

# CRICKET

Commonwealth Games Legacy; learning & discovery week

**ACTIVITY CARDS**



## Inclusion & Differentiation

Remember you can adapt the Space, Task & Equipment to suit the individual needs of the children and young people in order for them to attempt the activity.

For an appropriate level of challenge for the age and ability of the players you can...

**Space** change the size of the space, distance to targets or the areas in which to score points in.

**Task** change the demands, rules of the activity, number of times the task is repeated, teaching cues, direction/level/pathway of movement or length of time to complete the task.

**Equipment** change the amount, size, shape, height and weight of the equipment.

**People** change how the activity is participated in by working in pairs, small groups, large groups. Consider how competition can change the meaning of the activity.



## Further Support

For further info, queries and questions please contact your School Sport Manager.

## Young Leaders Roles & Responsibilities

**L**ead by confidence, example and integrity

**E**ncourage and give positive feedback throughout the activity

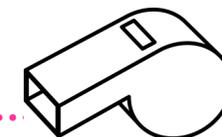
**A**dapt activities to make them easier or harder

**D**emonstrate the task clearly

**E**xplain the task clearly and concisely

**R**ecord, track and celebrate Personal Best

**S**et up and manage safe activities, ensuring the safety of student at all times



## Safety

- ★ Wear suitable shoes that are fastened securely.
- ★ Set up activities in a clear space away from obstacles.
- ★ Ensure adequate space between activity stations.
- ★ Use equipment that is age and ability appropriate.





### Rules

- ★ Player stands behind the bowling line, approx. 5m from the cluster of 10 cones.
- ★ Using an underarm bowling action the player attempts to hit one of the 10 cones with a medium sized ball.
- ★ When a cone is hit the player runs, removes the cone and brings it back to the bowling line, placing it on the floor.
- ★ Only the cone struck by a direct hit can be removed. Only 1 cone can be removed per bowled ball.
- ★ Once a ball has been bowled the player collects their ball, and returns to the bowling line.
- ★ Each player has 5 attempts.

**Top tip:** Use masking tape to identify the layout of the cones and to aid replacing them



### Rules

- ★ Player stands behind the bowling line, approx. 8m from the cluster of 10 cones.
- ★ Using an underarm bowling action the player attempts to hit one of the 10 cones with a tennis ball.
- ★ When a cone is hit the player runs, removes the cone and brings it back to the bowling line, placing it on the floor.
- ★ Only the cone struck by a direct hit can be removed. Only 1 cone can be removed per bowled ball.
- ★ Once all 5 balls have been bowled, the player collects their balls, and play continues.
- ★ Each player has 5 attempts.

**Top tip:** Use masking tape to identify the layout of the cones and to aid replacing them



### Rules

- ★ Player stands behind the bowling line, approx. 10m from the cluster of 10 cones.
- ★ Using an overarm bowling action the player attempts to hit one of the 10 cones with a tennis ball/cricket ball.
- ★ When a cone is hit the player runs, removes the cone and brings it back to the bowling line, placing it on the floor.
- ★ Only the cone struck by a direct hit can be removed. Only 1 cone can be removed per bowled ball.
- ★ Once all 5 balls have been bowled, the player collects their balls, and play continues.
- ★ Each player has 5 attempts.

**Top tip:** Use masking tape to identify the layout of the cones and to aid replacing them

### Equipment

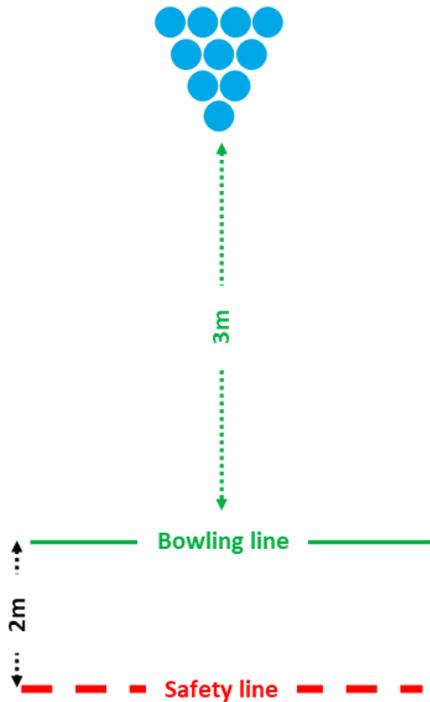
- ★ Targets: Throw down spots/marker cones  
*Alternative: sheets of paper, hoops*
- ★ Large plastic balls/plastic cricket ball/tennis balls  
*Alternative: bean bags, table tennis balls#*
- ★ Tape Measure



