

CRICKET – HIT THE TARGET

Quick introduction

Hit the Target is a batting challenge aimed at improving batting accuracy and confidence.

Getting started

- The playing area has a batting tee, central gap 10m away and boundary 12m away from the batting tee.
- Divide the class into groups of four or five (one batter, one bowler and the rest fielders).
- Batter hits the ball off a tee, aiming for the central gap 10m away.
- Score one run each time the ball passes through the gap.
- Fielders collect the ball and return it to the batter.
- If the ball goes past the fielders and crosses the boundary line (2m+ away), the batter scores four more runs.
- Batter has four hits, then all players rotate one place clockwise until all have batted.

Health and safety

- Ensure there is a safe area behind and to the side of the bat.
- Use a tennis ball at first.
- With several groups ensure teams next to each other are hitting in the opposite direction.

Equipment required

- Kwik Cricket bat and ball per group.
- Safety markers.



CRICKET - HIT THE TARGET

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PHYSICAL ME

- Take the bat back.
- Step forward.
- Swing straight towards the target.

SOCIAL ME

Leading and volunteering

- Record keepers could record the number of runs scored by each player and work out the team score at the end of the challenge.
- Inclusion helpers could support young disabled people to compete in the challenge.

Think inclusively (STEP)

Space

- Reduce/increase the distance to the target for some players.

Task

- Use different ways of sending e.g. powerchair users can 'bump' a large ball towards the gap; some young people can strike a larger ball with open hand before using a bat.

Equipment

- Place a coloured vinyl foot or a chalked cross by the tee to encourage batters to step forward into the stroke.
- Vary the size of the ball; some players may prefer to strike a larger ball initially.
- Remove the tee and drop feed or bowl underarm.

People

- Vision impaired players can have a caller positioned beyond the target gap.
- All fielders handle the ball before returning to the batter.

THINKING ME

- How can I make sure the bat follows through towards the target?
- When should I step forwards towards the ball?
- How can I focus and watch the ball carefully?

SPORTING ME

Spirit of the Games: *Excellence through Competition*



Do I believe I will get a good hit each time?

TACTICAL ME

- How can I maximise my score, by going for four every time or by getting singles?
- Try to have two turns at batting to compare scores.



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CRICKET – CHANGE ENDS

Quick introduction

This challenge involves overarm bowling with accurate delivery and running between wickets.

Getting started

- Divide the class into groups of eight.
- Divide each group into teams of four.
- Set out the activities for each group as shown.
- Fielding team:
 - At one end two members of the team are the wicketkeeper and retriever (who returns the ball back to the bowler).
 - Two bowlers have a ball each and bowl alternately until each has bowled six balls (six balls is called an over).
 - At the end of the two overs the balls are rolled to the other end and the bowlers and others swap roles. When all competitors have bowled the teams swap with fielders becoming batters.
- Batting team:
 - Batting team take turns to run out and back and score two runs if they can.
 - Next runner may not start until the second run is completed.
 - Batters count the number of runs scored at the end of four overs (12 balls from each end).
 - Batters deduct three runs from their total for each time the bowler has hit the wicket.
- At the end each team compare scores to find the winning team.

Health and safety

- Encourage waiting batters to look for anything that may be unsafe.
- Leave enough space between groups.

Equipment required

- Kwik cricket stumps.
- Bats.
- At least two balls.



CRICKET – CHANGE ENDS

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PHYSICAL ME

- Emphasise 'drawing the six'. The bowling hand makes a figure 6 as the action is completed.
- Raise non-bowling hand as high as possible.
- Raise front knee and stamp it down swinging the non-bowling arm down.

SOCIAL ME

Leading and volunteering

Public relations / Event management

- This role involves advertising the challenge by creating and displaying posters and possibly talking to other pupils within assemblies. This group can also ensure that all scores are collected and displayed throughout the competition.

Equipment managers

- ensuring that the equipment and space is safe and that all equipment has been set up correctly. They should also put away all equipment at the end of the challenge.

Think inclusively (STEP)

Space

- Decrease or increase the bowling or running distance to suit abilities. NOTE: bowling from further away may give the batter more time to react.

Task

- Allow some bowlers to bowl underarm (this may also suit the batter).
- Batters who have mobility impairments can score by hitting the ball into target zones; revert to running rules when standing player bats.

Equipment

- If short of wickets use different types of targets to differentiate e.g. clean bins.
- Make different types of bat available; for example, some players may need to strike one-handed.

People

- Use a rolled or bounced rattle ball when bowling to a vision impaired player.
- Try pairing a batter and bowler together; bowler on same team will deliver a hittable ball.

THINKING ME

- How can I keep my bowling arm really straight?
- How can I practise lifting my non-bowling arm really high and looking over my shoulder at the target?
- As both my arms swing down I really focus on the wicket.

SPORTING ME

Spirit of the Games:

Excellence through Competition



When I hit the wicket I
celebrate with my friends.

TACTICAL ME

I try to work out the right length
to bowl as soon as I can.



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CRICKET – RUN THEM OUT

Quick introduction

A challenge for up to 10 players to practise fielding and running between wickets.

Getting started

- Divide the class into groups of 10.
- Divide each group into two teams of four, plus a record keeper.
- Set out the activity as shown. The target by the wicketkeeper can be a wicket or suitable alternative (bin, large cone etc).
- One team running between wickets.
- One team fielding and returning ball to the wicketkeeper.
- Wicketkeeper rolls ball into the fielding area (8-12m).
- As soon as the ball is rolled, the batter tries to reach the far crease (see diagram) and back (two runs).
- The fielder chases the ball, collects and throws to hit the stumps or returns the ball to the wicketkeeper to stump the wicket before the batter has returned.
- When whole team is out, teams change over.
- Winning team is the team with the most runs.

Equipment required

- Kwik cricket wicket.
- Ball.
- At least two bats per group.

Health and safety

- Ensure there is enough space between groups.
- Explain to the group the importance of safe throwing.
- Ensure all players are warmed up as this activity requires lots of short burst of running.



CRICKET - RUN THEM OUT

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PHYSICAL ME

- Fielders should check if the ball is on their left or right side and decide on the type of pick-up.
- Transfer quickly from pick-up to throw.
- Aim at the wicket or wicketkeeper's hands.

SOCIAL ME

Leading and volunteering

- Team managers/Captains can ensure that all participants understand the rules of the challenge. In particular the Team manager must ensure all competitors understand how to score a run.
- Record keepers record the number of runs scored by each team and ensure the results are presented neatly.

Think inclusively (STEP)

Space

- Ensure fielding area is wide enough to accommodate all the fielders.
- Shorten the distance for some batters.

Task

- To give batters more time to complete the runs, more fielders must touch the ball before returning it to the wicketkeeper.

Equipment

- Alternative targets can be used e.g. bins, large cones or place two wickets together.

People

- Divide batters between the two ends; all complete one run each in relay fashion.

THINKING ME

- When I run to the ball how can I make sure it is on my throwing side?
- After I pick the ball up how will I turn and throw quickly?
- As I turn with the ball can I make a quick decision about where to send it?

SPORTING ME

Spirit of the Games:

Excellence through Competition



When I go to throw the ball, do I believe it will be on target?

TACTICAL ME

When should I aim for the stumps rather than the wicketkeeper?



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