



# CRICKET

## Years 5 & 6



Lesson Week:	Lesson Topic:
Week 1	Basic Bowling and Pull Shot
Week 2	Catching and Front Foot Drive
Week 3	Fielding and Throwing
Week 4	Bowling and Front Foot Drive
Week 5	Catching and Pull Shot
Week 6	Running Between Stumps and Pick Up and Throw

<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Basic Bowling &amp; Pull Shot.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket Balls, Tees, Bats and Stumps.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To practice throwing and catching techniques.</li> <li>• To practice bowling techniques.</li> <li>• To practice horizontal batting techniques.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw, Catch, Bowl, Horizontal, Swing, Bat, Run, Waist, Ankle, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Tee, Stumps, Pull.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Snowball Tag”</b></p> <ol style="list-style-type: none"> <li>1) Choose two children to start as ‘it’ with a soft ball each, and try to tag or underarm throw and hit (below shoulder height) as many children as they can with their ball. Once tagged or hit, the children collect a soft ball and become ‘it’ as well. The last two remaining children who are not ‘it’ start as ‘it’ in the next game.</li> <li>2) Same exercise as 1, but this time only allow tagging with the ball or underarm throwing is allowed.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Drop And Catch”</b></p> <ol style="list-style-type: none"> <li>1) Children work individually, with one ball each, and practice dropping the ball and catching it, keeping their hand on top of the ball at all times alternating hands.</li> </ol> <p><b>“Bowling”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs, one ball between two, practicing overarm bowling to each other, concentrating on holding the ball with their 1<sup>st</sup> and 2<sup>nd</sup> fingers on the seam, their thumb on the seam underneath and their other fingers tucked into their palm, and keeping their arm straight.</li> </ol> <p><b>“Horizontal Batting”</b></p> <ol style="list-style-type: none"> <li>1) Children work in groups, one ball, one bat, one stump and tee per group. Children take it in turns to gently hit the ball, four times, off the tee in the direction of one of their team mates. Batters earn a point if their team mate catches the ball. Highest number of points wins.</li> </ol> <p><b>“Continuous Cricket”</b></p> <ol style="list-style-type: none"> <li>1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Four fielders set up as bowlers/wicket keepers in a big square around the stumps with one ball. Batters run whether they hit the ball or not and try to run to the cone that the ball was bowled from and back to score. Fielders return the ball to any one of the bowlers who bowl whether the batter is back or not. Batters are out when bowled, caught or they hit their own stumps, and the next batter comes in. Bowlers continue to bowl as the batters change over. Teams change over when all the batters are out.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between stumps.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between stumps.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Snowball Tag”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<p><b>Session Topic and Number of Participants:</b></p>	<p><b>Equipment:</b></p>
<ul style="list-style-type: none"> <li>• Catching &amp; Front Foot Dive.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket Balls, Tees, Bats and Stumps.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p>	<p><b>Vocabulary:</b></p>
<ul style="list-style-type: none"> <li>• To practice throwing and catching techniques.</li> <li>• To practice batting grip and stance techniques.</li> <li>• To practice back lift and drive batting techniques.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw, Catch, Bowl, Horizontal, Swing, Bat, Run, Waist, Ankle, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Tee, Stumps, Pull.</li> </ul>
<p><b>Warm Up:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Circle Dodge Ball”</b></p> <p>1) Children work in groups. Choose two children to start as ‘it’ outside the circle with a soft ball each, and try and underarm throw and hit (below shoulder height) as many children inside the circle as they can with their ball. Once hit, the children collect a soft ball and become ‘it’ as well. The last two remaining children who are not ‘it’ start as ‘it’ in the next game.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<p><b>Main Content:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Catching”</b></p> <p>1) Children work individually with a ball each and practice different ways and techniques of catching the ball:-</p> <ol style="list-style-type: none"> <li>a) Kneel, throw, stand and catch.</li> <li>b) Sit, throw, stand and catch.</li> <li>c) Throw, jump and catch.</li> <li>d) Throw through legs and catch behind.</li> <li>e) Throw, clap and catch.</li> <li>f) Throw, turn around and catch.