



# VIRTUAL SCHOOL GAMES

## Intra School Competition Programme

# CRICKET: REC & KS1

@TraffordSSP #TraffordVirtualSchoolGames



# HOW TO GUIDE

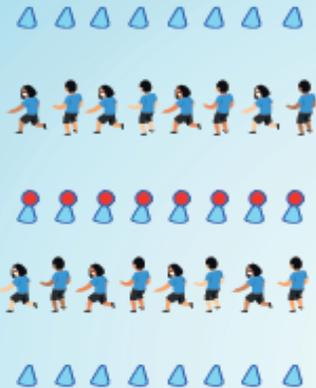
-  **The All Stars Cricket challenge is designed for Reception, Year 1 and Year 2 children**
-  **The different activities can be delivered either indoors or outdoors depending on the availability of suitable space.**
-  **The All Stars challenge is a FUN series of activities for children to have a go at.**
-  **There is no scoring involved but pupils may wish to challenge themselves to see how many points they can score at each activity station.**
-  **The challenge can be completed and repeated over a series of sessions.**



# ACTIVITY 1



## HEADS, SHOULDERS, KNEES, BALL



### Aim

- ✓ Fast reactions
- ✓ Listening
- ✓ Competition

### Equipment



### Organisation

- ✓ All Stars find a partner and start facing each other either side of a cone with a ball on top. A few yards behind each All Star is another cone.
- ✓ All stars touch body parts as instructed by activator.
- ✓ When they hear 'cone' they race around the cone behind them.
- ✓ When they hear 'ball' they race to pick up the ball quicker than their partner



### COMPETITION CORNER

Scores can be kept in one to one matches or accumulate scores for one team versus another. A great way to rotate who plays against who is by forming a competition ladder where after five rounds, the winners move in one direction and the losers move the other way.

### CHANGE IT! Adaptation / Variation

#### Easier:

- More time between each instruction
- Use small number of instructions
- Shorten distance to cone behind them
- Use larger balls

#### More Challenging:

- Speed up the rate of instructions
- Vary instructions to complete tasks as well as finding body parts
- Start with their backs to each other
- Increase distance to cone behind them

### GET THE ADULTS INVOLVED

All Stars can play against their adults. Adults can also keep score between a pair of All Stars.



Listening



Fast Reactions



Competition



# ACTIVITY 2



## CLEAN YOUR PLANET



### Aim

- ✔ Watch and stop a ball then throw it
- ✔ Make quick decisions
- ✔ Teamwork.

### Equipment



### Organisation

- ✔ Two teams
- ✔ Activator shouts 'go', and players on both teams roll or underarm throw their balls to their opposition's planet
- ✔ Play should continue until the call of 'stop'
- ✔ The team with the fewest balls on their planet are the winners
- ✔ After several rounds, bowling can be introduced.

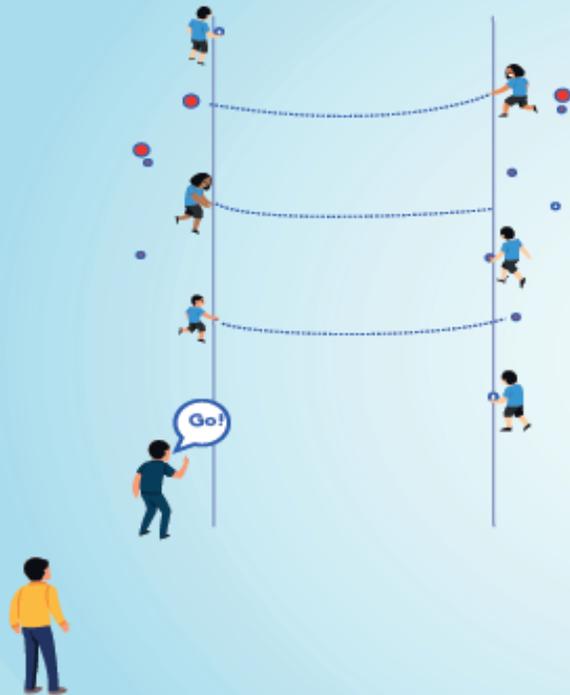
### CHANGE IT! Adaptation / Variation

#### Easier:

- Seated roll a ball to a partner
- Roll ball to partner standing up
- Face opposite partner in a line – give a call to run and swap places
- Use larger balls.

