

Danish Longball (Striking and Fielding) - Year Six – Spring A

Spatial awareness	knowing where your body is in space in relation to objects or other people.
Teamwork	following our sporting values to work effectively in a group
Anticipation	preparing for something you think will happen, e.g. moving into a free space
Tactical decisions	making wise choices to benefit you or your team
Dummies	an action intended to deceive an opponent
Communication	Sharing messages between members of the team verbally and non-verbally
Intercept	to stop the ball or person from reaching their destination

Rules (gradually introduced until the last lesson)

1. Throwing team throw the ball **overarm** to land on the **court** but making sure they clear the first line/line of cones/spots. (The ball is allowed to land on court and then roll off.)
 2. Thrower and running partner then try to get to the other end of the court without being struck with the ball making sure they run within the lines of the court.
 3. Thrower and running partner score 1 point each if they clear the first set of cones and then get to the opposite end without being caught, or being struck by the ball below the waist and 5 points if they get to the line and back.
 4. **Fielders** are not allowed to run with the ball. They may not **block** but that they can catch throwers out and that they may pass to fielders better placed. They can also still tag runners with the ball (if they are in arm's reach) or they can throw the ball at the runner.
- If a player is out then they lose a life for their team but join the back of the line and get a second attempt when it is their turn. Teams swap when a team has lost 5 lives.

