

For additional challenges and ideas on how to keep physically active visit the School Sport Partnership [website](#) or your School Games Organiser page on www.yourschoolgames.com

PRIMARY

CRICKET

SCHOOL GAMES



#stayinworkout
#stayhomestayactive

THIS RESOURCE HAS BEEN PRODUCED
USING RESOURCES AND IDEAS FROM



RESOURCE PRODUCED
IN PARTNERSHIP WITH



The SSP and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

PRIMARY

CRICKET



60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

! Physical literacy/skills

Activity overview
Sink the Stink

Equipment needed

- 10 pairs of rolled up socks or tennis balls or any alternative.
- Target area (waste paper basket, cardboard box...)
- Stopwatch or timer.

School Games value



TUESDAY CHALLENGE

! Personal Challenge

Activity overview
Bip it Bop It

Equipment needed

- ✓ 1 ball per person, or a bundle of socks

School Games value



WEDNESDAY WORKOUT

! Personal Challenge

Activity overview
Run 3

Equipment needed

- ✓ 2 markers
- ✓ Stopwatch

School Games value



THURSDAY THINKING

! Links to numeracy/literacy

Activity overview
Hit the Wickets

Equipment needed

- ✓ Wickets or wheely bin
- ✓ Ball

School Games value



FRIDAY FUN

! Physical Literacy/ Skills

Activity overview
5,4,3,2,1!

Equipment needed

- ✓ 1 Ball (be creative if you don't have a Tennis Ball – use socks)

School Games Value



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



PRIMARY

CRICKET

MONDAY MOVERS



30mins

! Physical Literacy/Skills



ACTIVITY

Sink the Stink

- Pick a safe area to complete the challenge.
- Place your target in the middle of that area.
- Spread the socks/balls around the area you wish to use.
- See how fast you can get the objects into your target.
- You can throw the socks/balls in or you can run and place them into it.

EQUIPMENT NEEDED

- 10 pairs of rolled up socks or tennis balls or any alternative.
- Target area (waste paper basket, cardboard box...)
- Stopwatch or timer.



How can you demonstrate determination throughout this challenge?

MAKE IT EASIER...

- Place the socks or ball alternatives closer to the target.
- Use a bigger target.
- Use less socks or ball alternatives.

MORE OF A CHALLENGE

- Use a smaller target in a bigger space.
- Use more socks or ball alternatives.
- Place socks into the target to challenge cardiovascular fitness or throw them in to challenge your throwing accuracy.

MAKE IT INCLUSIVE

This could be adapted by sitting on a chair with the socks next to you, throw the socks into a target. Move the target to create more of a challenge with a seated version for wheelchair or powerchair users.

LEAD OTHERS

Time the challenge, offer suggestions for alternative targets, make two targets with two places to see who can collect the most.

PRIMARY

CRICKET

TUESDAY CHALLENGE



30mins

! Personal Challenge



ACTIVITY

Bip it Bop It

- You will need someone in your family to shout instructions
- Stand in an open space with a ball
- You must listen out for the following instructions and be ready to act quickly.

Pat it – Pat the ball in the air with your palm and catch it.

Bounce it – bounce the ball on the floor and catch it.

Wind it – pass it around the body.

Swap it – swap the ball with someone else's.

Jump it – throw the ball in the air and jump to catch it.

Roll it – roll the ball, follow it and pick it back up before it stops.

Spin it – throw the ball up, spin around and catch it.

The leader should mix the order of instructions as the game progresses.

What other rules can you make?

MAKE IT EASIER...

Master 3 instructions first before adding more
Use a larger ball or balloon, instead of a Tennis ball.

MORE OF A CHALLENGE

Add your own skills to the list, what can you call it?
Try a smaller object
Can you play with your family? If you get one point per completed instruction, who can score the most? Or who can get to 30 first?

MAKE IT INCLUSIVE

Use different balls for each person

LEAD OTHERS

Let your family be creative and introduce their own rules!

EQUIPMENT NEEDED

- 1 ball per person or a bundle of socks.



How can you demonstrate self belief throughout this challenge?

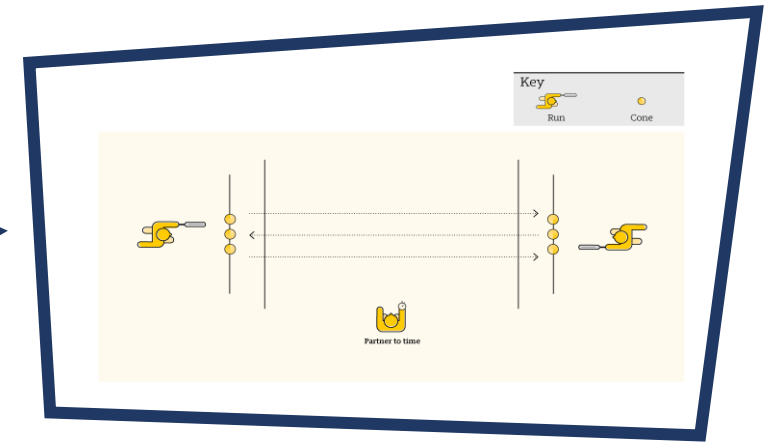
PRIMARY CRICKET

WEDNESDAY WORKOUT



30mins

! Personal Challenge



ACTIVITY

Run 3

- Mark out a the distance of cricket wicket about 18 strides
- Run 3 times between the markers as fast you can from a standing start.
- Ensure the bat or alternative is touched down.
- If you have limited space, adapt the number of times you run to reach the equivalent distance.
- See if you can beat your time, can anyone in your family beat you?

