Social and Emotional

Overview

-Cricket is a bat and ball game played between two teams. It is a striking and fielding game.

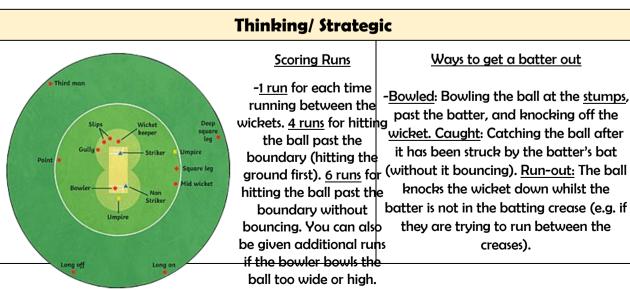
It involves batting. Batters try to protect their wicket and score runs. They can score runs either by striking the ball past the boundary, or by running between the creases without being run out by the opposing fielders.

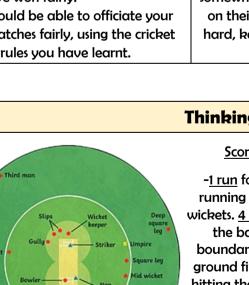
-Opponents use bowling and fielding to try to get the batter out, and to try and prevent runs. This involves catching, tracking and stopping the ball, and throwing it to others.

-Cricket involves working as a team, thinking about our position & the position of others. Batters need to communicate when to run. Fielders need to consider how their field should be organised, and also work together to get the ball to the most appropriate place when the ball is in play.

Physical		
Skill	Definition	How do I do this?
Batting	To strike the ball away from you with the surface of the bat.	-Fingers and thumbs wrapped around the bat handle. Make a 'V' using thumb & forefinger. Dominant hand at bottom. Begin with side-on stance. Feet parallel, shoulder- width apart. Step forward to strike ball. Push bat straight, swinging arms away from body, non-dominant elbow high. Keep head and the rest of the body still. Keep eye on the ball. Aim away from fielders.
Fielding	To stop a ball so that it is no longer moving. Return to teammates to prevent runs.	-Chase the ball so that your body is in line with it. Place the same foot as your throwing hand in line with it. Collect the ball with throwing hand. Make sure that palms are facing the ball, with wide fingers. Balance yourself before beginning your throw. Look where runners are and throw to appropriate fielder.
Throwing	To send the ball through the air from your hand.	-Grip the ball in your fingers. Step forward with opposite foot to throwing arm to stay balanced. Keep the elbow of the throwing arm above the shoulder. Step onto front foot, whilst pulling through fast. Use non-throwing arm to point in direction that the ball should go. Point fingers at target as you release.
Catching	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Hands out as the ball approaches. Bend your knees as you prepare to catch it. Use wide fingers, eyes on the ball, soft hands that are cupped to catch. Little fingers of both hands together. Close your hands around the ball. Pull it in close to your body in order to cushion it.

<u>Cooperation</u>	<u>Communication</u>		
Cooperating is about working together	Success in cricket hugely depends on		
and helping others. Strong rounders	communicating well with teammates.		
teams need each individual to	We can do this through speaking,		
cooperate with their teammates	listening body language and facial		
effectively. Fielders have to work as a	expressions. For example, batters		
unit, staying alert and aware of their	should communicate with others when		
position. They should work together to	to run. Remember to communicate		
get the ball to the right place.	clearly & appropriately.		
Supporting and Encouraging	Reflection		
Encouraging and supporting others	Reflection is all about looking back at		
can help them to feel good and	what we did well and what we can still		
perform well. Try to help everyone	do to improve. This is an essential skill		
stay positive. Make sure	in rounders. For example, a fielding		
that your comments to	team should reflect if there is a hole in		
others are aimed either	the field. Batters may reflect on when		
to build their confidence or skills, and	they should have stopped running. etc.		
are always fair/ appropriate.			
Honesty and Fair Play	<u>Perseverance</u>		
Fair play is about learning the rules of	Perseverance is about continuing with		
the game and putting them into	tasks even through setbacks or when		
practice honestly.	they are difficult. We should aim to		
Winning only feels as	learn from mistakes, rather than		
good as it should	dwelling on them. Remember that all		
when you know that	successful sportspeople started		
you have won fairly.	somewhere, and made lots of mistakes		
You should be able to officiate your	on their way to success! When it gets		
own matches fairly, using the cricket	hard, keep digging in and working to		
rules you have learnt.	be better.		





Key Vocabulary

Cricket

Fielding

Pitch

Stumping

Run Out

Batting

Bowler

Batter

Wicket

Crease

Pitch

Stumps

Wicket Keeper



To send the ball ir underarm towards the wicket from your hand. p

-Step forward with the opposite foot to your bowling arm in order to stay balanced. Keep your bowling arm straight so that the ball travels straight. Release the ball with fingertips pointing towards the target. Arm should finish pointing towards where ball needs to go. Ball must bounce once before hitting wicket.

Consider how to position your fielders in order to give your team the best chance of getting a batter out.