### School Games Values

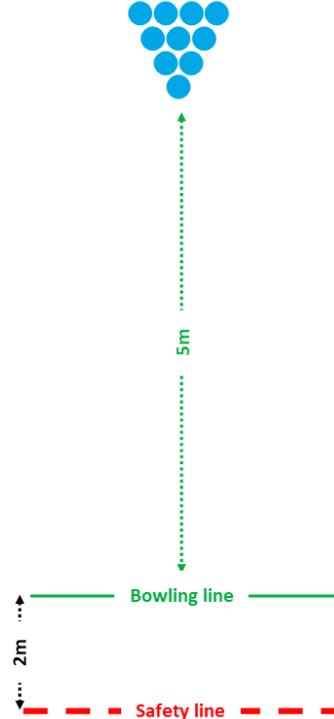
Whilst attempting this activity which School Games Values can you demonstrate?





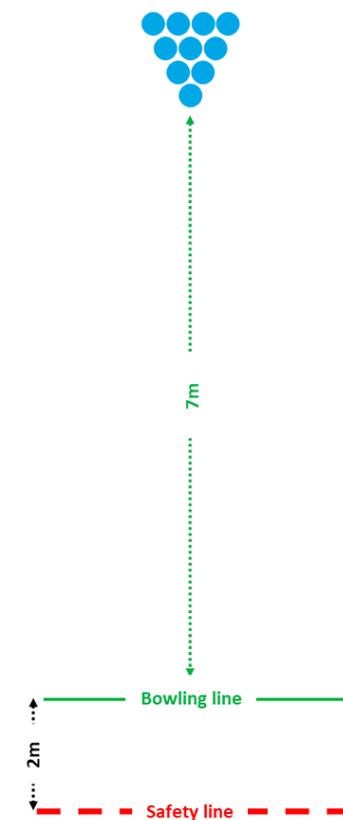
### Advance challenge

- ★ Increase the distance from the bowling line to the spots.



### Advance challenge

- ★ Increase the distance from the bowling line to the cones.
- ★ Use different sized targets.
- ★ Award 'bonus throws' for different coloured cones



### Advance challenge

- ★ Increase the distance from bowling line to the cones.
- ★ Use non-dominant hand to bowl.
- ★ Set a sequence the cones need to be collect in.



### Rules

- ★ The player stands on the batting line with a ball placed on a batting tee in front of them.
- ★ Using a tennis racket, the player attempts to hit the ball through one of the gaps.
- ★ Each player has 5 attempts.



### Rules

- ★ The Bowler (teacher/leader/players) stands on the bowling line whilst the player stands on the batting line.
- ★ The bowler bowls an underarm ball (medium sized plastic ball) which must bounce in front of the player.
- ★ The player attempts to strike the ball with their hand or a tennis racket, attempting to hit it through one of the gaps.
- ★ Each player has 5 attempts.



### Rules

- ★ The Bowler (teacher/leader/players) stands on the bowling line whilst the player stands on the batting line.
- ★ The bowler bowls an underarm ball (tennis or plastic cricket ball) which must bounce in front of the player.
- ★ The player attempts to strike the ball with cricket bat, attempting to hit it through one of the gaps.
- ★ Each player has 5 attempts.

