

CRICKET



KEY INFORMATION

AGE GROUP: Years 7&8 **GENDER SPECIFICATIONS:** 5 Girls & 5 Boys **NUMBER IN A TEAM:** 10

DESCRIPTION

There will be 4 tasks to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top 10 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

The 4 tasks are easy to setup using equipment you have at school. Set out all 4 games so that they are all next to each other. With a safe area behind where children can rest if they are not taking part. The children rotate around each station at the end of the allocated task time.

If you get through to the county final, this will follow the same format.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



TASK #1: HIT THE TARGET

HOW TO PLAY-

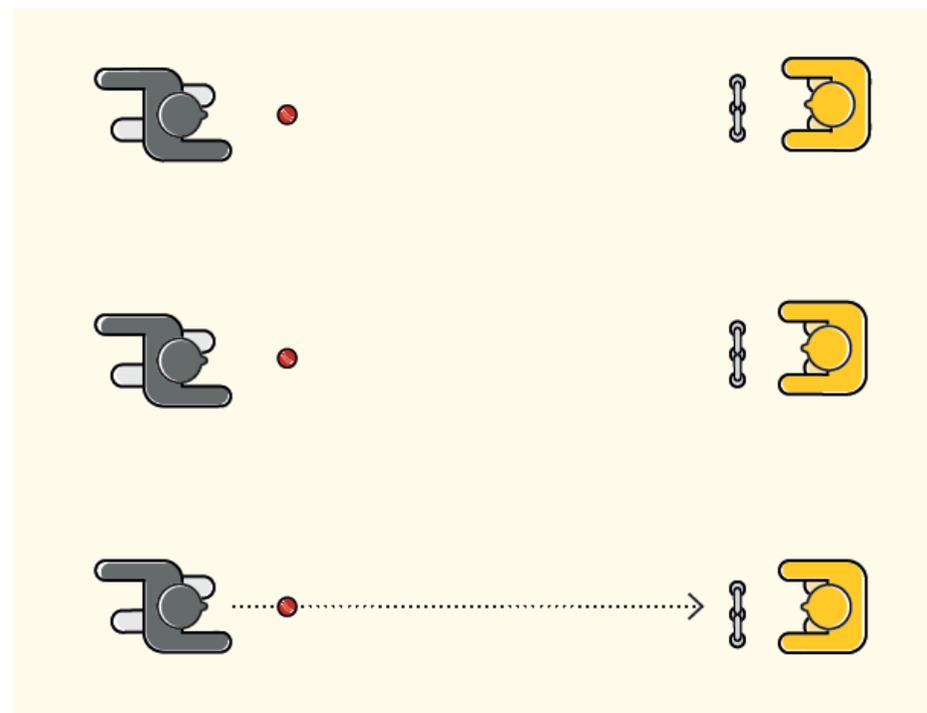
Split the group into pairs with each pair taking a set of stumps/target and ball/bean bag. Place a cone to mark the throwing point and place the stumps/target 10m away. Throwers throw the ball/bean bag with the aim of hitting the stumps/target.

SCORING

Each player has 1 minute to hit the target as many times as possible, this number will be their score. The thrower or their partner can retrieve the ball after each throw. Pairs swap over after their minute has finished.

