the ball back to you.</p> <p>Mod: If students are struggling you can decrease the length they are bowling and increase accordingly.</p>			
<u>Batting</u> <u>Key Points</u> <ul style="list-style-type: none"> Hold bat comfortably with forefinger and thumb making a V pointing to the 	<u>Cricket ball smash</u> Set up 4 batting tees, mark a running area 15m in length from the batting tees. This activity can be done in groups of 8 (4 batters and 4 fielders).	<u>Bat and Beyond</u> Split students into pairs. Set up a field so there is 18m from the batter (1 student) and the fielder (other student). The batter must strike the ball off the tee and aim to get	<u>Hit and Run Cricket</u> Set up a diamond with 10m between each cone. Group students into teams of 6 (1 batter and the rest fielders). The batter hits the ball off the tee and runs around the diamond. Each cone they	<u>Tee pairs cricket</u> Set up a pitch 15m apart with wickets and a batting tee. This game is played with a maximum of 10 players (2 batters and 8 fielders). Partner off so that there are 5 pairs. The batting pair take turns to hit 6 balls each off the batting tee. Once

<ul style="list-style-type: none"> forward edge of the bat. • Stance – stand side on to bowler with eyes forward and legs shoulder width apart. • Hit ball with full face of the bat. 	<p>The 4 batters must hit their balls off the batting tee all together. They then run out to the 15m mark and back. The fielding team must retrieve the balls and put them back on the tees. Once the batter has a ball on their tee they must stop running. They then add up their individual scores to get a team score. The fielders then become the batters. First team to 30 runs win.</p>	<p>the ball past the 18m cone. Each time it goes past the cone on the full the student gets 1 run. The fielder must return the ball to the batter. If the fielder catches the ball the batter minuses 1 run. Each student gets 6 turns then swaps with the fielder.</p>	<p>pass is 1 run. They continue to run until the fielding team has retrieved the ball and made 5 passes between different team members. The batter stops running once this is achieved. Each person has three turns and the one with the highest amount of runs wins.</p>	<p>they have hit the ball they run to the other wicket. It is then their partners turn to hit the ball. Each time they run it is 1 run. If the fielders catch the ball or run out the batter the team loses 1 run. The pairs rotate positions so that each pair get a turn batting. Once everyone has had a turn the pair with the highest amount of runs win.</p>
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Striking

Session/Focus	Activity	Activity	Activity	Activity
Softball				
<u>Throwing and Catching</u>	<p>Warm – up</p> <p>Snowball tag Make a square 18x18m. All players must stay inside the square during the game. One tagger with a ball must try and tag other students. If the student gets tagged they go outside the square to collect a ball and then re-enter as a tagger. Last person left is the winner.</p> <p>Catch:</p> <ul style="list-style-type: none"> • Reach for ball with glove • Squeeze ball around glove • Cover ball with other hand 	<p>500</p> <ul style="list-style-type: none"> • Players in teams of 4 • 1 Player is thrower and throws ball (pop fly, grounder, line drive) Calls out a point number (100, 200, 300, etc.) • Player that catches it (or fields grounder cleanly) gets the points <p>First player to 500 points switches with thrower</p>	<p>Catching Tennis</p> <p>Make a rectangle 20x5m. Divide the rectangle so there are three zones. 5m then 10m then 5m lengthwise. The 5m zones are zone A and zone B. Players are dived into Zone A and B. Players in Zone A lob the ball with an underarm throw to Zone B. Zone B players must catch the ball. A point is scored if the player drops the catch or it bounces in the opposition's zone. If the opposition catches the ball they get a point or if the throw does not go into the zone. Then Zone B lobs the ball back and vice versa.</p> <p>First to 20 points wins.</p>	<p><i>Pirates and Cannonballs</i></p> <ul style="list-style-type: none"> • Split team of 4 so 2v2 • Team A throws ball in area to Team B • Team B tries to catch ball, if successful, they get a point • Team B throws ball back into Team A area <p>First team to 10 wins</p>
<u>Batting</u>	<u>Bat and Beyond</u>	<i>Batter Up!</i>		

<u>Key Points</u>	<ul style="list-style-type: none"> Stand in a comfortable position with your "knocking knuckles" lined up on the handle of the bat. Keep the side of your body pointed towards the direction you want to hit the ball. Take a small step with your "front" foot and start your swing with the bat. Keep your eye on the ball and your back foot in the same position as it started in. While you are swinging the 	<p>Split students into pairs. Set up a field so there is 18m from the batter (1 student) and the fielder (other student). The batter must strike the ball and aim to get the ball past the 18m cone. Each time it goes past the cone on the full the student gets 1 run. The fielder must return the ball to the batter. If the fielder catches the ball the batter minuses 1 run. Each student gets 6 turns then swaps with the fielder.</p>	<ul style="list-style-type: none"> Team of 4- 1 pitcher, 2 fielders, 1 batter Set up 4 spots to make bases Pitcher underhand throws ball to batter at home plate (if batter misses, do toss and hit) Batter runs bases until fielders get ball back to pitcher. 1 point for every base touched <p>Batter gets 3 hits then rotate positions</p>	
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bat towards the ball your hips should open up towards the ball and your back foot should "pivot."