MAKE IT EASIER...

Start with shorter distances.

MORE OF A CHALLENGE

Build up your fitness by running for longer distances to replicate an innings.

MAKE IT INCLUSIVE

Shorten the distance between the wickets.

LEAD OTHERS

Observers can analyse technique (running and turning) and offer some feedback to help improve times.

EQUIPMENT NEEDED

- Markers – use household objects.
- Stopwatch or timing device!



How can you demonstrate determination throughout this challenge?

PRIMARY

CRICKET

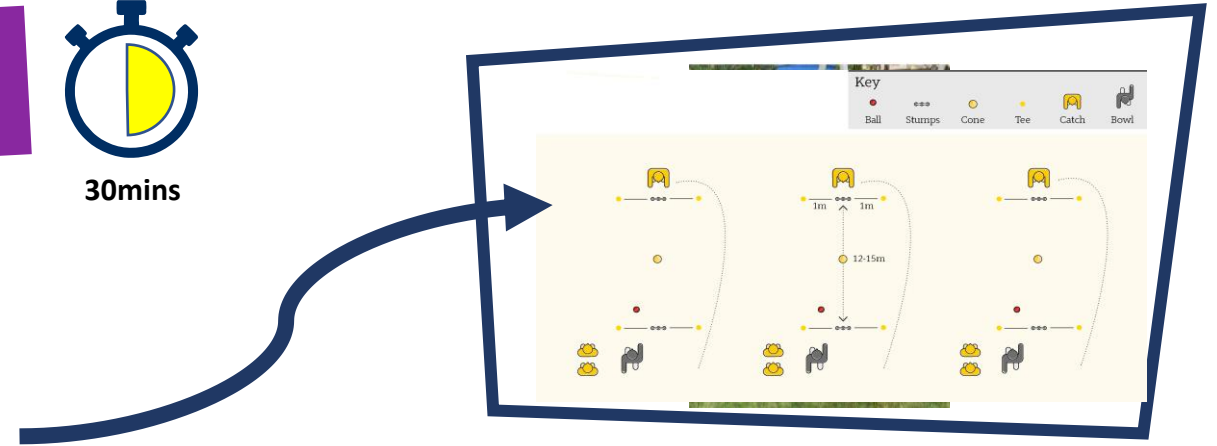
THINKING THURSDAY



30mins



Links to numeracy/literacy



ACTIVITY

Hit the Wickets

- Set up 2 sets of stumps (targets) at each end of your garden, or a wheely bins
- Set up a dartboard style scoring zone with a smaller (5pts) medium (3pts) and larger (1pt) area marked with markers.
- If you hit the stumps (target) direct you receive 10pts.
- The purpose is to bowl using a straight arm and bounce the ball in the different zones to score points.
- What's the highest score you can achieve in 10 attempts?

EQUIPMENT NEEDED

- Stumps or Target – Wheely bin?
- A ball or alternative – be creative!
- Markers for scoring zone – can you use cloths/socks or alternative?



How can you demonstrate self belief throughout this challenge?

MAKE IT EASIER...

Move closer to the stumps (targets). Aim at 2 sets of stumps. Increase the size of the areas to bounce the ball in.

MORE OF A CHALLENGE

Can you bowl faster? Can you introduce spin? Can you reduce the size of the targets?

MAKE IT INCLUSIVE

Move closer to the stumps. Adapt the bowling technique (underarm throw) if unable to bowl overarm.

LEAD OTHERS

With an adult or sibling, take on the role of the umpire and tally/score the number of points achieved.

PRIMARY

CRICKET

FRIDAY FUN



30mins



! Physical Literacy



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.

Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.

You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.

Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.

Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.



How can you demonstrate honesty throughout this challenge?

ACTIVITY

5,4,3,2,1

- You will need a partner, and one ball
- You and your partner should stand as far apart as you can and put a marker down. This is where you will run to.
- Next come to the middle of the markers, standing about 1m apart and throw your ball between you and your partner to complete 5 catches, when complete (without dropping) run to your marker and back.
- Next do 4 throws/catches, then run to your marker, come back to the middle
- Next do 3 throws/catches, then run to your marker, come back to the middle
- Next do 2 throws/catches, then run to your marker, come back to the middle
- Next do 1 throw/catch, then run to your marker, come back to the middle.
- If you drop at any point you will need to start at 5.
- Once completed this round, you should do the throws as above, 2 m apart, then 3 m
- Remember if you drop the ball at any point you should start at 5.

- How far away can you stand from your partner and complete 5,4,3,2 and 1

EQUIPMENT NEEDED

- One ball or rolled up bundle of socks
- 2 markers.