#### More Challenging:

- Play with smaller team numbers
- Increase size of playing area
- Introduce a back line so balls only count if they remain in the area.



### COMPETITION CORNER

As an extension to this game you can split up into smaller groups and create a number of circles to represent the planets that need cleaning.

### GET THE ADULTS INVOLVED

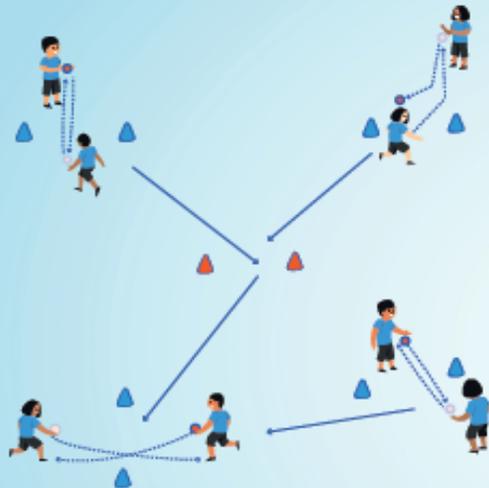
Kids love to play 'Clean your planet' against adults and in our experience always seem to win.

- Watch & stop a ball
- Make quick decisions
- Teamwork



# ACTIVITY 3

## AROUND THE MILKY WAY



### Aim

- ✓ Different whole-body movements
- ✓ Watch and catch a ball
- ✓ Throw a ball
- ✓ Teamwork.

### Equipment



### Organisation

- ✓ Lay out lots of stars as gates using cones
- ✓ In pairs, players have to visit each star and pass the ball back and forth to complete two catches
- ✓ Set time limits to see how many catches can be completed
- ✓ Get pairs to think about their route.

### CHANGE IT! Adaptation / Variation

#### Easier:

- Decrease size of playing area
- Roll balls between pairs
- Reduce number of gates
- Match players by ability.

#### More Challenging:

- Introduce one-handed catching, bounce catches and distance between pairs
- Static balance – on one leg
- Move around the space in different ways such as hopping/zigzagging etc
- Increase the size of the playing area.

### COMPETITION CORNER

Challenge pairs to see how many stars they can visit in 30 seconds BUT put the rule in place that they can't go the nearest star to the one they just visited.

### GET THE ADULTS INVOLVED

This game works great if adults pair up with their All Stars and challenge them to take different types of catches at the different planets (high, low, fast etc).



Watch and catch a ball



Throw a ball

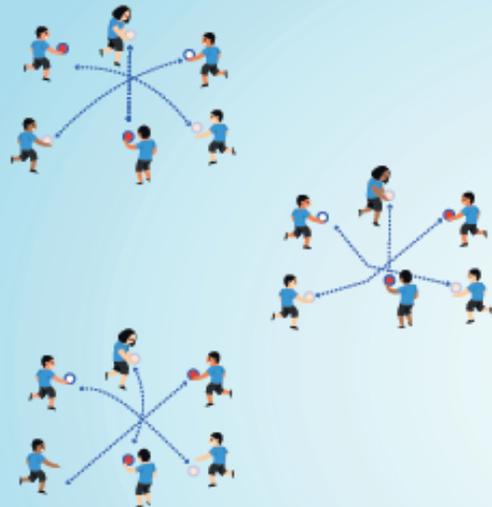


Teamwork



# ACTIVITY 4

## CATCHING COMETS



### Aim

- ✔ Watch and catch a ball
- ✔ Throw a ball
- ✔ Teamwork.

