

KS1

Overview

1 Movement & Co-ordination:
Bat Taps

20%
of available session time

Participation:
Individual/Pairs

Scoring:
Time based

2 Throwing:
Hit the Target

20%
of available session time

Participation:
Pairs

Scoring:
Time based

3 Bowling:
Perfect Pitch

20%
of available session time

Participation:
Individual/Pairs

Scoring:
Points based
dependent on
targets hit

4 Catching:
Catching Comets

20%
of available session time

Participation:
Pairs

Scoring:
Points based
dependent on
number of catches

5 Batting:
Striking Star

20%
of available session time

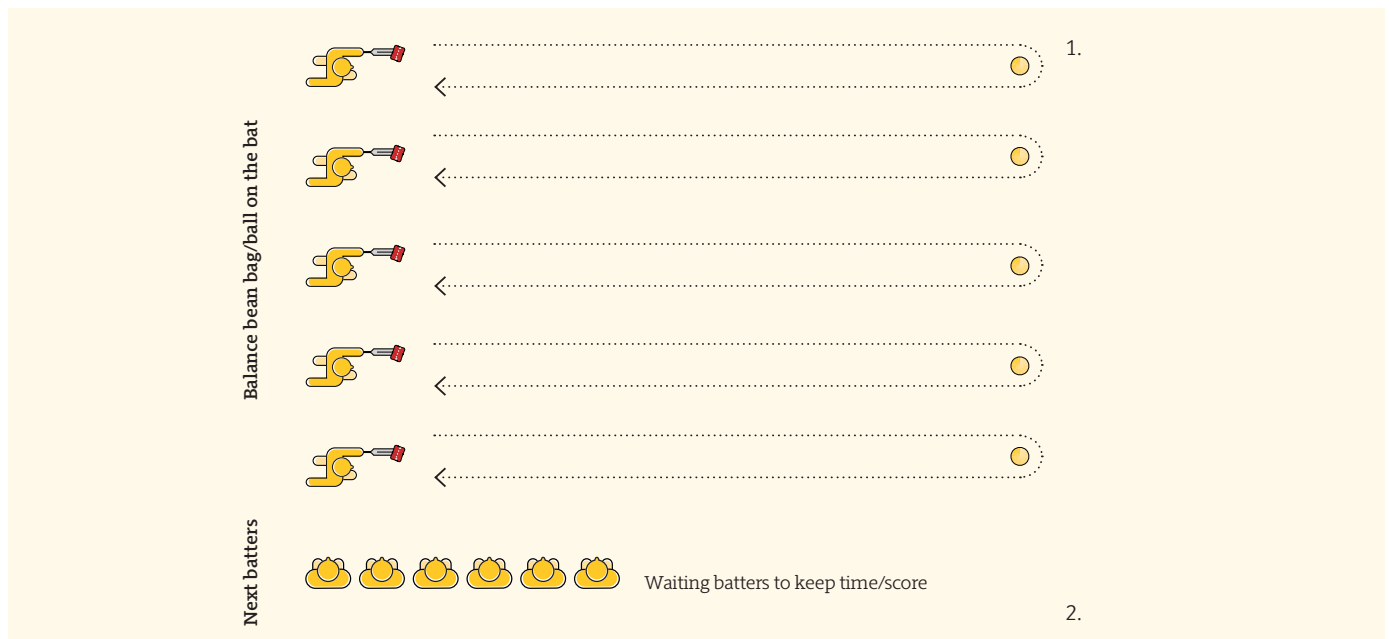
Participation:
Pairs

Scoring:
Points based
dependent on
targets hit



KS1: Movement & Co-ordination

Station 1 – Bat Taps



Activity overview

Suggested time split: 20%

Participation: Individual/Pairs

Aims:

- Development movement and co-ordination at speed
- Challenge fine motor skills
- Support and praise others

Prompts:

- Finish the circuit as fast as you can without letting the ball or bean bag hit the floor
- Have lots of goes – fastest time counts

A How to set up

- Mark a start line and turning point using a cone 10 metres apart (12m for KS2 L & 15m for KS2 U).
- Create multiple lanes so that lots of children can have ago at the same time.

B How to play

- Each child takes it in turns to travel out with either a ball or bean bag on their bat to the cone.
- Once they reach the cone, they turn round and head back to the start point as fast as they can.
- If the ball/bean bags drop to the floor then they must start from that point.
- Have as many goes as you can in the time, fastest score is what is recorded.
- Ensure 2nd attempt at this station has the same conditions as 1st (same bat/ ball/distance etc.).

