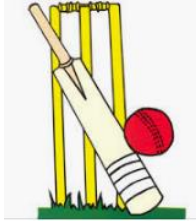




# PE Home Learning Pack



## L & L Sports Striking & Fielding Cricket Skills



### Home Learning Pack

1. Cricket Quiz
2. Weekly Exercise Plan
3. Rules of Pairs Cricket (Including Q & A)
4. Warm up / Stretching Activity
5. The Human Body
6. Home Cricket Skills
7. Evaluate performance
8. Fitness Challenge
9. Benefits of Physical Activity
10. Cricket bat poster
11. Maths Fielding
12. Eat Well Plate



Useful websites

[www.nhs.co.uk/change4life](http://www.nhs.co.uk/change4life)

KS2 BBC Bitesize

Useful vocabulary

Cricket Evaluate & Improve Health

Skeleton Physical activity Fitness

Parent comment:

Teacher comment:

# L & L Sports Striking & Fielding Cricket Skills

## Home Learning Pack

### Cricket Quiz- Test your cricket knowledge

Q1. How many players are there on a cricket team?

\_\_\_\_\_

Q2. What do you call the set of three wooden stumps and 2 small sticks in cricket?

\_\_\_\_\_

Q3. How do the captains usually decide which team will bat first?

\_\_\_\_\_

Q4. What colour kit do Test cricket players normally wear?

\_\_\_\_\_

Q5. What is a cricket ball made of?

\_\_\_\_\_

Q6. Which country's cricket team has won the most international trophies?

\_\_\_\_\_

Q7. In what country did cricket come from?

\_\_\_\_\_

Q8. What are the different parts of the match called?

\_\_\_\_\_

Q9. What do you score in cricket: goals or runs?

\_\_\_\_\_

Q10. What is a cricket bat made of?

\_\_\_\_\_

**Find the answers at the back**

**How did you do?**

# L & L Sports Striking & Fielding Cricket Skills

## Home Learning Pack

### Weekly Exercise Plan

Monday	Tuesday	Wednesday	Thursday	Friday
M = 5 Sit ups	T= 20 Sec wall sit	W= 10 jump and touch sky	T= 20 Sec wall sit	F= 30 sec wall sit
O = 5 Burpees	U = 6 Sit ups	E= 30 Sec jog on spot	H= 8 Sit ups	R= 10 Sit ups
N = 20 Star jumps	E = 30 Sec jog on spot	D= 25 Star jumps	U= 25 Sec plank	I= 10 Push ups
D= 5 Push ups	S = 25 Sec plank	N= 7 Push ups	R= 30 Star jumps	D= 10 Burpees
A = 20 Sec plank	D = 6 Burpees	E= 25 Sec plank	S= 8 Push ups	A= 10 Jumps squats
Y = 5 Squat Jumps	A = 6 Push ups	S= 25 Star jumps*	D= 8 Burpees	Y= 35 Star jumps
	Y = 6 Squat jumps	D= 7 Burpees	A= 8 Jump squats	
		A= 7 Squat humps	Y= 10 Jump and touch sky	
		Y= 7 Sit ups		

Rest for 1 minute in between each activity

# L & L Sports Striking & Fielding Cricket Skills

## Home Learning Pack

### Rules of Pairs Cricket (Including Q & A)

Can you read the rules and answer the questions. Find your answers in the text

**Pitch:** 2 sets of wickets 16 yards apart

**Teams:** Each team consists of 10 players, 8 of whom may play at any one time

**Substitutes:** These are permitted game to game, but not during the game, except in the event of an injury when a substitute is allowed to field but unable to bowl. The substitute is allowed to bat if the injury is deemed sufficiently bad.

**The Start:** The 2 teams toss a coin to decide who has the choice of batting or fielding.

#### Batting and Scoring:

- The batting side starts with 200 runs and bats in 4 pairs
- Each pair receives 2 overs and has unlimited lives
- Each time a batter is out, 5 runs are deducted and the other batter faces the next ball
- At the end of the over the batsmen change ends
- A batter can be out from being bowled, caught, run out, stumped or hit wicket.
- There is no LBW rule unless the umpire decides that the batter has deliberately blocked the ball from hitting the wickets using their legs.
- Runs are scored in the normal manner, as are byes.
- NO balls occur if a ball bounces more than twice in reaching the batsmen, or if the ball reaches the batter above shoulder height.
- 2 runs are awarded to the batting team for each wide delivery or no ball, with no extra ball being bowled except in the final over of the innings, when the batting side

receives an extra ball and 2 extra runs.