### Equipment

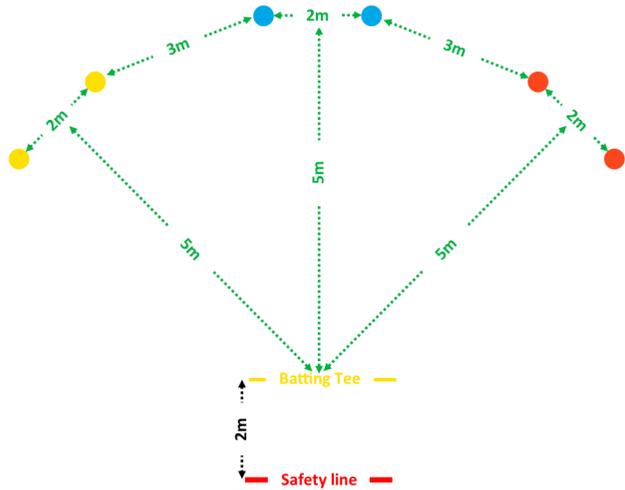
- ★ Bats: tennis racket, cricket bat
- ★ Markers/cones
- ★ Balls: medium sized plastic balls, tennis balls, plastic cricket balls
- ★ Tape measure



### School Games Values

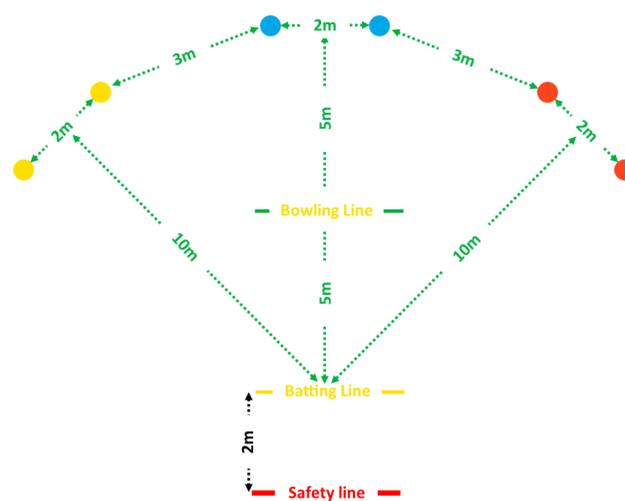
Whilst attempting this activity which School Games Values can you demonstrate?





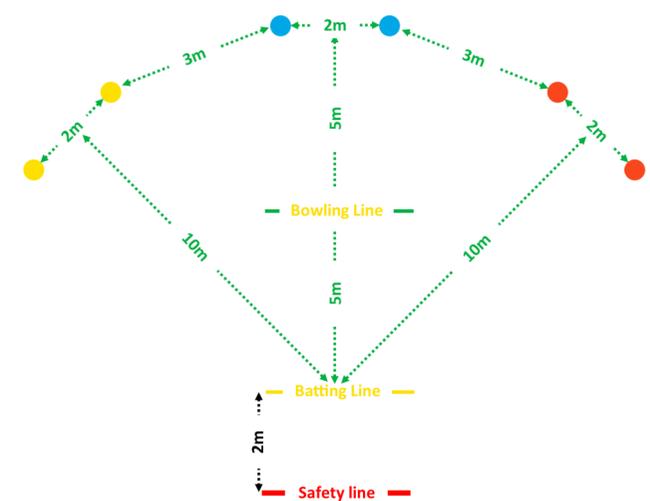
### Advance challenge

- ★ Increase the distance from the batting line to the gaps.
- ★ Use a cricket ball to hit the ball off the batting tee.
- ★ Reduce the width of the gaps.



### Advance challenge

- ★ Increase the distance from the batting line to the gaps.
- ★ Strike the ball from an overarm bowl.
- ★ Reduce the width of the gaps.



### Advance challenge

- ★ Increase the distance from the batting line to the gaps.
- ★ Strike the ball from an overarm bowl.
- ★ Reduce the width of the gaps.
- ★ Position a target (upright cone) in the middle of each gap for the batter to attempt to strike.



### Rules

- ★ Player stands behind a cone with 1 arm out straight in front of them (shoulder height).
- ★ Player balances a bean bag on their hand.
- ★ On 'GO' the stopwatch is started and the player travels to the opposite cone, touches the cone with their foot and returns to the starting cone.
- ★ This pattern continues until the time period is reached – players are attempting to complete as many shuttles as possible.
- ★ If the bean bag is dropped the player picks it up and continues
- ★ Game is played for 2 minutes.



