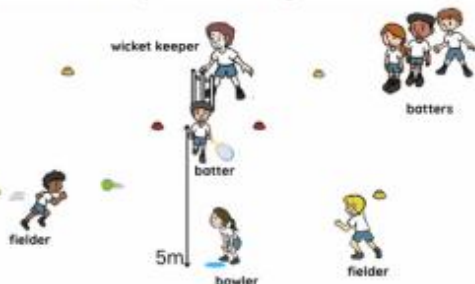


### About this Unit

Cricket is a striking and fielding game. The game has one fielding and one batting team.

In cricket, players use their hands to catch balls, swing the bat to hit the ball, and field the ball while it's in motion. These actions require hand-eye coordination, which is essential for many other activities both in sports and daily life.



#### Striking and Fielding Games Key Principles

| attacking              | defending         |
|------------------------|-------------------|
| score points           | limit points      |
| placement of an object | deny space        |
| avoid getting out      | get opponents out |

Can you think of any other striking and fielding games that share these principles?

### Key Vocabulary



**accuracy:** how close the object is to the given target  
**bow:** when the bowler sends the ball to a batter  
**caught out:** when a player catches an opponent's ball deeming them out  
**no ball:** a bowled ball deemed to be outside of the rules  
**runs:** what points are called in cricket

**strike:** to hit  
**tactics:** a plan or strategy  
**technique:** the action used correctly  
**tournament:** a competition of more than two teams  
**track:** to follow  
**umpire:** a person who referees the game making sure the rules are followed  
**wicket:** the three upright sticks and base

### Ladder Knowledge



**Striking:**  
Striking to space away from fielders will help you to score.

**Fielding:**  
Communicate with teammates before throwing them a ball.

**Throwing:**  
Overarm throwing is used for long distances and underarm throwing for shorter distances.

**Catching:**  
Move your feet to the ball.

### Movement Skills

- underarm and overarm throwing
- underarm bowling
- batting
- catching

This unit will also help you to develop other important skills.

**Social** communication, support, collaboration, respect

**Emotional** honesty, perseverance, determination

**Thinking** select and apply skills and tactics, make decisions

### Rules

#### BOWLING

- Underarm, only one bounce allowed or deemed a no-ball.

#### RUNS

- 1 point for each run between the wickets.
- 4 runs for a hit past the boundary which bounces first.
- 6 runs for a hit past the boundary which doesn't bounce first.
- If a 4 or 6 is scored, the runs between wickets do not count.

#### Fielders

- Spread out close to boundaries to prevent 4's and 6's.
- More fielders on one side based on the batter's dominant hand.

### Tactics

#### BATTING

- Batting teams are organised into pairs

#### OUT

- Bowled out: bowler bowls a ball that hits the wicket
- Caught out: fielder catches a batted ball
- Stumped out: wicket keeper stumps the wicket when the batter isn't there

#### Batters

- Bat to space away from fielders.

### Healthy Participation



Always keep a safe distance between yourself and a batter. Ensure you handle the racket/bat in the way suggested by the teacher at all times.

If you enjoy this unit why not see if there is a cricket club in your local area.



How will this unit help your body?

Balance, speed, strength, co-ordination, agility.

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Score Runs



**What you need:** two or more players, a ball or rolled up pair of socks and two markers.

#### How to play:

- One player is the umpire and one the batter.
- Umpire counts how many runs the batter can complete in one minute (swap roles).

#### Then:

- The batter collects a ball, the umpire is now a fielder.
- The batter throws the ball and completes as many shuttle runs as they can.
- The fielder collects the ball and touches it on a marker to stop the batter.

How many runs did the batter score? Switch roles.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



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