- A batsmen may hit a no ball, but if the resulting no-ball shot achieves more than 3 runs, the 2 runs for the no ball are ignored.

At the end of the first 2 overs the batters retire and are replaced by the second pair until all 4 pairs have received 2 overs.

### **Bowling and Fielding:**

- Each player bowls one over of 6 balls.
- Bowling takes place from one end only.
- Fielders rotate clockwise after each over. Thus all players get a turn in each fielding position, including wicket keeping.
- Overarm bowling is encouraged, however underarm bowling is allowed.

No fielder is allowed within 10 yards of the striking batsman.

The Result: The team with the highest total wins! In the event of a tie, the team taking the most wickets wins.

## Pairs Cricket Comprehension Questions

How far apart should the wickets be?

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How many players should be on each team during play?

---

Can you explain what the word 'Permitted' means?

---

---

How many runs does each team start on?

---

How many runs do you lose if you're out?

---

What could happen for a NO BALL to be given?

---

---

How many runs are awarded to the batting team if a NO BALL is given?

---

How many balls should each batter face?

---

Can you tell me all the ways that a batter can be out?

---

---

What happens if the game ends in a tie?

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# L & L Sports Striking & Fielding Cricket Skills

## Home Learning Pack

### Warm up & Stretching Activity

Pulse raiser: Move around the space that you have and travel in different ways on (walking, jogging, skipping, side stepping, high knees, heel flicks)

Move the ball

Put some tennis balls on cones or markers (Or anything you could use as a marker) Move the tennis balls from one marker to an empty marker. Can you get an adult to time you? How many balls can you move in 1 minute? Use one hand or two hands to test your fielding skills.

Dynamic & Static stretching



Q. Do you know why you are breathing more?

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Q. What is your heart doing? Can you explain why?

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Q. What physical changes do you notice about your body? Why?

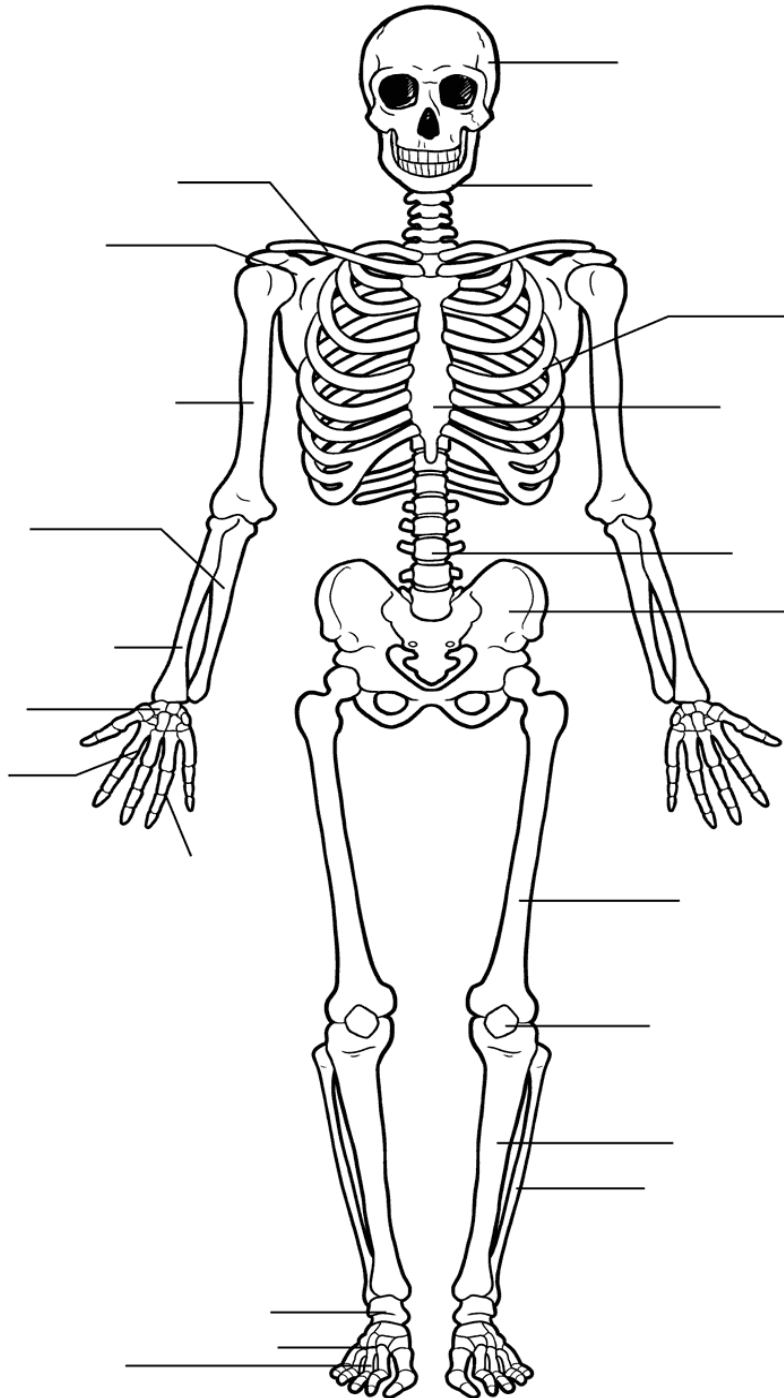
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# L & L Sports Striking & Fielding Cricket Skills

