

How to Teach Cricket

How to Use the Cards **1-2**

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How to Use the Cards

1 Choose a particular skill/game from within your chosen section.

2 Suggested time to be allocated for your chosen activity.

3 Objective of this particular session.

4 Basic equipment required for this activity.

6 To be linked with 'instructions'. Suggestions for class organisation.

8 Picture depicting the skill/game.

10 Page numbers of cards with linked skills/games to help with the progressive planning of schemes and lessons. (Colour coded)

7 In most cases these should be fed in one at a time allowing time for practice on each point.

Skill Running with the Bat

Time 10 mins

Aim To increase knowledge of how to run with the bat by means of a relay race

Equipment 2 bats per team, 4 cones / existing lines

Organisation

Instructions

- 1 Divide into equal teams according to the number of bats, e.g. 2 per team.
- 2 First member of each team runs to line A and back again.
- 3 As they pass the start line next member repeats and so on.
- 4 First team to finish wins.

Teaching Points

- Grip bat at the end of the handle
- When waiting to run, you are allowed to stand in front of the start line, as long as your bat is touching the ground behind it.
- When approaching the lines, reach out using the full length of the bat to touch down over the line.

Link Cards 63 64

Catchphrase Reach out every time, touch over the line!
13

9 A catchy sentence to aid memory of an important part of this lesson.

5 For the Teacher/Pack User to read prior to the session to ensure a safe and immediate start.

1

- 11 Suggested progressions to increase the skill level. Can be used in this particular session or at a later date.

Ideas for progression

Teams run through twice before finishing.

Give a time limit (i.e. 2 minutes) – teams count how many runs they can complete in the given time.

Suggestions for discussion on health education

TASK Run 20 metres as quickly as possible.

Q At the beginning of your run which muscles worked the hardest?

A Your leg muscles.

Q How can you improve your speed?

A By strengthening your muscles. You can do this by exercising regularly.

- 12 On the Warm up pages only. To offer suggestions for discussion on basic health issues and human biology.

Warm Up 14

Getting Started

Each lesson card is an activity in itself, it can be used individually, or combined with others to create an interesting and varied lesson. To help familiarise yourself with the pack and get started, there are three simple lessons below. Use one of these or refer to 'THE SCHEMES OF WORK' for ideas on page 79.

30 mins

Fun physical activities

p.5

Stopping
the ball with two hands

p.25

Roll-a-ball

p.61

45 mins

Running & stopping
the ball

p.15

Underarm bowling

p.43

Continuous Cricket

p.51

55 mins

Running throwing
& catching

p.11

Low catch

p.19

Racing
Cricket

p.53

Choose one of these
lessons according to
the time you have.

Practical Tips

Practical Tips

USE EXISTING LINES/MARKINGS where possible (e.g. playground or running track).

Distances stated are safety guidelines, but ADAPT TO DIFFERENTIATE between abilities where necessary.

DIFFERENTIATE for lesser abilities by: (i) breaking skills down further, (ii) using different types and sizes of balls and equipment, (iii) altering times and turns.

DEMONSTRATE WHENEVER POSSIBLE using the pictures to help you. "A picture tells a 1000 words".

Safety

The players should always be at least 10m away from the batter.

Cool Down

At the end of each lesson, COOL and calm the players DOWN by:

Jogging 20 paces, Striding 20 paces, Walking 20 paces, 20 seconds silence to "Think about the lesson".

N.B. This is also an ideal time for the children to evaluate their performance and to discuss and plan with the teacher ways that they can improve.

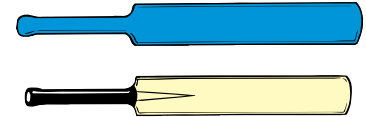
Useful Equipment

15 - 20 balls

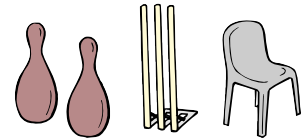
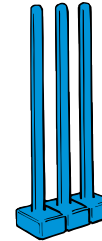


Tennis / Soft / Foam (Indoor use)

4 - 6 bats Blue/Wood



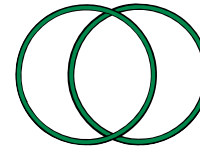
6 Blue Kwik Cricket Stumps



But you can also use Skittles / Spring / Chair



8 Cones



Hoops



1 Whistle



Bucket