KS1: Movement & Co-ordination

Station 1 – Bat Taps continued

Activity overview continued

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Equipment:

- Bats/tennis racquets
 - Balls
 - Bean bags
 - Cones
 - Stopwatches & Scoresheets
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Self-reflection questions:

- How can I improve my speed for next time?
- What can I do to support my team mates to go quicker?

C How to include & challenge all pupils

- Queueing batters can score or support team mates.
- Offer praise to those who improve their score, no matter how fast.

Make it easier

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- Reduce distance
- Larger bat/racquet
- Use bean bag instead of ball
- Work in pairs

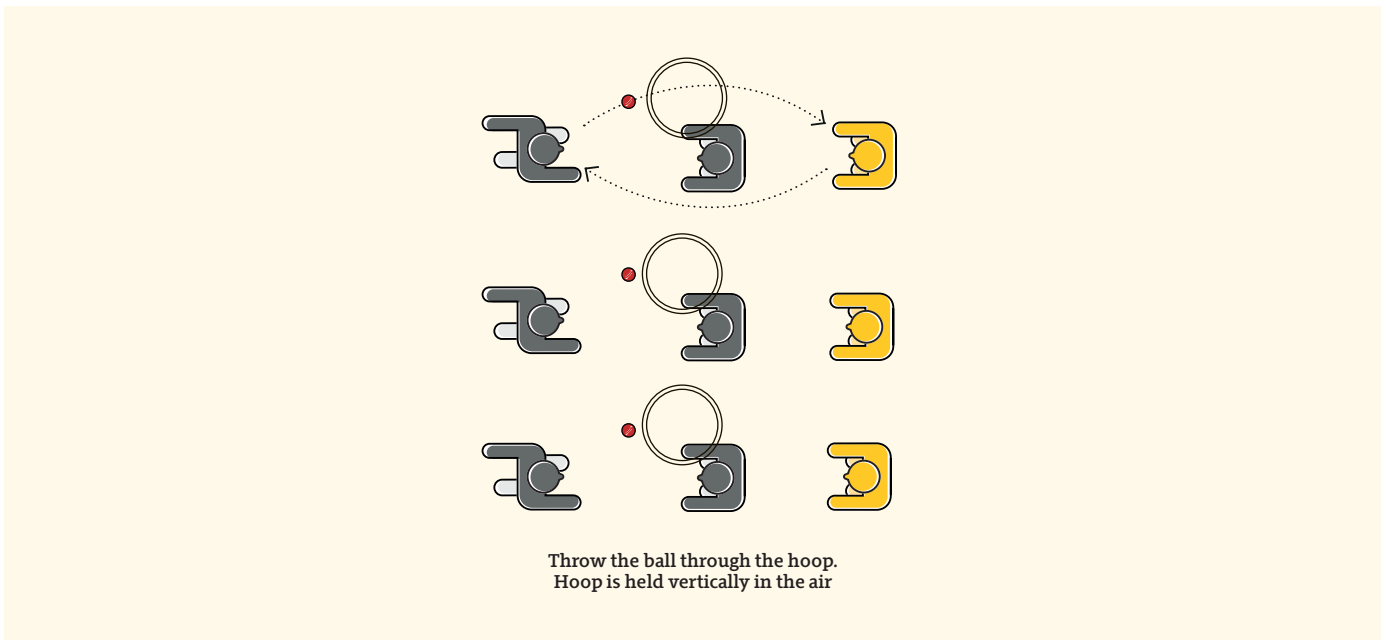
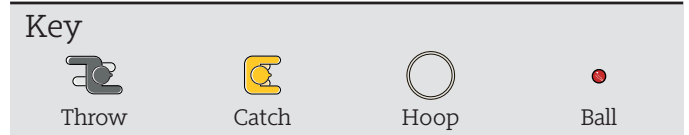
Make it harder

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- Increase distance
- Add slalom cones
- Use one hand/other hand
- Encourage as many bat taps as possible to add bonus points
- Narrower bat
- Different movement patterns

KS1: Throwing

Station 2 – Hit the Target



Activity overview

Suggested time split: 20%

Participation: Pairs

Aims:

- Throw the ball
- Whole body movements
- Teamwork

Prompts:

- Use your eyes to look at the target
- Aim at the target with your non throwing arm
- Bend knees, get low and put opposite foot forward towards the target (when throwing)

A How to set up

- Split group into pairs, with each pair taking a hoop (target) and balls/bean bags.
- Place a cone down as the throwers line with the partner stood 5m away with the hoop held out at shoulder height.