### Equipment



### Organisation

- ✔ In pairs, players form a circle with the rest of the group and stand opposite their partner
- ✔ All pairs then throw and catch their ball at the same time.

### CHANGE IT! Adaptation / Variation

#### Easier:

- Smaller circle
- Underarm throws or roll the ball
- Larger balls or beanbags
- Match pairs by ability.

#### More Challenging:

- Bigger circle
- After a catch, take a step back and/or use different throws
- Smaller balls and/or obstacles such as stumps
- Ask players to change rules, play in trios instead of pairs.



Watch & catch a ball



Throw a ball



Teamwork



### COMPETITION CORNER

Split into two teams in equal sized circles with one ball in each circle. Everyone in the circle must throw and catch the ball in a race to see which team comes first.

### GET THE ADULTS INVOLVED

If adults are paired up with their All Star in this activity, they can challenge their own kids, with different types of catch, at the right pace. Also why not make it competitive with kids v adults challenges.



# ACTIVITY 5

## THE SPACE RACE



### Aim

- ✔ Watch and hit a moving ball with a free swing of the bat.

### Equipment



### Organisation

- ✔ Players need to visit as many 'planets' (sets of cones) as possible by dribbling the ball with their bat
- ✔ Players can visit the planets in any order
- ✔ Activator should aim to get as many players moving as possible
- ✔ With more space, include more planets.

### CHANGE IT! Adaptation / Variation

#### Easier:

- Use larger ball
- Decrease the size of the course and /or increase the size of the planets
- Play in teams
- Move around without the ball.

#### More Challenging:

- Sidestep/different ways of moving between each planet; figure of 8 at each planet
- Bounce ball on bat
- Use stump instead of a bat.



Watch a ball



Control a ball



Hit a ball



### COMPETITION CORNER

Working in pairs and having a time limit to meet as many planets as possible will create a more exciting and competitive game.

### GET THE ADULTS INVOLVED

To make things more fun and challenging for your All Stars introduce adults into the space to act as 'aliens' that get in the way and other adults with beanbags that they can throw at the balls as 'meteors'.



# ACTIVITY 6



## STAR SHAPES



**Aim**

- ✔ Straight arm when bowling
- ✔ Co-ordinate body movements for bowling action.

**Equipment**

**Organisation**

- ✔ Players start holding a ball at a start line with a bowling line 5-10 metres away and two target lines beyond that
- ✔ On the call of 'go' players can move forward towards the bowling line
- ✔ When the Activator shouts 'stars' the players jump into a side-on 'star shape' with the ball in their outside hand and other hand facing forward
- ✔ If any players don't get into a star shape within an allotted time they go back to the start line
- ✔ Once the players reach the bowling line they must jump into the star shape and bowl the ball with a straight arm.

**CHANGE IT! Adaptation / Variation**

- |   |   |
|---|---|
| <p><b>Easier:</b></p> <ul style="list-style-type: none"> <li>- Start with players on the bowling line for their first go already in a star shape</li> <li>- Reduce the distance to the target line</li> <li>- Start at walking pace</li> <li>- Give the All Stars more time to adopt a star shape.</li> </ul> | <p><b>More Challenging:</b></p> <ul style="list-style-type: none"> <li>- Reduce the time to get into star shape</li> <li>- Increase the distance between bowling and target line</li> <li>- Decrease the distance between the target lines where the ball has to bounce.</li> </ul> |
|---|---|

**GET THE ADULTS INVOLVED**

Asking adults to field the ball and throw it back to their All Star, as well as judging the bowl and keeping score, could be a way to speed up the activity and keep everyone involved.

- Co-ordination of body parts
- Straight arm bowling action
- Bowl at a target



**COMPETITION CORNER**  
Embed competition into this game by grouping the players into teams and creating an aggregate score.