"Squish the bug" with your back foot.

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Striking/Target

Session/Focus	Activity	Activity	Activity	Activity
Frisbee <p><u>Throwing and Catching</u></p> <p><u>Key Points</u></p> <p><i>Grip</i></p> <p><i>Backhand</i></p> <ul style="list-style-type: none"> • Thumb on top held with fingers underneath • Step and Flick out • Like flicking a tea towel • Follow Through <p><i>Flick</i></p> <ul style="list-style-type: none"> • Hand like a pistol • Thumb on top two fingers underneath. • Fingers point towards target. 	Koolchees <p><u>Throwing and Catching</u></p> <p><u>Key Points</u></p> <p><i>Grip</i></p> <p><i>Backhand</i></p> <ul style="list-style-type: none"> • Thumb on top held with fingers underneath • Step and Flick out • Like flicking a tea towel • Follow Through <p><i>Flick</i></p> <ul style="list-style-type: none"> • Hand like a pistol • Thumb on top two fingers underneath. • Fingers point towards target. 	Hit the target <p>Koolchees (Frisbees) are thrown to knock over a skittle. (Play in pairs.) Skill Focus Teaches throwing with accuracy ADDITIONAL EQUIPMENT 1 Frisbee per pair Players score a point if they are the first to make contact with the target at the opposite end. Players receive a bonus point if the skittle is knocked over on its side. Easier: » Increase the size of the target. Players can slide their Frisbee on the ground, with the rim facing upwards.</p> <p>ASK THE PLAYERS » Which throw is the most</p>	Interceptor <p>Targets are set up away from a throwing line. Players score points by throwing a Frisbee and hitting the targets. (Play in groups of 3.) Skill Focus Practises throwing for distance and accuracy. 1 Frisbee per player In the first round, players each throw a Frisbee to hit the 5-metre targets. In the next round, they aim for 10-metre targets, followed by 15-metre targets. In the final round, players try to throw the Frisbee the furthest. To make it more challenging: Introduce a relay competition with other teams. » The team</p>	Pirates and Cannonballs <ul style="list-style-type: none"> • Split team of 4 so 2v2 • Team A throws Frisbee in area to Team B • Team B tries to catch Frisbee, if successful, they get a point • Team B throws Frisbee back into Team A area <p>First team to 10 wins</p>

<ul style="list-style-type: none"> • Flick through like a badminton serve. <p><i>Catch:</i></p> <ul style="list-style-type: none"> • Crocodile catch • Above eyes use crab catch with thumbs underneath Frisbee. • Below eyes use crab catch with thumbs on top. 	<p>successful in this activity? SAFETY » Players need to be aware of skittles rebounding when hit by a Frisbee. » Allow plenty of space between pairs to accommodate stray Frisbees.</p>	<p>cannot move to the next target until the team is successful in hitting a previous target. » A different type of pass must be used for each target.</p> <p>Tip » Use the recommended throwing grips to see which ones are more successful for long distance throws.</p> <p>ASK THE PLAYERS » Does the greater distance of a target make it harder to hit? » What changes have to be made to throw the furthest?</p> <p>SAFETY » All players collect Frisbees at the same time.</p>	<p>the interceptor anticipate which way the pass will go?</p>	
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Tapu Ae	<p>Rob the Nest (throwing) 4 nests in each corner & 1 in the middle (10 balls inside). 1 team/corner nest. Players are numbered off. Teacher calls number and allocated players run to middle, grab a ball and return it to their nest. Can then steal from other nests. Progress onto throwing. Players must throw from oppositions nest to their own nest.</p>	<p>Interceptor Three players stand on 3 of the 4 corners of a square, with an interceptor in the middle. Players change roles frequently. (Play in groups of 4.) 4 cones, 1 Ki (ball) per group. Players can only pass to a corner adjacent to theirs but not across the square. Players without the Ki can lead to a corner next to their own to receive a pass or provide an option. The interceptor must be at least 1 metre from the thrower. Easier: » The interceptor cannot move until the pass is thrown. Harder: » A different type of throw must be used each</p>	<p>Hit the Tupu Groups of 4. Three attackers (taniwha) and one defender of the Tupu. The taniwha will try and hit the tennis balls off the cones. Set up: Each group will put 3 cones with tennis balls on top (Tupu) inside a hula hoop. The defender must try hard to defend the Tupu. Once all the balls are knocked off change defender.</p>	

		<p>time. Add an extra interceptor. ASK THE PLAYERS</p> <p>» How can the interceptor anticipate which way the pass will go?</p>		
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