

#stayhomestayactive

#PEatHome1

**EXPLORE**

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

Bright ideas:

- Can you roll your 'ball' along the floor using different parts of your body? Try using your foot, hand, knee, elbow or nose! What other body parts could you use?

Sit on the floor with your ball.

- Can you roll it down different parts of your body – your legs, arms or your back maybe?

- Now can you roll your ball under your body and through your legs? Could you do this standing up?

Keep looking at the ball as you explore these skills.

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Cricket?

<http://moseleycc.co.uk/><https://suttoncoldfieldcricketclub.weebly.com/><https://walmleysportsclub.co.uk/>**PRACTICE**

Now try using your hand to roll the ball into a space in front of you. Chase after it and pick it up. Try doing this over a short distance and then over a longer distance.



Ask someone to help you now. Could you roll your ball to them so they can stop it and pick it up?

Expressive Arts and Design

Some people at cricket matches play musical instruments to make an exciting atmosphere.

Can you make your own musical instrument at home? A simple way is to fill an empty bottle with some grains of rice. You don't have to use rice – anything small that makes a great sound when shaken is fine. Or use an empty container or box as a drum. You can tap rhythms with your hands or use a spoon!

What sounds can you make?

Can you shake or tap along to your favourite songs?

**Personal, Social and Emotional Development**

Talk to someone in your home about which activity you really enjoyed. Can you say why you enjoyed it?

Talk about which activity you thought you were good at, and say why.

Then talk about other activities that you think you are brilliant at doing!

DEVELOP**Roll-a-Ball Skittles**

You will need to find 6 more objects for this activity. Empty plastic bottles, milk cartons or cardboard tubes are perfect but anything tall and narrow will work.

Arrange your 'skittles' into a small group and stand a short distance away.

Roll your ball at your skittles.

How many can you hit or knock down with your ball? Count each skittle that you knock down or hit.

Stand further away if you knock them all down. Challenge someone to play a game with you.

**Parent's Tip!**

Encourage your child to be creative in the 'explore' task. Allow them to be confident handling and moving the ball.

Help your child to roll accurately at the skittles by looking at the target, bending their knees and standing slightly sideways on. Swing their arm so that it ends up pointing at the target.



Make sure you have enough safe space to complete the tasks!

EYFS



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EXPLORE

You will need:-

1. A cricket bat, tennis racket or any bat or item that is safe to use
2. A soft ball or rolled up pair of socks



Bright ideas:

- Use your bat to take your ball on a journey. Make sure you are holding the bat with two hands. Dribble the ball around your space, keeping it under control
- Still holding your bat with two hands, can you balance your ball on your bat? Can you bounce the ball on your bat as many times as possible without it dropping off?
- Make sure you are in a safe space, put the ball on the floor in front of your bat. Can you strike the ball forwards along the ground?



PRACTICE

You will need a safe space and a 'tee' for this activity. Your tee can be a toilet roll or the cardboard roll inside.

Practice 'striking' your ball off the tee with your bat.

Don't take your bat too far behind you, as you come forwards, try to strike the ball off the tee without knocking it over.

Once you have mastered batting off your tee, ask one of your family if they will roll the ball to you and see if you can hit it back.



DEVELOP

French Cricket

You will need your tennis racket, cricket bat or 'striking object,' a soft ball or pair of socks and your family to play with you!

One player stands with their legs together and holds the bat in front of them to protect their legs.

Another player takes the ball and bowls it to the batter, trying to hit the legs below the knees.

All other players space out around the batter.

The batter is out if the ball hits their legs below the knees or if they are caught out. If this happens, swap the batter.

If the batter hits the ball they can turn around to face the next bowler.

The next ball must be bowled from wherever it lands.

The batter scores a point for every ball hit.



Mathematics Challenge!

Use a ruler to measure the length of each cricket bat to the nearest centimeter (cm)



CHALLENGE

Put the cricket bats in order from *smallest to largest*



DT Challenge!

A cricket bat is a special piece of equipment, designed to help the batsman hit the ball as far as possible

Bats are usually made of a cane handle attached to a flat-fronted willow-wood blade

Using the link below, can you trace or copy the cricket bat and label each of the parts?

<https://coloringhome.com/coloring-page/1815246?album=coloring-page-of-bat-and-ball>

Can you design and colour your bat to make it look very special? You may want to put your name or draw your favourite animal on to it



Parent's Tip!

Help your child to get a comfortable grip on the bat, because this is cricket they should use two hands together with right hand below the left (right handers). Encourage your child to keep watching the ball. Get them to aim along the ground so they cannot be caught out.



Make sure your space is safe and that there is no one in front or behind you when completing your striking tasks.

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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!

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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.



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.