## Home Learning Pack

The Human Body-Can you label the bones in the body?



Skull	Jaw	Ulna	Meta Tarsals	Tibia
Pelvis	Radius	Phalanges	Humerus	
Spine	Patella	Rib cage	carpals	
Femur	Tarsals	Fibula	Metacarpals	



## Home Cricket Skills

**Game 1:** Using a cricket bat, with a partner can you practice a straight drive shot?



**Grip:** hands near to the top of the bat with the weaker hand on top.

**Stance:** feet parallel shoulder-width apart, knees slightly bent, head still.

**Action:** push the bat straight towards the wicket, swing arms away from the body, keep head and step into the shot. Follow through with the bat.

## Home Cricket Skills

**Game 2:** Using a cricket bat, with a partner can you practice a Forward defensive shot? If you have a wicket great! If not, no problem!



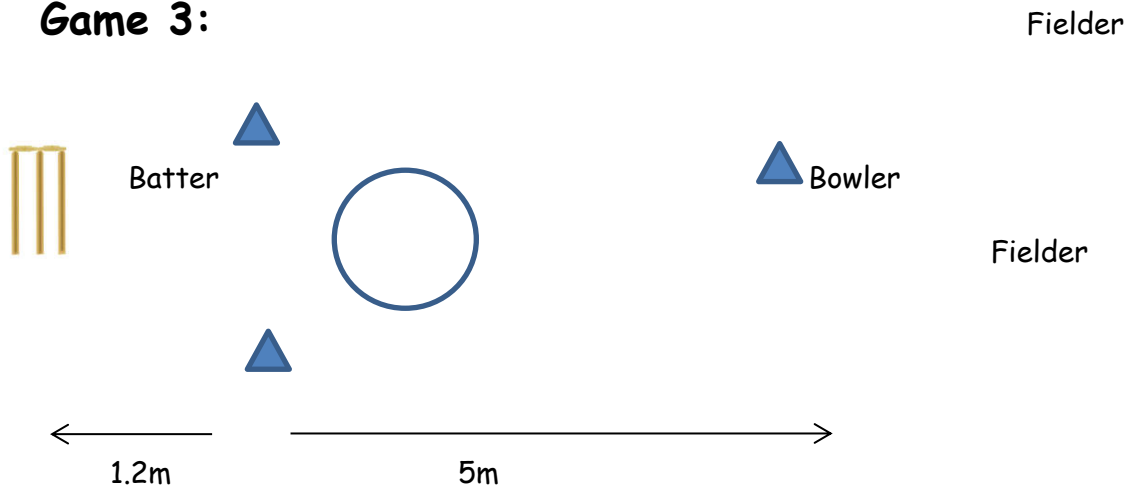
**Grip:** hands near to the top of the bat with the weaker hand on top.

**Stance:** feet parallel shoulder-width apart, knees slightly bent, head still.

**Action:** move the head towards the ball and step forward with the front foot. Bend the front knee and let the bat come down alongside the knee. Allow the ball to hit the bat, and have no follow through.

## Home Cricket Skills

### Game 3:



Bowler must **underarm** bowl the ball into the hoop.

Batter must play a **straight drive** shot - and get as many runs as possible from the crease, to the batters cone.

Fielders and batsman must work together to get the bats man out.

Each batter will face 1 over each, and the winning player is the player with the most runs. **(Runs do not count if you are run out by the fielders)**

Player 1	Player 2
<b>Total:</b>	<b>Total:</b>

You are playing as an individual player, but you must bowl for your partner and record their runs within the table above. If they get out, then this must be recorded also, but they must face 1 full over. Mark each bowl in the boxes above. **When you have both batted, calculate a total, and circle the winning player.**

## Evaluate performance

What went well during your games?

---

---

Did you use the correct technique?

---

Can you describe the technique you used?

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---

How could you improve your performance?

