

Learning Objectives

- Understand the rules of cricket and use them fairly..
- Throw the ball accurately with control and consistency when fielding.
- Catch the ball consistently when fielding using a variety of techniques.
- Apply skills gained to field effectively within a game.
- Bowl overarm with accuracy and consistency.
- Hold the bat correctly and bat with accuracy.
- Begin to use directional batting as a tactic and tactical fielding.

Key Skills

- Remember to step into the batting shot to give it more power.
- When catching the ball, cup your hands or bring the ball towards your body.
- Think about the direction you could hit and throw the ball.

Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspiring Athlete: Joe Root



Key Vocabulary

Accuracy	Being able to make passes and shots, making sure they get to the location the player is aiming for.
Batsman	The person hitting the ball on the green at the time.
Boundary	The edge of the pitch. If the batsman hits the ball over this, they score 4 runs (bounces first) or 6 runs (no bounce).
Bowl	When the bowler throws the ball overarm towards the stumps.
Bowler	The person who bowls the ball.
Fielder	A person who is on the team which is bowling. Their job is to catch or stop the ball and return it to the bowler quickly.
Foul	This is given when the bowler bowls the ball too wide or bowls the ball in the wrong place.
Over	A bowler has 6 bowls called one 'over'. Then another bowler bowls an 'over' (6 bowls).
Pass	Sending the ball to another member of your team.
Stamina	Sending the ball to another member of your team.
Strike	This is how frequently a batsman hits the ball.
Stumps	Three vertical posts which support two smaller sticks on top, called balls.
Wicket Keeper	A fielder who stands behind the stumps to catch or stop the ball.

Kit and Equipment

- Cricket bat
- Cricket ball
- Pads
- Helmet
- Gloves

Basic Rules

- Cricket is played between two teams each made up of eleven players.
- Games comprise of at least one innings where each team will take turns in batting and fielding/bowling.
- The fielding team will have a bowler bowl the ball to the batsman who tries to hit the ball with their bat.
- The fielding team tries to get the batsmen out by:
 - Hitting the wickets with the ball when bowling
 - Catching a batsman's shot.
 - Hitting the batsman's leg in front of the wicket (LBW)
 - Or hitting the wickets before the batsmen can run to the other end of the pitch
- The batsmen try to score as many runs as possible before getting out by:
 - Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball.
 - Hitting the ball to the boundary along the ground is 4 runs.
 - Hitting the ball over the boundary on the full equals 6 runs.
 - The fielding team must get 10 batsmen out before they can change over and start batting.
- The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.

Pitch / Playing Area