B How to play

- Throwers take it in turns to throw balls or bean bags.
- The aim is to get the ball through the hoop.
- 1 point scored for each time the ball or bean bag goes through the hoop.
- Children have 1 minute to score as many as they can – ensuring the throwing distance and height of the hoop remains the same.



KS1: Throwing

Station 2 – Hit the Target continued

Activity overview continued

Equipment:

- Balls, plastic hoops, set of stumps, cones, bean bags
- Stopwatch
- Scoresheets

Self-reflection questions:

- Which parts of my body help you to throw and bowl accurately?
- How can I support my partner to increase their score?

C How to include & challenge all pupils

Make it easier

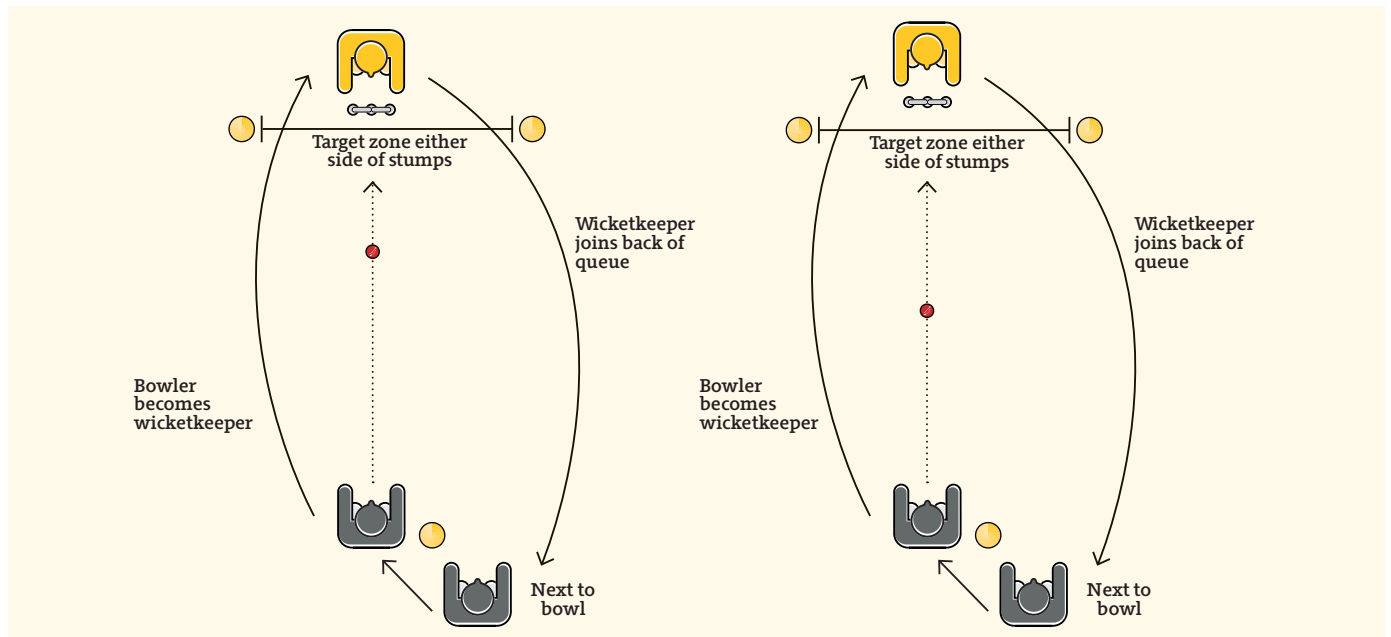
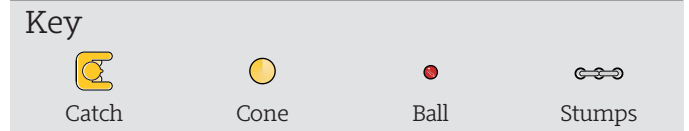
- Reduce throwing distance
- Larger hoop
- More time

Make it harder

- Smaller hoop
- Increase throwing distance
- Have a landing area target as well for bonus points
- Alternative which hand the throw is with

