

VIRTUAL INTRA-SCHOOL GAMES

CRICKET – SKILLS CHALLENGES

SKILL TWO – 10 PIN THROW

EQUIPMENT

Per activity station:

- ★ 10 x cones & 1 x cricket stump
- ★ 10 balls - sponge/tennis/Kwik cricket balls
- ★ Stopwatch

LEVEL ONE – EASIER

- ★ Set up a cluster of 10 pins (cones) approx. 1m in front of a stump
- ★ 6m from the stump place a marker which will be the bowling line
- ★ In small groups, players take it in turns to bowl a ball from the bowling line, trying to hit a pin
- ★ The ball can be bowled under or overarm
- ★ When a pin is hit the player runs and removes the cone before the next player bowls
- ★ When all the balls have been bowled players must collect the balls and play resumes

SCORING

(Personal Challenge)

- ★ 1 point is scored for each pin (cone) that is hit/ removed
- ★ With each attempt try and beat the previous score
- ★ Level 1 & 2 – how many points can be scored in a given period of time
- ★ Level 3 – time taken to complete the task

LEVEL TWO – MEDIUM

- ★ Set up a cluster of 10 pins (cones) approx. 1m in front of a stump
- ★ 8m from the stump place a marker which will be the bowling line
- ★ In small groups players take it in turns to bowl a ball from the bowling line, trying to hit a pin
- ★ The ball can be bowled under or overarm
- ★ When a pin is hit the player runs and removes the cone before the next player bowls
- ★ When all the balls have been bowled players must collect the balls and play resumes

DIFFERENTIATION & INCLUSION

Remember you can adapt the space, task and equipment to suit the individual needs in order to attempt the challenge:

- ★ Reduce distance from the bowling line to the pins (cones)
- ★ Player encouraged to use an underarm bowl
- ★ Use a sponge tennis ball

- ★ Increase the distance from the bowling line to the pins (cones)
- ★ Use overarm bowling action
- ★ Time taken for group to complete the task
- ★ Strategically place a 'bonus pin' within the cluster of pins (cones)

CRICKET



YOUNG LEADERS

Roles & Responsibilities

- ★ Activity set up
- ★ Recording scores
- ★ Bowling

Do you want to challenge yourself? Turn over and try
LEVEL THREE – HARDER



VIRTUAL INTRA-SCHOOL GAMES ATHLETICS – SKILLS CHALLENGES

LEVEL THREE – HARDER

- ★ Set up a cluster of 10 pins (cones) approx. 1m in front of a stump
- ★ 10m from the stump place a marker which will be the bowling line
- ★ In small groups players take it in turns to sprint and collect a ball from a hoop 1m from the bowling line and return to the bowling line before bowling the ball, trying to hit a pin
- ★ The ball must be bowled overarm
- ★ When a pin is hit the player runs and removes the cone before the next player bowls
- ★ When all the balls have been bowled players must collect the balls and play resumes

DIFFERENTIATION & INCLUSION

Remember you can adapt the space, task and equipment to suit the individual needs in order to attempt the challenge:



- ★ Increase the distance to the pins (cones)
- ★ Use times to create PB competition or competition between players
- ★ Strategically place a 'bonus pin' within the cluster of pins (cones)
- ★ Allow players to take a small run up before bowling

TAKING PART AT HOME?

- ★ Set up the activity in a safe space away from obstacles

CURRICULUM LINKS

Type of Sport:

- ★ Striking & Fielding

Fundamental Movement Skills:

- ★ Agility/Balance/Coordination

Techniques & Skills:

- ★ Agility – the ability to quickly change running speed and direction during play
- ★ Coordination of arms and foot patterning whilst remaining well balanced to bowl the ball overarm
- ★ Ball flight judgement – adapt muscular power to accurately throw the ball to the fielding team standing at different distances and directions
- ★ Ball flight judgement - batter to know when to move and strike the ball and know how much power is needed to place the ball into space to create time for runs

CRICKET



TEACHER GUIDANCE