</li> <li>g) Come up with their own ideas.</li> </ol> <p><b>“Batting Front Foot Drive”</b></p> <p>1) Children work in groups, one ball, one bat and one stump and a tee per group. Children take in turns to hit the ball off the tee to a team mate, concentrating on their sideways stance, bat back lift and driving the ball low and straight. Batters have four bats then swap over.</p> <p><b>“Pairs Cricket”</b></p> <p>1) Children work in pairs. Each pair works together to bat, bowl and wicket keep, and to field. Each pair has six bowls each when bowling (wicket keeping for each other), and 12 bowls when batting together. Every pair fields when it is not their turn to bowl, wicket keep or bat. If batters are out by being bowled, caught or hitting their own stumps, they continue to bat but swap over. Batters score runs by swapping places. They do not have to run and they can run whether they hit the ball or not.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between stumps.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between stumps.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<p><b>Cool Down:</b></p>	<p><b>Assessment Opportunities:</b></p>
<p><b>“Circle Dodge Ball”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to stand still and dodge in the circle.</li> <li>2) Same exercise as in 1, but this time the children swap with who they hit.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>Fielding &amp; Throwing.</li> <li>Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>Cricket Balls, Volley Ball, Bats and Stumps.</li> <li>Cones and Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>To practice throwing and catching techniques.</li> <li>To practice picking up and throwing a ball on the run.</li> <li>To practice chasing, collecting and returning a ball.</li> <li>To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>Throw, Catch, Bowl, Chase, Collect, Run, Waist, Ankle, Shoulder, Head, Ball, Return, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Tee, Stumps, Pull.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Chinese Wall”</b></p> <p>1) Mark a line (the wall) across the middle of the area. Children stand at either end of the area with a ball each and one child starts as a ‘wall guard’ on the line without a ball. Children attempt to get from one end of the area to the other by crossing the ‘wall. Children cannot cross the line holding their ball, they have to throw their ball over the ‘wall’ and catch it on the other side without being caught by the ‘guard’. If children are caught or drop their ball, they become a ‘guard’ as well.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>Decrease the speed of play.</li> <li>Decrease the playing area.</li> <li>Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>Increase the speed of play.</li> <li>Increase the playing area.</li> <li>Increase the equipment size.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Partner Throwing”</b></p> <p>1) Children work in pairs with one ball. Children take in turns to throw and catch the ball to each other while kneeling on one knee. Children alternate between which knee they kneel on each time they throw. Children still kneel when catching the ball.</p> <p><b>“Throwing At A Target”</b></p> <p>1) Children work in pairs with one ball and a cone. Children take in turns to throw the ball and try to hit the cone. Every time the children hit the cone, they take two steps backwards. Every time the children miss the cone, they take one step forwards.</p> <p><b>“Bombardment Ball”</b></p> <p>1) Children work in two teams stood side by side in a line, one team facing the other, with several Cricket / Tennis balls. The two teams should be roughly about 20m away from each other, with a line of cones placed roughly 5m in front of each team and a volleyball in the middle. Teams try to throw the balls at the volleyball and knock it over the other team’s line of cones. After each win, place the volleyball back in the middle.</p> <p><b>“Roll A Goal”</b></p> <p>1) Children work in two teams. Set up a pitch with a set of stumps at each end. Teams try to roll the ball to hit any of their opponent’s stumps to score. Children can’t move with the ball, hold the ball for more than 3 seconds, throw the ball or steal the ball from the other team. If the ball is fumbled or if it goes out of bounds, the other team gains possession. First to so many hits wins.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>Decrease the speed of movement.</li> <li>Decrease the playing area.</li> <li>Decrease the distance between stumps.</li> <li>Decrease the running distance.</li> <li>Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>Increase the speed of movement.</li> <li>Increase the playing area.</li> <li>Increase the distance between stumps.</li> <li>Increase the running distance.</li> <li>Decrease the equipment size.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Standing Chinese Wall”</b></p> <p>1) Same exercise as in the warm up section, but this time the children have to stand either side of the ‘wall’.