KS1: Bowling

Station 3 – Perfect Pitch



Activity overview

Suggested time split: 20%

Participation: Individual/Pairs

Aims:

- Practise your bowling to try and hit the target using overarm action
- Focus in on bowling the correct line (aiming to hit the stumps)
- Keep your arm straight when bowling

Prompts:

- Stand sideways on
- Aim at the target using non-bowling arm
- Straight arm

A How to set up

- Set up stumps for participants to aim at.
- Place cones opposite the stumps for participants to line up behind and take it in turns to bowl from.
- Place target zone lining up either side of the stumps vertically for bowlers to aim to bowl through, aiming to keep the ball straight (see diagram).
- Set up as many stations as possible to encourage more frequent goes.

B How to play

- Bowlers bowl at target and scores 10 points for hitting the stumps, or five points for getting the ball through the target area.
- Wicketkeepers retrieve the ball and run to the back of the bowlers' queue to wait their turn to bowl.
- Once the bowlers have bowled, they run to become wicketkeeper for the next bowler.
- The next bowler should not bowl until the new wicketkeeper is in position and ready.
- Continue for 6 deliveries (an 'over') for each bowler and then count up individual and team scores.
- Ensure conditions for 2nd go are the same as the 1st to measure progress.

KS1: Bowling

Station 3 – Perfect Pitch continued

Activity overview continued

Equipment:

- Stumps, balls, cones

Self-Reflection Questions:

- How do I bowl accurately?
- How can I encourage my team mates to score more points?

C How to include & challenge all pupils

Make it easier

- Use a bigger ball
- Have two sets of stumps as a bigger target
- Bowl underarm
- Bowl from a shorter distance

Make it harder

- Reduce target area to make more challenging
- Change scoring amounts

KS1: Catching

Station 4 – Catching Comets

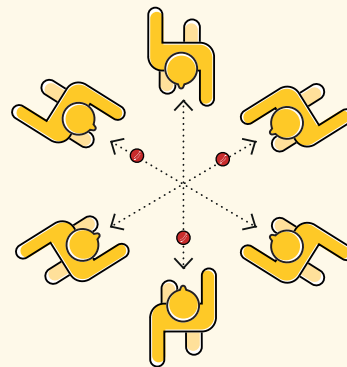
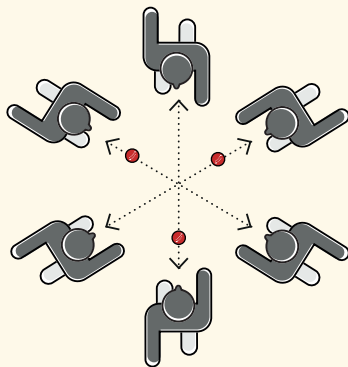
Key



Catch



Ball



Activity overview

Suggested time split: 20%

Participation: Pairs

Aims:

- Watch and catch the ball
- Throw a ball
- Teamwork

Prompts:

- Use your eyes to focus on your partner and your ball
- Get your hands ready to catch the ball
- Bend your knees slightly so you can spring high or crouch low

A How to set up

- Split group into pairs, with each pair taking a single tennis ball.
- Pairs are spaced 2m apart from each other.
- The groups can either be split into a circle (with all pairs throwing in a cross fire with each other) or in two single lines.

B How to play

- Catchers take it in turns to take as many catches as possible in one minute.
- The total score is the number of successful catches made in the time – drops are fine!
- Alternate in pairs between thrower and catcher.



KS1: Catching

Station 4 – Catching Comets continued

Activity overview continued

Equipment:

- Balls
- Cones
- Tape measure
- Scoresheets
- Stopwatch

Self-Reflection Questions:

- What is the best shape to make with my hands to help me catch the ball?
- How can I support my partner to get as many catches as possible?