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## Fitness Challenge

Fitness challenge	Attempt 1	Attempt 2	Attempt 3	Best score
<b>1 minute sit up challenge</b>				
<b>30 second star jump challenge</b>				
<b>Longest plank challenge</b>				
<b>Wall sit challenge</b>				



## Benefits of Physical Activity

Can you research some of the benefits of physical activity and exercise?

### Task

Design a poster which advertises the benefits of exercise:

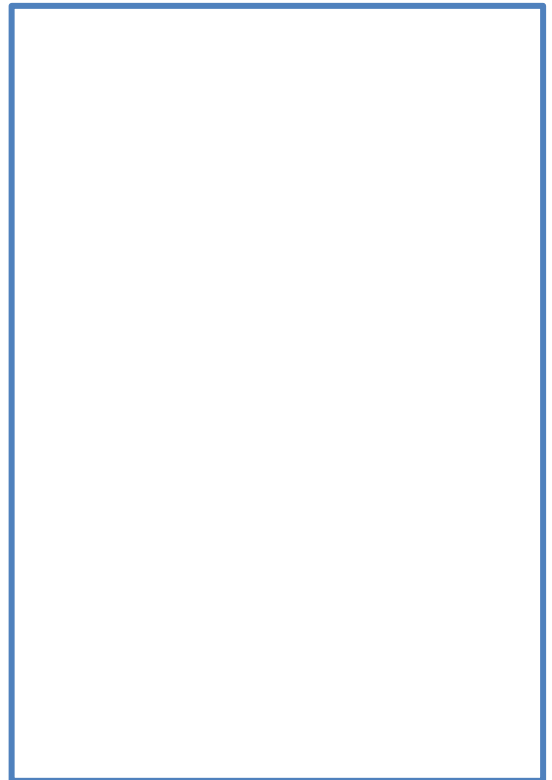
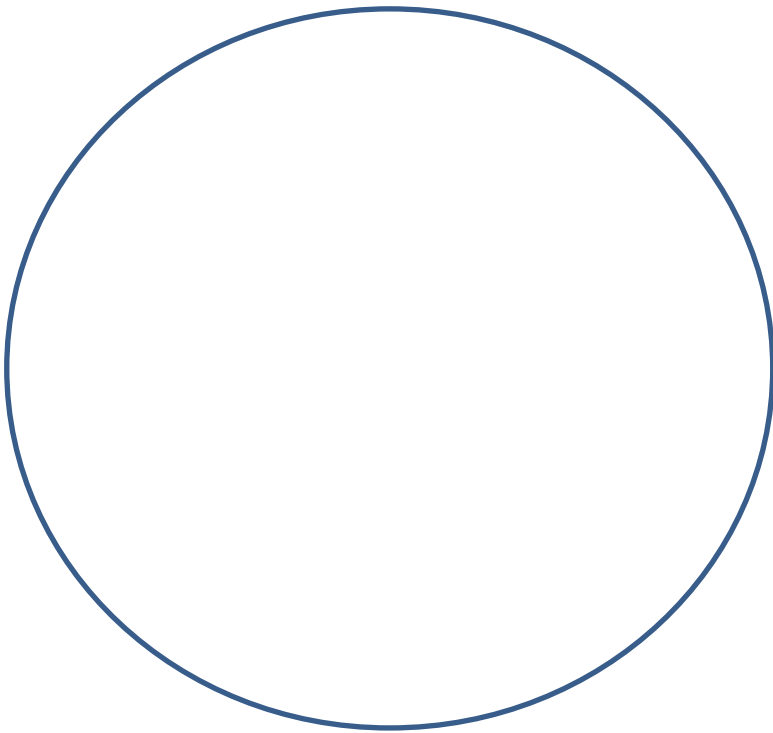
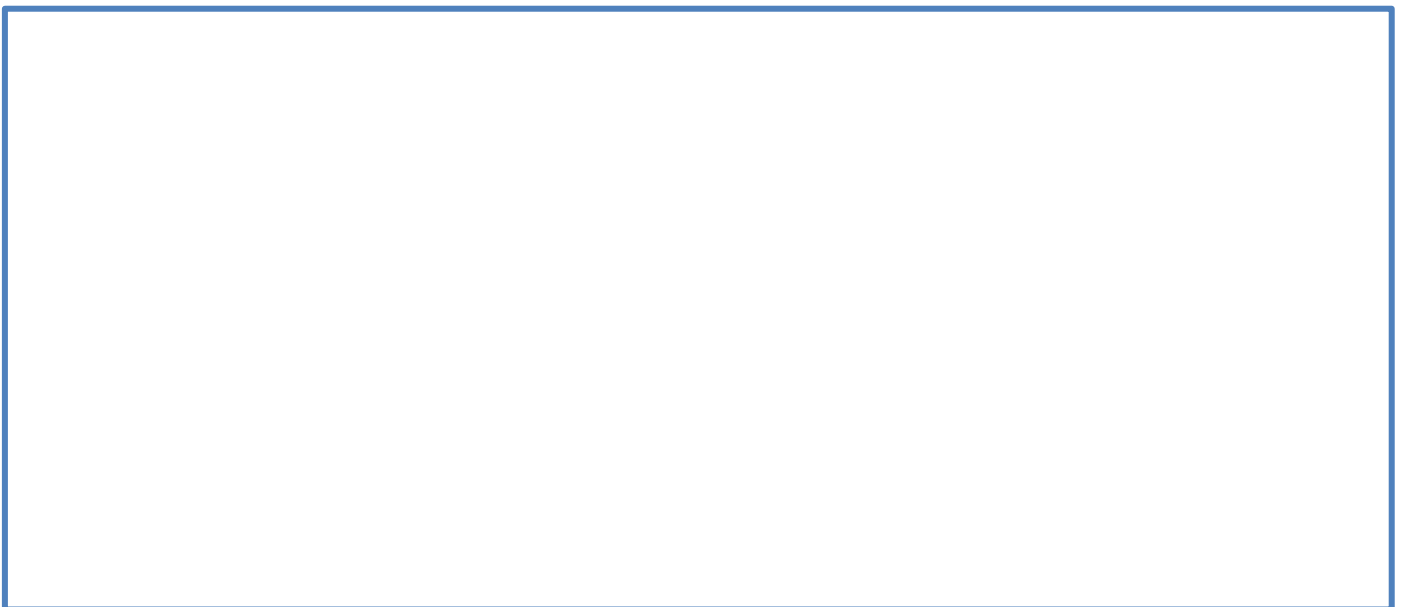
Think about the following points:

- Why is exercise important?
- How does your body respond to exercise?
- Where can you exercise?
- What can you do to exercise?

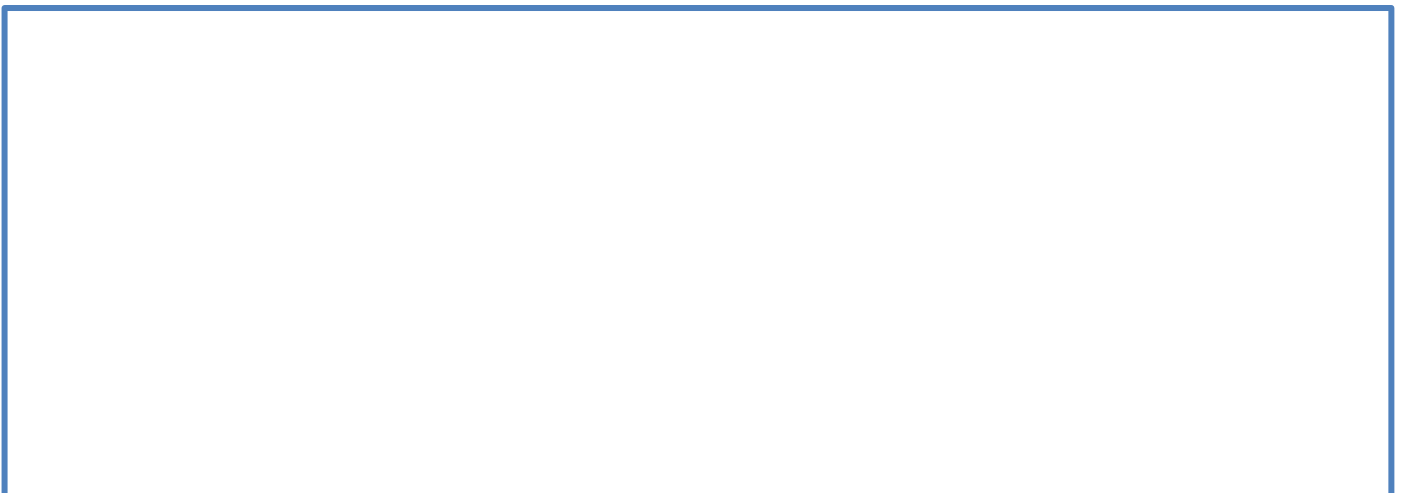
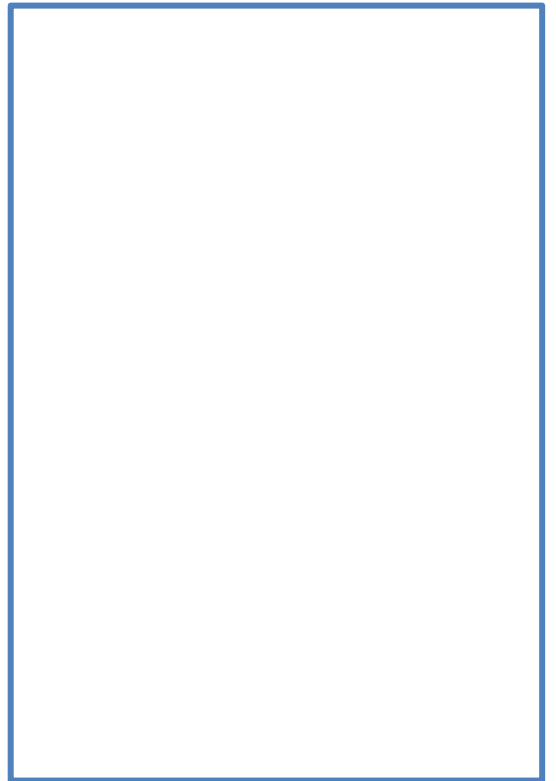
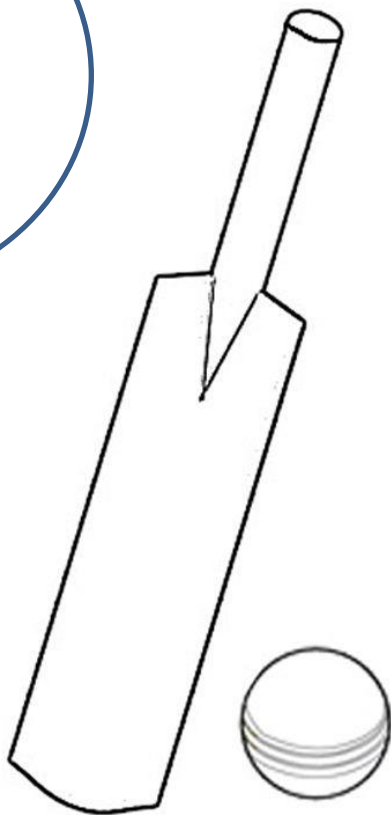
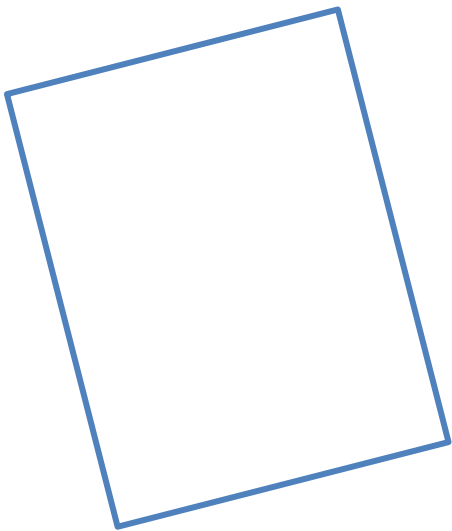
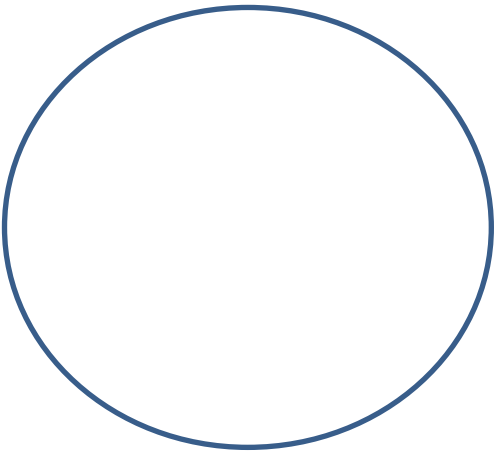
Can you design your own cricket bat and create a poster to advertise it?

- Why should someone buy it?
- Describe what is good about it
- How much does it cost?

## Benefits of Physical Activity

A horizontal rectangular box with a blue border, intended for writing.A vertical rectangular box with a blue border, intended for writing.A large empty rectangular box with a blue border, intended for writing.

# Cricket bat poster





## Maths fielding

**One player-** Find a safe place to throw a ball against a wall. Say a times table question quick and throw the ball. Answer the question before catching the ball. Repeat.

**Two player-** A parent or friend says the questions and passes you the ball. You say the answer before catching the ball. Repeat.