### Rules

- ★ Player stands behind a cone holding a tennis racket out in front of them (shoulder height).
- ★ Player balances a bean bag on the racket.
- ★ On 'GO' the stopwatch is started and the player travels to the opposite cone, touches the cone with their foot and returns to the starting cone.
- ★ This pattern continues until the time period is reached – players are attempting to complete as many shuttles as possible.
- ★ If the bean bag is dropped the player picks it up and continues
- ★ Game is played for 2 minutes.



### Rules

- ★ Player stands behind a cone holding a cricket bat out in front of them (shoulder height).
- ★ Player balances a bean bag on the end of the bat.
- ★ On 'GO' the stopwatch is started and the player travels to the opposite cone, touches the cone with their foot and returns to the starting cone.
- ★ This pattern continues until the time period is reached – players are attempting to complete as many shuttles as possible.
- ★ If the bean bag is dropped the player returns to the cone they have just left and then continues
- ★ Game is played for 2 minutes.

### Equipment

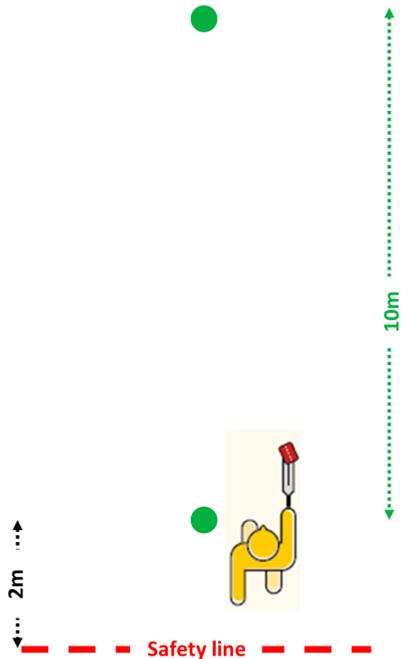
- ★ Bean bag  
*Alternative: throw down spot, throw down line, shuttle cock*
- ★ Tennis racket, cricket bat
- ★ Markers/cones
- ★ Tape measure
- ★ Stop watch



### School Games Values

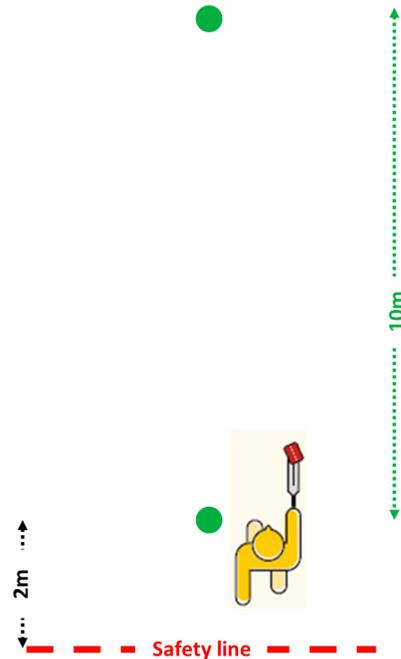
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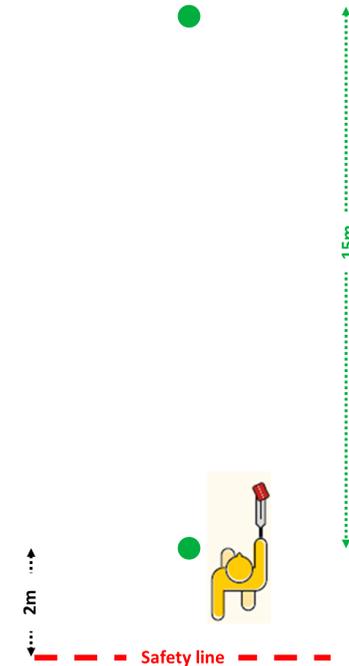
### Advance challenge

- ★ Increase the distance between the cones.
- ★ Increase the time for the challenge.
- ★ Set the player a target number of lengths to achieve.



### Advance challenge

- ★ Increase the distance between the cones.
- ★ Balance a tennis ball or shuttle cock on the racket instead.
- ★ Set the player a target number of lengths to achieve.



### Advance challenge

- ★ Increase the distance between the cones.
- ★ Balance a tennis ball or shuttle cock on the bat instead.
- ★ Set the player a target number of lengths to achieve.