Physical Development - Applying Learning

Lesson 2 : Striking & Fielding Games Cricket

Alistair

For this lesson you will need

- Soft ball

- Target

- Bin

Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.

Warm up...

Stretch   **Jog**   **Jump**

Stretch, walk, jog and jump to get our muscles ready to play cricket (warm up can last between 2 & 5 minutes).

Sequences of movement...

Stretch   **Crouch**   **Fielding**

Practise fielding techniques of stretching to catch the ball and crouching to make a long / short barrier to field the ball.

Skills...

Field   **Throw**   **Target**

Practise our skills of fielding the ball and throw the ball at targets (underarm / overarm) with increasing levels of accuracy.

Make it easier

*Increase the size of targets / shorten the distance.

*Practise striking from a static position with a larger surface area than a bat.

Make it harder

*Look at our masterclass session with Cricket World Cup winner Danni Wyatt.

*Practise bowling overarm at a range of targets (increase the distance between bowler and target).

More ideas

*Ask your parent / carer to help you search for cricket shirts and design your own.

*Play a game of kwik cricket against your parent / carer or siblings / friends.

STEP Principle

***All of our activities can be adapted using the step principle
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support Visually Impaired learners / Bigger, brighter, tactile, weighted resources / Adapt space & activities to suit wheelchair users e.g. Practise skills playing table cricket.

Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram**, **Facebook** or **Twitter** tagging **@OakNational** and **#LearnwithOak**