




PHYSICAL EDUCATION LESSON PLAN	
Class: Key Stage Three	Date:
Activity: Stoolball	Focus: Bowling
No. of Pupils:	Sequence: 2
Location:	Time: 50 minutes
Response to Evaluation of Previous Lesson / Learning:	
<p>NC Key Concepts: Competence Performance Creativity Healthy Active Lifestyles This lesson allows pupils to develop their bowling action. They will learn how to deliver different balls when bowling. They will then use this to select and use tactics when bowling. These tactics will be used to try and outwit the batter.</p>	
NATIONAL CURRICULUM KEY PROCESSES	
Learning Outcomes : This lesson will enable All pupils to:	
<p>Develop Skills in Physical Activity Bowl the ball using a basic under arm action; they will attempt to vary the speed of the ball. Most: Will be able to vary the speed and path of the ball when bowling with success. Some: Will be able to apply spin to the ball whilst varying the speed, height and placement of the ball.</p>	
<p>Make and Apply Decisions Attempt to vary the speed of the ball that is bowled depending on the game situation. Most: Decide what bowl is suited to try to outwit their opponent, they will do this by changing the height or speed of the bowl. Some: Will decide whether to apply spin, change the height or pace of the bowl. They may also move their fielders to suit to type of bowl they will give- forcing the batter to play the ball to the off or the on side.</p>	
<p>Evaluate and Improve Be able to highlight a strength and one area of improvement for their partners performance using the assessment sheet. Some: Will able to highlight strengths and areas for improvement in their own and other's bowling performance. They are also able to give advice and suggest practices to encourage improvements.</p>	
<p>Develop Physical and Mental Capacity Pupils will develop their mental determination to succeed by understanding how to outwit their opponent through bowling.</p>	
<p>Making Informed Choices about Healthy Active lifestyle</p>	
<p>Resources/Equipment/Safety: Wickets, targets (e.g. A4 Paper/card), stoolball bats, stoolballs, cones. (Quantity depends on the size of the group). Assessment sheet. During game play all pupils should be hitting out-wards - safety zone in middle area.</p>	

Name.....

Are they....			
Standing side on?			
Is their bat up and in the ready position?			
Do they move their feet to hit the ball?			
Is the ball consistently hit?			
Is the ball hit down?			