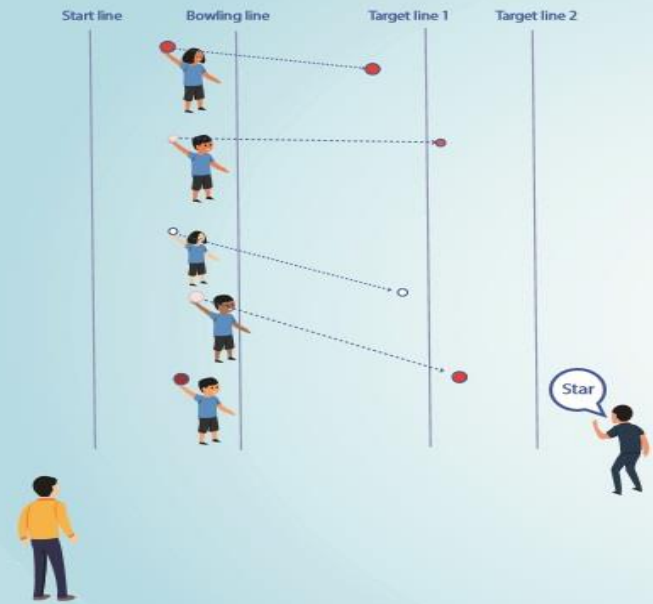



Lets Get Physical: Star Shapes

These activities can be tried at home with only one or two players, the whole family, or on your own. Please adjust the activity to the space you have available. You can use whatever equipment you have to hand. Have fun being creative with different equipment! Send us your videos on any of our social medial channels with #HOUSEOFCRICKET to feature on our page!

STAR SHAPES





Aim

- ✔ Straight arm when bowling
- ✔ Co-ordinate body movements for bowling action.

Equipment

● ○ ●

Organisation

- ✔ Players start holding a ball at a start line with a bowling line 5–10 metres away and two target lines beyond that
- ✔ On the call of 'go' players can move forward towards the bowling line
- ✔ When the Activator shouts 'stars' the players jump into a side-on 'star shape' with the ball in their outside hand and other hand facing forward
- ✔ If any players don't get into a star shape within an allotted time they go back to the start line
- ✔ Once the players reach the bowling line they must jump into the star shape and bowl the ball with a straight arm.

CHANGE IT! Adaptation / Variation

Easier:

- Start with players on the bowling line for their first go already in a star shape
- Reduce the distance to the target line
- Start at walking pace
- Give the All Stars more time to adopt a star shape.

More Challenging:

- Reduce the time to get into star shape
- Increase the distance between bowling and target line
- Decrease the distance between the target lines where the ball has to bounce.

COMPETITION CORNER

Embed competition into this game by grouping the players into teams and creating an aggregate score.

GET THE ADULTS INVOLVED

Asking adults to field the ball and throw it back to their All Star, as well as judging the bowl and keeping score, could be a way to speed up the activity and keep everyone involved.