KS2

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EXPLORE



Find a ball and a bat. Your bat can be any size.

Tip – the bigger the surface area of the bat, the easier these tasks will be!

Stand a distance away from a wall and put the ball on the floor. Can you hit the ball from the floor, onto the wall and back again?

Bright ideas:

- Can you always hit the same point on the wall?
- Can you hit different points of the wall?

Get a family member to drop the ball at shoulder height onto the floor.

- Can you hit the ball further up the wall?
- Draw 3 circles / put 3 marks on the wall. Can you hit them with the ball?



Try switching your hands over on the bat. Is this easier or harder?

Practice all these skills with both hands at the top of the bat – which way round is easier?

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PRACTICE

Find someone in your home to help you with this challenge.

Batter



Bowler



Stand a distance away from the bowler. The bowler will bowl as many underarm balls as they can in 1 minute and the batter will hit the ball straight back to the bowler on the floor.

Be careful – If you hit the ball straight back to the bowler and they catch it, you will be out and you will have to start again!

Geography Challenge!

The Bangladesh test cricket team are currently ranked 10th in the world.



Bangladesh suffers severe flooding every year – the floods in 2007 made 9 million people homeless.

- Can you identify 4 causes of the flooding in Bangladesh?
- Can you describe 4 short term impacts of the flooding?
- Can you describe 2 long term responses to the flooding.

Maths Challenge

Ben Stokes played 11 matches in the cricket world cup. These were his scores:

89	13	6	10	2	82
89	79	11	0	84	

- How many runs in total did Stokes score over the whole competition?
- Can you work out the mean, median and mode scores for Ben Stokes?
- What is the range of Stokes' scores?

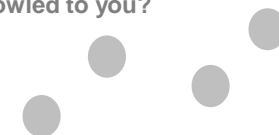
DEVELOP



Can you now start to practice hitting the ball at an angle?

Place 5 objects down at different angles from the batter. Can you hit these objects at different angles when the ball is bowled to you?

Batter



Can you research different types of shots and practice them; drive, hook, pull, cut.

The England men's cricket team are the current world champions.

Can you find out who the England batters were in the team for the final against New Zealand, and 1 fact about them each.



Parent's Tip!

For each challenge, try to use different types of shot when hitting the ball back to the bowler.

To make these tasks easier, use a bat with a bigger surface area.



Make sure you have enough room to complete the tasks!

KS3

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EXPLORE



Find a member of your family to help you. You will need any ball.

Stand a distance away from the other person. Can you throw the ball backwards and forwards to each other without dropping it?

How many different ways can you think of to throw / bowl the ball to your partner?

Bright ideas:

- Can you use an underarm bowl?
- Can you use an overarm bowl?
- Can you throw the ball from the side of your body?



Use both hands when exploring these skills – which do you find easier to use?

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PRACTICE

You will need some cricket stumps for this challenge or three objects. The smaller the objects, the more difficult this task is to complete!



Stand a distance away from the stumps / objects. You have 1 minute to hit all three stumps. Once you have hit a stump, remove it.

Can you complete this task using underarm and overarm bowling?

Can you challenge someone else to beat your time?

PSHE Challenge!

England Cricket have many different teams including the Deaf England Cricket team:

<https://www.ecb.co.uk/video/930016/what-s-involved-in-representing-england-at-deaf-cricket-?tagNames=England%20Disability>

Can you learn some simple sign language which would help you communicate with people who are deaf?

Sign Language Alphabet						
Aa	Bb	Cc	Dd	Ee	Ff	Gg
Hh	Ii	Jj	Kk	Ll	Mm	Nn
Oo	Pp	Qq	Rr	Ss	Tt	Uu
Vv	Ww	Xx	Yy	Zz		



DEVELOP



Can you look at the technique for different types of bowling?
<https://www.youtube.com/watch?v=1ljUhVhK6W4>

Can you practice some of these techniques bowling at the stumps?

- Fast bowling
- Spin bowling
- Yorkers
- Bouncers

Can you research which cricketers use these different types of bowling techniques?

England won the women's cricket world cup in 2017. Can you find out the names of the England bowlers in the team and 1 fact about them?



History Challenge

Heather Knight is the current England Women's Cricket captain. Part of her role is to display good leadership.



Elizabeth I came to the English throne in 1558. What were the strengths of Elizabeth I when she became queen, and what were the problems?

Can you describe where Elizabeth I demonstrated effective leadership during her reign? Think about:
 MARY QUEEN OF SCOTS
 SPANISH ARMADA
 THREAT OF FRANCE
 ELIZABETH'S PERSONALITY



Parent's Tip!

Place the stumps further away to make this task more challenging!
 Make the objects larger to make this task easier.



Make sure you have enough room to complete the tasks!

KS4