



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Cricket

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Throw and catch (wall)	<p>For this activity all you have to do is throw and catch a ball against a wall, see how many times you can catch it in an amount of time.</p> <p><b>5 catches in 1 minute</b></p> <p><b>10 catches in 1 minute</b></p> <p><b>15 catches in 1 minute</b></p> <p>If too easy use 1 hand.</p> <p><b>Teaching points (eye on the ball, don't throw too hard, move to where ball is if needed, use 2 hands like a cup).</b></p>	<p>If more than 1 person is playing, then you can see who can throw and catch against a wall the most without dropping the ball.</p> <p>Can also play together by throwing and catching to each other, seeing how many you can do without dropping the ball.</p>	<p>Ball</p> <p>Wall</p>	<p>Counting</p> <p>Time</p>
10 – 15 mins	Cricket bowl	<p>For this activity you have to practice a cricket bowl.</p> <p>Bowl the ball against a wall and try and get the ball to come back towards you.</p> <p><b>More laid back on technique</b></p> <p><b>Should be doing a more correct bowl</b></p> <p><b>Be more precise on bowling technique</b></p> <p>Put in a target to aim for if you have mastered technique.</p>	<p>If more than 1 person is playing, then you can bowl to each other.</p> <p>Or 1 person can bowl to another that is batting, also trying to get them out.</p>	<p>Ball</p> <p>Wall</p>	

		<b>Teaching points (correct grip, 1-foot forwards, use non bowling arm to aim, bring your arm round and brush past ear, let the ball go towards target).</b>			
10 – 15 mins	Batting	<p>This activity is to practice striking a ball with a cricket bat (or something that acts as a bat).</p> <p>Drop the ball and hit towards a wall.</p> <p>Hit 3 times without missing</p> <p>Hit 5 times without missing</p> <p>Hit 8 times without missing</p> <p><b>Teaching points (good grip on bat, eyes on ball, strike in centre of bat, follow through towards where you want the ball to go)</b></p>	<p>If you have someone playing with you then get them to throw you the ball and hit it back towards them.</p> <p>Get it back to partner 3 times in a row</p> <p>Hit back to partner 8 times in a row</p> <p>Hit back to partner 10 times in a row</p> <p><b>Teaching points (good grip on bat, eyes on ball, strike in centre of bat, follow through towards where you want the ball to go)</b></p>	<p>Ball</p> <p>Bat</p>	Counting