EQUIPMENT

Stumps or target, 1 ball/bean bag per pair, cones, stopwatch



TASK #2: RAPID ROCKET

BOWLING

HOW TO PLAY

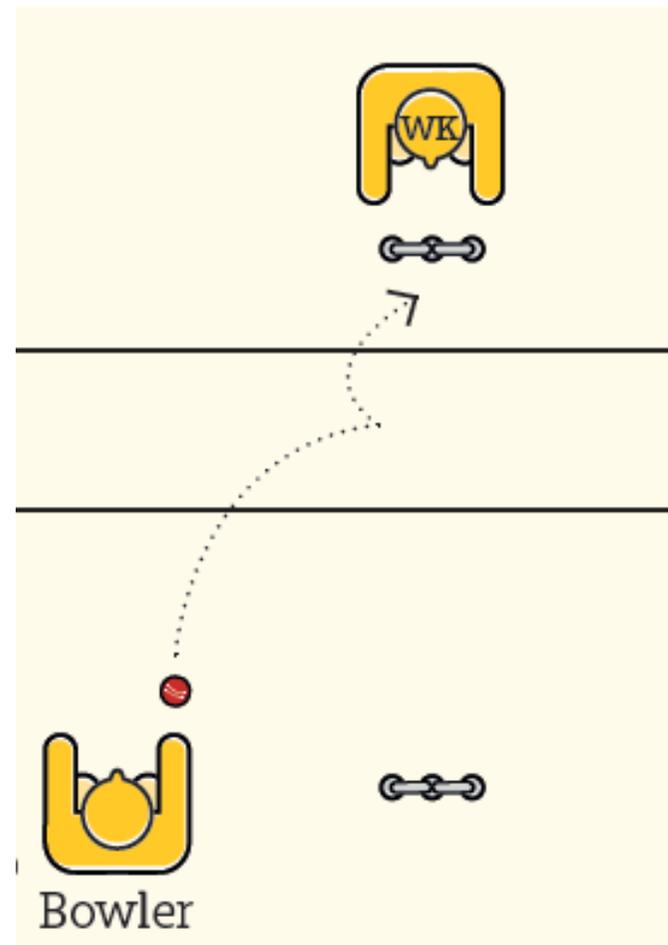
Place the stumps or targets along one line for the bowlers to aim at. In front of the stumps, place string or 2 lines of cones for bowlers to aim for the ball to bounce in between. Place a cone 10m from the stumps/target to show where to bowl from. Players are split into pairs (one bowler and one retriever/wicket keeper). The bowler aims to bounce the ball in the target area and hit the stumps/target.

SCORING

Each player has 1 minute to hit the target as many times as possible, this number will be their score. The thrower or their partner can retrieve the ball after each throw. Pairs swap over after their minute has finished.

EQUIPMENT

Stumps or target, 1 ball per pair, cones, string, stopwatch.



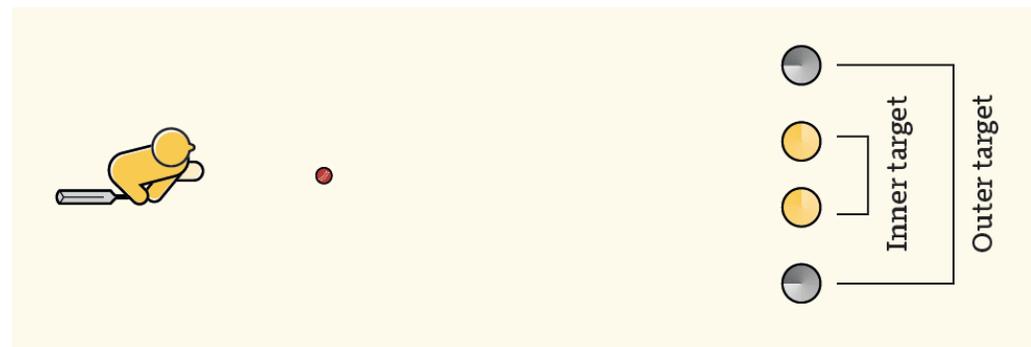
TASK #4: STRIKING STAR

HOW TO PLAY

Split the group into pairs. Set up a striking area marked with cones in a square and a target area marked with 2 cones (inner target) and 2 further different coloured cones (outer target). Batters strike the ball off a batting tee or cone to score points through the targets. Either the batter or their partner can retrieve the ball after each shot.

SCORING:

Each batter has 1 minute to score as many points as possible, 2 points if the ball goes through the inner target and 1 point for the outer target.



EQUIPMENT

1 ball per team, cones, batting tee, bat

INCLUSIVE

Change the distance between the cones, move them closer to make it easier.

Use a larger ball or a different coloured ball to make it easier to hit and see.

Change the size of the targets to make it easier to hit.

Try rolling the ball if you are unable to use a bat.

Try overarm and underarm throws or bowls if you struggle with either.

SPIRIT OF THE GAMES

VALUES

SELF BELIEF Have the self-belief and confidence to succeed and reach your personal best.

TEAMWORK Work with your partner to help them get the best score they can.



RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.