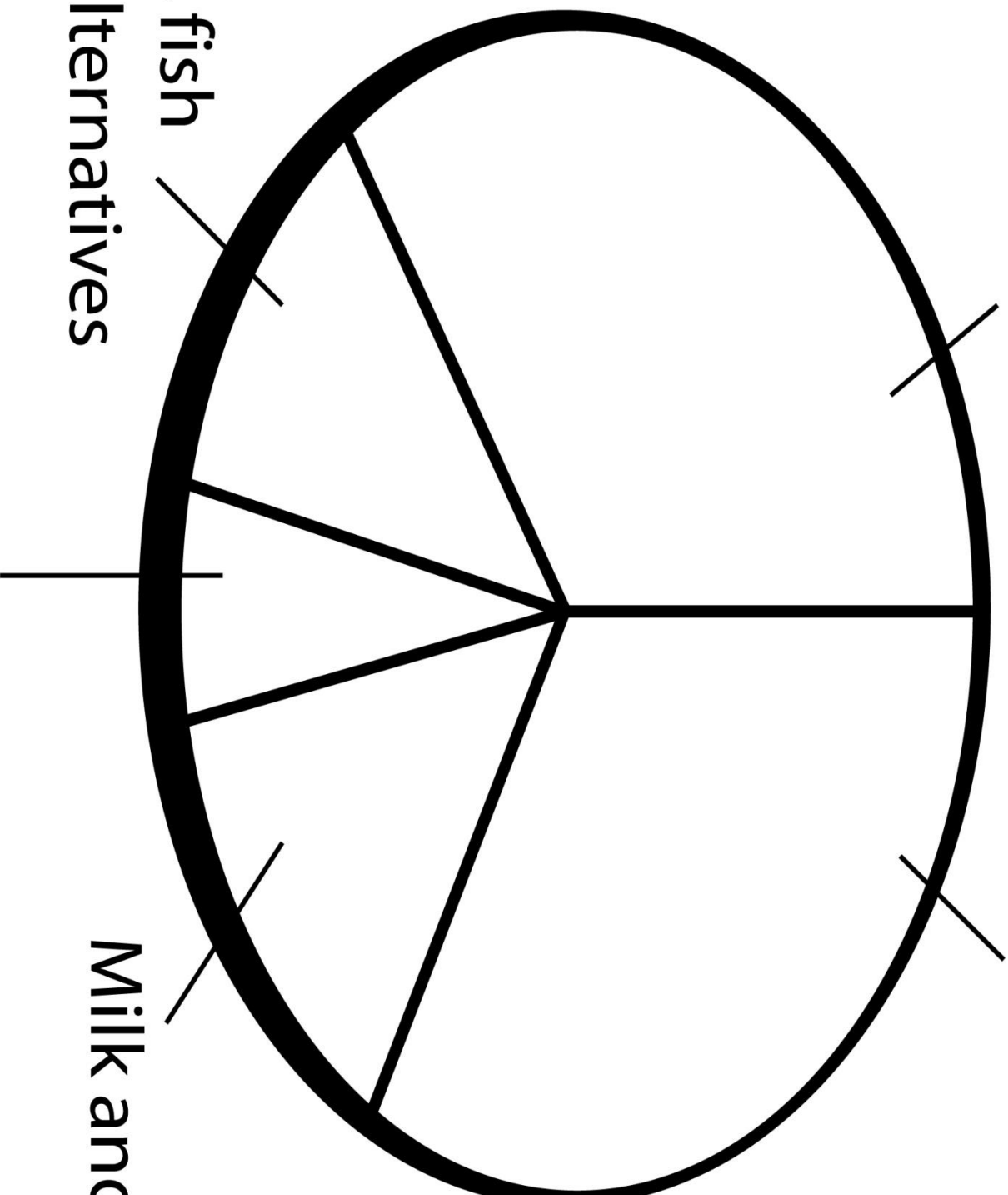
### Times Tables 1 to 12

1 times table	2 times table	3 times table	4 times table
$1 \times 1 = 1$	$1 \times 2 = 2$	$1 \times 3 = 3$	$1 \times 4 = 4$
$2 \times 1 = 2$	$2 \times 2 = 4$	$2 \times 3 = 6$	$2 \times 4 = 8$
$3 \times 1 = 3$	$3 \times 2 = 6$	$3 \times 3 = 9$	$3 \times 4 = 12$
$4 \times 1 = 4$	$4 \times 2 = 8$	$4 \times 3 = 12$	$4 \times 4 = 16$
$5 \times 1 = 5$	$5 \times 2 = 10$	$5 \times 3 = 15$	$5 \times 4 = 20$
$6 \times 1 = 6$	$6 \times 2 = 12$	$6 \times 3 = 18$	$6 \times 4 = 24$
$7 \times 1 = 7$	$7 \times 2 = 14$	$7 \times 3 = 21$	$7 \times 4 = 28$
$8 \times 1 = 8$	$8 \times 2 = 16$	$8 \times 3 = 24$	$8 \times 4 = 32$
$9 \times 1 = 9$	$9 \times 2 = 18$	$9 \times 3 = 27$	$9 \times 4 = 36$
$10 \times 1 = 10$	$10 \times 2 = 20$	$10 \times 3 = 30$	$10 \times 4 = 40$
$11 \times 1 = 11$	$11 \times 2 = 22$	$11 \times 3 = 33$	$11 \times 4 = 44$
$12 \times 1 = 12$	$12 \times 2 = 24$	$12 \times 3 = 36$	$12 \times 4 = 48$
5 times table	6 times table	7 times table	8 times table
$1 \times 5 = 5$	$1 \times 6 = 6$	$1 \times 7 = 7$	$1 \times 8 = 8$
$2 \times 5 = 10$	$2 \times 6 = 12$	$2 \times 7 = 14$	$2 \times 8 = 16$
$3 \times 5 = 15$	$3 \times 6 = 18$	$3 \times 7 = 21$	$3 \times 8 = 24$
$4 \times 5 = 20$	$4 \times 6 = 24$	$4 \times 7 = 28$	$4 \times 8 = 32$
$5 \times 5 = 25$	$5 \times 6 = 30$	$5 \times 7 = 35$	$5 \times 8 = 40$
$6 \times 5 = 30$	$6 \times 6 = 36$	$6 \times 7 = 42$	$6 \times 8 = 48$
$7 \times 5 = 35$	$7 \times 6 = 42$	$7 \times 7 = 49$	$7 \times 8 = 56$
$8 \times 5 = 40$	$8 \times 6 = 48$	$8 \times 7 = 56$	$8 \times 8 = 64$
$9 \times 5 = 45$	$9 \times 6 = 54$	$9 \times 7 = 63$	$9 \times 8 = 72$