</p>	<ul style="list-style-type: none"> <li>Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Bowling &amp; Front Foot Drive.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket / Tennis Balls, Bats and Stumps.</li> <li>• Cones / Hoops – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To practice batting grip and stance techniques.</li> <li>• To practice batting techniques.</li> <li>• To practice bowling techniques.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Bat, Lift, Front, Hit, Attack, Safety, Stumps, Run, Throw, Catch, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Wicket Keeper.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Drop and Catch”</b></p> <ol style="list-style-type: none"> <li>1) Children work individually, with one ball each, and practice dropping the ball and catching it, keeping their hand on top of the ball at all times, alternating hands.</li> <li>2) Same exercise as 1, but this time, children clap their hands before catching the ball.</li> <li>3) Same exercise as 1, but this time, children rotate their hand around the ball before catching.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Bowling”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs, one ball between two, practicing underarm throwing to each other, concentrating on their grip and keeping their arm straight.</li> </ol> <p><b>“Target Bowling”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs, one ball, one hoop and two sets of stumps per pair and take it in turns to underarm throw the ball at a goal made with the stumps. They get 5 points for getting the ball in the goal, plus 10 points if it hits either of the stumps.</li> </ol> <p><b>“Batting”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs, one ball, one bat and one cone per group. Children take it in turns to be the bowler and batter. As the ball is bowled, the batter tries to hit the ball, driving the ball straight back to their partner, concentrating on their sideways stance, grip and swing.</li> </ol> <p><b>“Quad-Cricket”</b></p> <ol style="list-style-type: none"> <li>1) Set up a pitch with four stumps in a diamond formation. Children work in two teams (batters and fielders). Fielders start with one bowler in the middle, four wicket keepers (one behind each set of stumps) and the rest spread out to field. The batters start with four batters (one at each set of stumps) and the rest sensibly waiting a safe distance away from the pitch. The ball is bowled to any of the four batters and whenever the ball is hit, all four batters must run clockwise around to the next set of stumps. Batters can run to as many stumps as they can and earn a ‘Run’ every time they switch stumps. Batters are out if the ball is caught when they hit it, or if the stumps they are stood in front of are hit by the bowler.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between stumps.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between stumps.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Drop and Catch”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Catching &amp; Pull Shot.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket / Tennis Balls, Bats and Stumps.</li> <li>• Cones / Hoops – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To practice throwing and catching techniques.</li> <li>• To practice batting techniques.</li> <li>• To improve basic striking, fielding and decision making.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Bat, Back, Lift, Front, Hit, Attack, Safety, Runs, Stumps, Throw, Catch, Work, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Work, Accuracy, Fingers, Bounce, Land, Return, Run, Chase, Wicket Keeper, Team, Striking, Fielding.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Snowball Tag”</b></p> <p>1) Choose two children to start as ‘it’ with a soft ball each, and try to tag or underarm throw and hit (below shoulder height) as many children as they can with their ball. Once tagged or hit, the children collect a soft ball and become ‘it’ as well. The last two remaining children who are not ‘it’ start as ‘it’ in the next game.</p>	<p><b>“Easier”</b></p> <p>1) Decrease the speed of play. 2) Decrease the playing area or equipment size.</p> <p><b>“Harder”</b></p> <p>1) Increase the speed of play. 2) Increase the playing area or equipment size.</p>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Outfield Throwing and Catching”</b></p> <p>1) Split the group into four teams, with one ball per team. Set up a playing square with a scoring area in each corner. One team starts in each area. Aim of the game is to earn points (runs) by throwing the ball and getting it to land in one of their opponents scoring areas (1 point) or by catching a ball that has been thrown into their area before it bounces (2 points).