

# CRICKET

# PE

Spring 2 2024

Class Lynher

In this lesson we focussed on hitting the ball. We had to stand sideways to the ball, swing through and push the bat in the direction we wanted the ball to go. We were trying to be accurate by aiming for a goal but also controlled so we didn't hit it too high.

We need to remember how to stand and hold the bat.



This week we worked on our overarm bowling. We warmed up with some throwing and catching games and then focussed on our bowling technique. We tried to keep the ball between the cones and then aimed for the stumps. We finished with a game of island cricket.



It was hard not to bend your arm and just throw it at the stumps.

We focussed on fielding in this lesson and thought about where we would be best placed as well as using our overarm throw to accurately throw the ball at the stumps.



It was interesting to see the different ways of throwing the ball when we were in a game situation. It was hard to keep the ball where you wanted it.



This week we put together our batting, bowling and fielding skills to take part in cricket matches. We warmed up with some throwing and catching skills and then split into teams. We worked well together using RandR to out our batting and fielding skills to the test.



We were successful in using our skills to take part in a game. It was really fun to be competitive with another class.



**Personal development:**

Develop team skills. Promote healthy lifestyle. Jobs you could do: PE teaching, sports coach.

**Forever Facts**

You can be out in cricket by being caught or if the ball hits the wicket.

You can change the direction of the ball when you hit it.

A no ball is a type of illegal delivery to a batter.

**Skills**

I can hit a moving ball

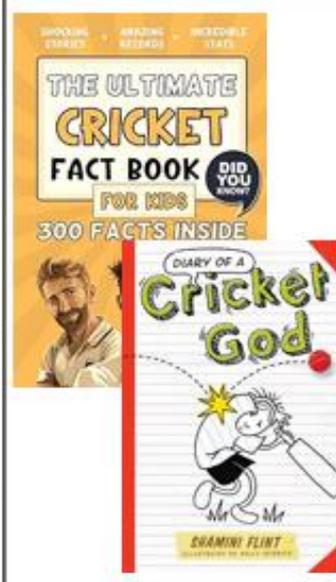
I can bowl, varying my throw

I can field effectively

I can follow the rules of a game

**What I have learnt before:**

- We have used bats/ racquets
- We have learnt rules for games

**Exciting Books****Our Endpoint**

I can play a game of cricket following rules.

**Subject Specific Vocabulary**

Underarm	A throw made with the arm or hand below shoulder level
Overarm	A throw made with the hand or arm passing above the level of the shoulder
Wicket	Three stumps with two bails across the top
Stumps	Each of the three upright pieces of wood which form a wicket
Crease	A line defining the position of the batter
Field	Attempt to catch or stop the ball and return it after it has been hit by the batter
Bowl	To throw a ball towards a batsman