$10 \times 5 = 50$	$10 \times 6 = 60$	$10 \times 7 = 70$	$10 \times 8 = 80$
$11 \times 5 = 55$	$11 \times 6 = 66$	$11 \times 7 = 77$	$11 \times 8 = 88$
$12 \times 5 = 60$	$12 \times 6 = 72$	$12 \times 7 = 84$	$12 \times 8 = 96$
9 times table	10 times table	11 times table	12 times table
$1 \times 9 = 9$	$1 \times 10 = 10$	$1 \times 11 = 11$	$1 \times 12 = 12$
$2 \times 9 = 18$	$2 \times 10 = 20$	$2 \times 11 = 22$	$2 \times 12 = 24$
$3 \times 9 = 27$	$3 \times 10 = 30$	$3 \times 11 = 33$	$3 \times 12 = 36$
$4 \times 9 = 36$	$4 \times 10 = 40$	$4 \times 11 = 44$	$4 \times 12 = 48$
$5 \times 9 = 45$	$5 \times 10 = 50$	$5 \times 11 = 55$	$5 \times 12 = 60$
$6 \times 9 = 54$	$6 \times 10 = 60$	$6 \times 11 = 66$	$6 \times 12 = 72$
$7 \times 9 = 63$	$7 \times 10 = 70$	$7 \times 11 = 77$	$7 \times 12 = 84$
$8 \times 9 = 72$	$8 \times 10 = 80$	$8 \times 11 = 88$	$8 \times 12 = 96$
$9 \times 9 = 81$	$9 \times 10 = 90$	$9 \times 11 = 99$	$9 \times 12 = 108$
$10 \times 9 = 90$	$10 \times 10 = 100$	$10 \times 11 = 110$	$10 \times 12 = 120$
$11 \times 9 = 99$	$11 \times 10 = 110$	$11 \times 11 = 121$	$11 \times 12 = 132$
$12 \times 9 = 108$	$12 \times 10 = 120$	$12 \times 11 = 132$	$12 \times 12 = 144$



Fruit and vegetables

Bread, other cereals and  
potatoes



Meat, fish  
and alternatives

Milk and dairy foods

Foods containing fats

foods containing sugars





Create your own eat well plate using the food pictures and template.

Extension: Can you research the different food groups and write a sentence explaining what they do for the body.

## Cricket Quiz Answers

1. 11
2. Wicket
3. Coin toss
4. White
5. Leather
6. Australia
7. England
8. Innings
9. Runs
10. Wood