</p> <p><b>“Batting”</b></p> <p>1) Children work in fours, one ball, one bat and four cones per group. Children set up with one batter, one bowler and two gates (using the cones), where the other two children stand (fielders). They take it in turns to be the bowler, fielders and batter. As the ball is bowled, the batter tries to hit the ball, driving the ball, through one of the two gates. Batter gets 5 bowls then they swap roles.</p> <p><b>“Quad-Cricket”</b></p> <p>1) Set up a pitch with four stumps in a diamond formation. Children work in two teams (batters and fielders). Fielders start with one bowler in the middle, four wicket keepers (one behind each set of stumps) and the rest spread out to field. The batters start with four batters (one at each set of stumps) and the rest sensibly waiting a safe distance away from the pitch. The ball is bowled to any of the four batters and whenever the ball is hit, all four batters must run clockwise around to the next set of stumps. Batters can run to as many stumps as they can and earn a ‘Run’ every time they switch stumps. Batters are out if the ball is caught when they hit it, or if the stumps they are stood in front of are hit by the bowler.</p>	<p><b>“Easier”</b></p> <p>1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between stumps. 4) Decrease the running distance. 5) Increase the equipment size.</p> <p><b>“Harder”</b></p> <p>1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between stumps. 4) Increase the running distance. 5) Decrease the equipment size.</p>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Snowball Tag”</b></p> <p>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</p>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<p><b>Session Topic and Number of Participants:</b></p>	<p><b>Equipment:</b></p>
<ul style="list-style-type: none"> <li>• Running Between Stumps &amp; Pick Up &amp; Throw.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket / Tennis Balls, Bats and Stumps.</li> <li>• Cones / Hoops / Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p>	<p><b>Vocabulary:</b></p>
<ul style="list-style-type: none"> <li>• To improve basic striking, fielding and decision making.</li> <li>• To encourage teamwork &amp; improve basic striking, fielding.</li> <li>• To encourage good communication between batters and fielders in a match situation.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Bat, Back, Lift, Front, Hit, Attack, Safety, Runs, Stumps, Throw, Catch, Work, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Work, Accuracy, Fingers, Bounce, Land, Return, Run, Chase, Wicket Keeper, Team, Striking, Fielding.</li> </ul>
<p><b>Warm Up:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Hot Potato”</b></p> <p>1) Set up a large playing area/boundary. Half the group starts inside the area with a ball each and the other half starts outside the area. On command, the children inside of the area run and give there ball to a different child on the outside. Then on command, they run and give it back. Give out a different command each time (by hand, close underarm throw, far throw, roll on ground).</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<p><b>Main Content:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Fielding Relays”</b></p> <p>1) Children work in teams, with one ball per team, stand one behind the other, with the ball at the front, and one child stood facing them at a set distance away. The first child rolls the ball to the child on their own and runs to stand behind them. The child on their own picks up the ball and throws it back to the next person in line, then runs and lines up at the back of the line, etc.</p> <p><b>“Batting Relays”</b></p> <p>1) Children work in teams, with a bat each and stand one behind the other next to a set of stumps, with another set of stumps set out at a set distance away. The first runs from the first set of stumps to the second set and back, making sure their bat passes roughly where the stumps are before coming back, then the next child in line does the same, and so on.</p> <p><b>“Quad-Cricket”</b></p> <p>1) Set up a pitch with four stumps in a diamond formation. Children work in two teams (batters and fielders). Fielders start with one bowler in the middle, four wicket keepers (one behind each set of stumps) and the rest spread out to field. The batters start with four batters (one at each set of stumps) and the rest sensibly waiting a safe distance away from the pitch. The ball is bowled to any of the four batters and whenever the ball is hit, all four batters must run clockwise around to the next set of stumps. Batters can run to as many stumps as they can and earn a ‘Run’ every time they switch stumps. Batters are out if the ball is caught when they hit it, or if the stumps they are stood in front of are hit by the bowler.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between stumps.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between stumps.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<p><b>Cool Down:</b></p>	<p><b>Assessment Opportunities:</b></p>
<p><b>“Hot Potato”</b></p> <p>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</p>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>

