

SUBJECT: P.E

UNIT: Year 7 Cricket



Key Skills

Throwing- Stand shoulder width apart, sideways on to the target, weight transferred to the back foot. The throwing arm is taken back behind the head at a 90° angle with the non-throwing arm pointing at the target. Transfer the weight from your back foot to your front foot by rotating your hips and torso toward the target. Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last and fast. Release the ball just in front of your head with both feet on the ground and the chest facing the target. Follow through with your throwing arm pointing toward the target.

Catching- (Low Catch) Stand with feet shoulder width apart and a bend in your knee. Hands together with finger tips pointing down and little fingers touching creating a cup like shape. Bring the ball into your body as you catch to keep it secure.

(High Catch) Stand with feet shoulder width apart and a bend in your knee. Hands together above your head with finger tips pointing up and thumbs touching creating a cup like shape. Bring the ball into your body as you catch to keep it secure.

Bowling- Index finger and middle finger on either side of the seam on top of the ball, thumb placed on the bottom seam. Non bowling arm pointed towards the batsman, bowling arm beginning at chin, then rotated around in an arc behind and over your head. Ball is released at the top of the arc and your arm will follow through to point towards the batsman.

Batting- Feet shoulder width apart and side on to the bowler. V grip around the bat with both hands, stronger hand should be lower down the bat. Bring the bat backwards as the ball approaches and then swing forward to make connection with the ball.

Rules

11 players on each team.

Score runs by hitting the ball and running in between the wickets or hitting the ball over the boundary.

If you hit the ball over the boundary without it bouncing then this counts for 6 runs, if it bounces before going over then this is 4 runs.

Get out by either the bowler hitting the wickets or if you hit the ball and it is caught by the opposition.

The team that score the most runs will win.

