



EXPLORE



You'll need a ball or you can use a small soft toy, or a pair of rolled up socks.

Bright ideas:

- Pass the ball around different parts of your body – try your head, waist, knees and ankles.

Try going both ways around your body. Which was harder? Why?

- Pass the ball in a figure of 8 through your legs. Do this around knee height. Go both ways. How quickly can you do this without dropping the ball?

Can you flick the ball under your legs and up behind you? Make sure you have enough space to do this safely!

Now can you do it and turn round quickly to catch it!

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Cricket?

<http://moseleycc.co.uk/>

<https://suttoncoldfieldcricketclub.weebly.com/>

<https://walmleysportsclub.co.uk/>

PRACTICE

You'll need a little bit of space to move in for this next activity.

Put the ball on the floor. Practice picking it up quickly so that you have a secure grasp on the ball.

Now put the ball on the floor. Practice running in and picking it up quickly, so that you have it under control ready to throw.

Ask someone to help you or roll it yourself if you need to. Practice running towards a rolling ball, pick it up swiftly and keep good control ready to throw in to the stumps.



Geography Challenge!

In England there are 18 County Cricket Clubs.

Warwickshire County Cricket Club's home ground is in Birmingham.



Find out:

- * Which other counties have County Cricket Clubs.
- * Which city or town the home ground is in.
- * Find these counties and cities/towns on a map of England.

Maths Challenge!

In cricket you can score 4 runs when a hit ball reaches the boundary and 6 runs when it reaches the boundary without touching the floor.

Try this cricket runs maths problem.

A cricket team scores 48 runs in a game made up entirely of 4s and 6s.

What are all of the possible ways that this score can be achieved?
 $? \times 4s$ and $? \times 6s = 48$
 How many ways did you find?

Extra Challenge: For each possibility what is the fraction of 4s and 6s? Can you show each fraction in its simplest form?



Make sure the space is safe and away from hazards when completing your throwing tasks.

DEVELOP

Fielding in cricket and being able to throw accurately at the stumps is an important part of the game.

You are going to develop a 'turn and throw' game to improve your accuracy at this.

Start with a still ball on the floor. Find something to use as a target (stumps) and put that behind you a short distance away.

Practice picking the ball up quickly, turning and throwing at the 'stumps'

Try a different size of target. Devise a simple scoring system.

What could you do to improve the accuracy of your throw?



Parent's Tip!

Encourage your child to 'play' with the ball in the explore phase to develop their ball handling skills.

Talk to your child about how they could improve their throw accuracy in the develop phase.

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