C How to include & challenge all pupils

Make it easier

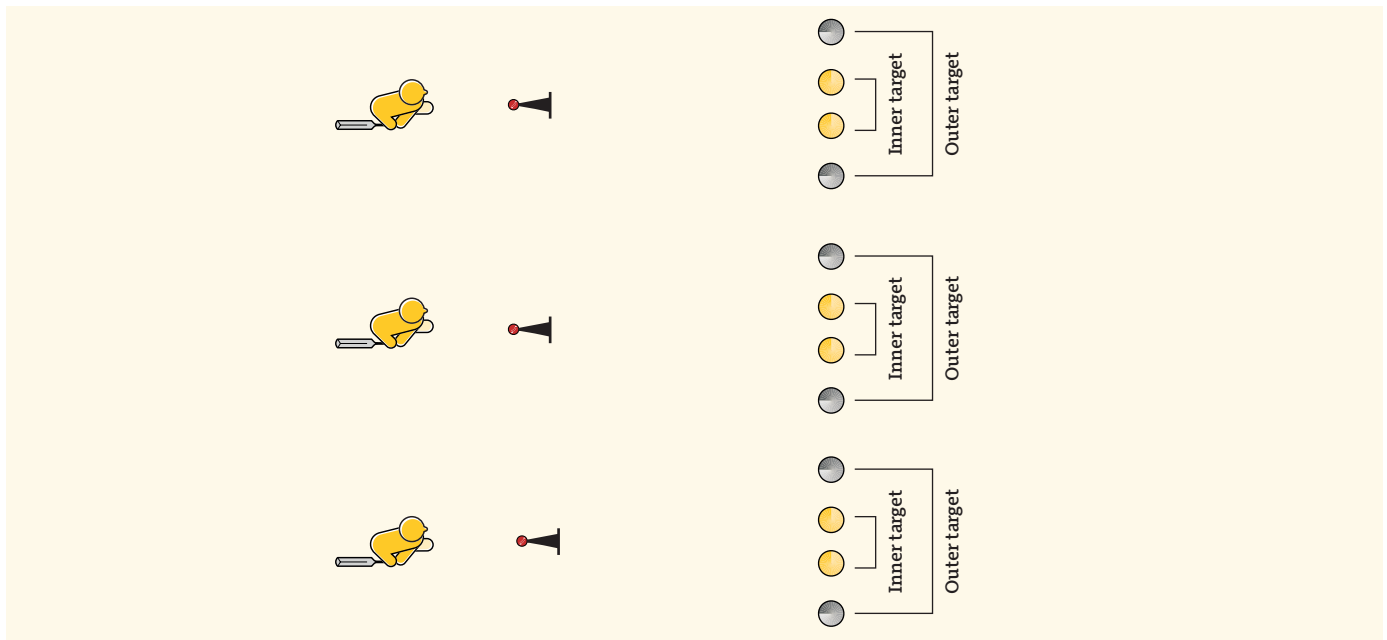
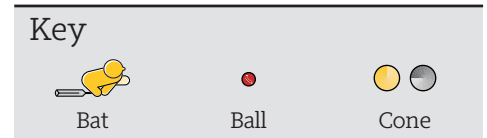
- Reduce throwing distance
- Larger ball/bean bag
- Catch with a cone
- More time
- Use a roll & stop rather than a catch

Make it harder

- Increase distances
- One hand or alternate hand catches
- Count number of successful consecutive catches (drop = back to zero)
- Use cross fire setup instead of single line to bring in distractions

KS1: Batting

Station 5 – Striking Star



Activity overview

Suggested time split: 20%

Participation: Pairs

Aims:

- Introduce striking
- Introduction to grip and stance in batting
- For KS3/4 – develop a range of cricket shots to strike a moving ball into a target area

Prompts:

- Keep watching the ball
- Position your hands ready to strike the ball
- When striking off a tee with a bat – stand sideways on – slightly apart and balanced, step and hit

A How to set up

- Split group into pairs.
- Set up a striking area (marked by stumps and crease lines where possible) and a target area marked by 2 cones (inner target) and 2 further different coloured cones (outer target).

B How to play

- Batters have 10 goes to hit as many balls as possible through the target areas.
- Inner target = 4 runs, Outer target = 1 run.
- Dependent on age and stage of pupils, it will either be a static strike (hit off tee) and an underarm throw with two bounces (feeder must be 10m from striker).



KS1: Batting

Station 5 – Striking Star continued

Activity overview continued

Equipment:

- Multiple balls, bats, tennis racket, tees, cones to create area to play within

Self-Reflection Questions:

- How should my body 'get ready' to strike/hit a ball?
- For KS3/4 – how can I support my partner through observation and analysis?

C How to include & challenge all pupils

Make it easier

- Increase target area
- Use batting tees
- Larger balls

Make it harder

- Increase distance to target
- Reduce target areas
- Change type of feed used -> could progress to overarm feed, or even use a bowler or bowling machine
- Change equipment -> can use protective batting kit and hard balls is safe and appropriate
- Change type of shot used for those with greater cricket understanding