



Virtual Programme
Session 2 of 6

Learning Objectives

National Curriculum

“Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Engage in competitive (both against self and against others) and co-operative physical activities, in a range of challenging situations.”

Striking & Fielding

- Develop an effective and consistent striking action for hitting the ball; develop accuracy and placement for hitting.

Personal Development

- Provide positive feedback to a partner to help improve their performance.

Whole Child Development Focus

- Personal
- Social

Foundation skills for cricket

Techniques for batting through developing striking action.

Spirit of Cricket values:

COLLABORATION: Work together as a team to help everyone achieve success.

Safety

Ensure hitting practices take place in same direction.

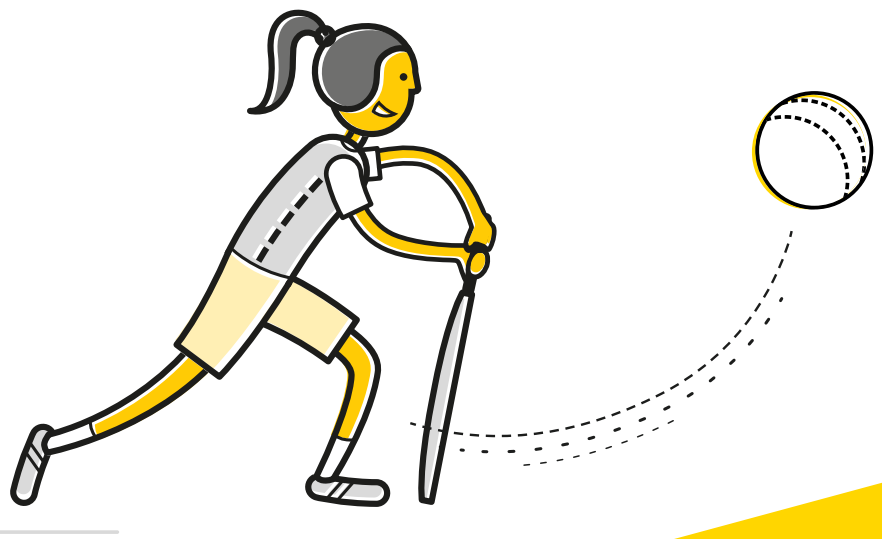
Ensure there is always sufficient **space** to set up games safely and move through progressions to use larger areas.

Ensure that all activities are set up to comply with relevant social distancing expectancies.

Session Two: Super Striker

Overview

1	2	3
Starter: Bat Taps	Skill Development: Pairs Passing	Star Challenge: Hit the Gap
30-35% of available session time	30-35% of available session time	30-35% of available session time
Participation: Individual	Participation: Pairs	Participation: Pairs
Equipment (per child):		
<ul style="list-style-type: none"> • 1 x bat/tennis racket/paddle bat • 1 x ball • 4 x markers/cones (to create safe space for social distancing) 		



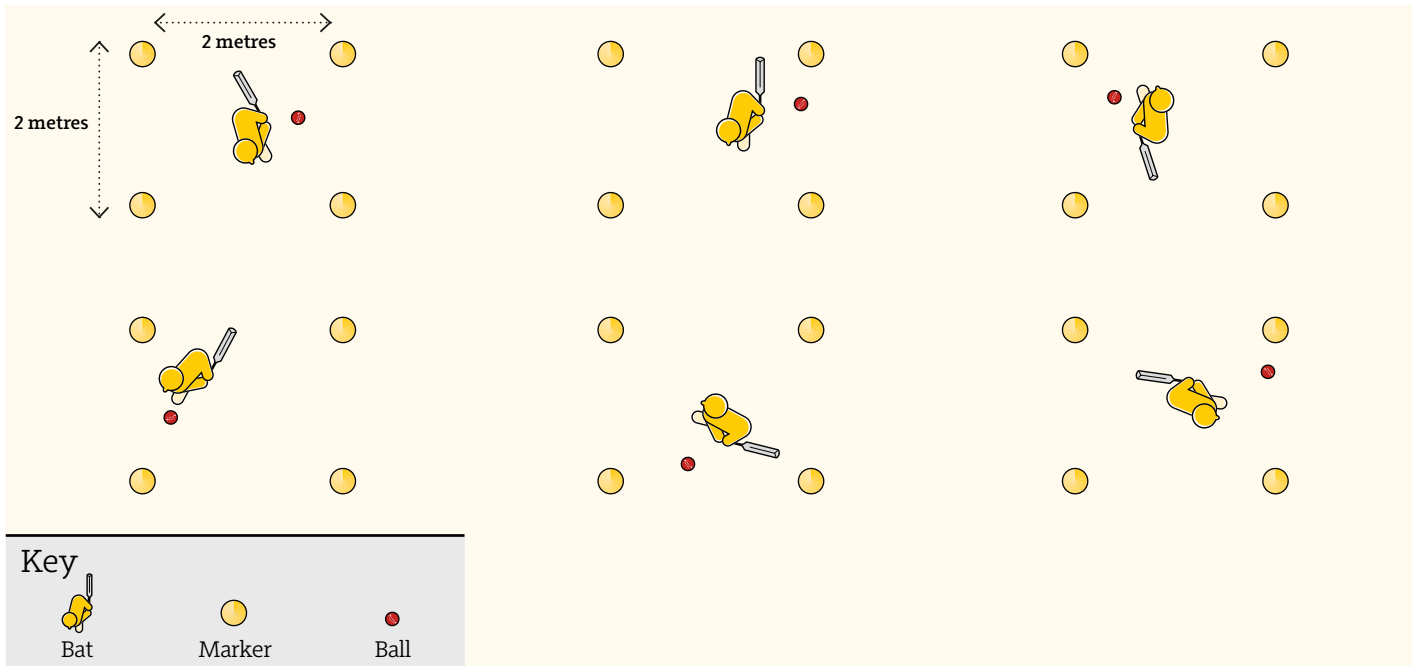
- Suggested session length = 30-40 minutes including introduction and summary
- Approx. segment length = 7-10 minutes



Scan the QR code to watch our support video

Session Two: Super Striker

1. Starter: Bat Taps



Activity overview

Suggested time split: 30-35%

Participation: Individual

Keys to Success

- 1) Watch the ball all the way onto the point of contact with the bat
- 2) To step towards the ball before striking, to create a stable base

Question to promote learning:

- “What did you have to do to increase your score?”
- “Did you have a go at the more challenging levels or different bat tap types?”
- “What did you have to focus during the activity?”

A How to set up

- Create a 2m box for each child to work within using cones/markers and ensure safe spacing between each area.
- Each child requires a soft ball and something to strike with.

B How to play

The aim is to try and keep the ball off the floor, within the marked space, using the bat.

To change the activity encourage pupils to try some of the following:

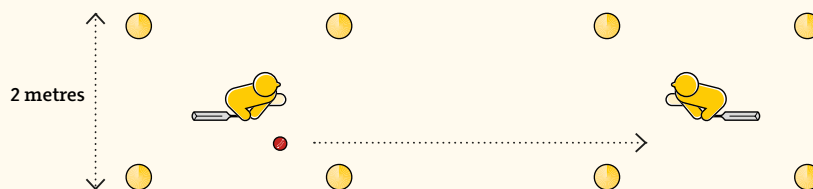
- Try moving around in the space whilst completing the bat taps.
- Use different methods to tap the ball, including balances and smaller/larger taps.
- Increase the challenge by using different parts of the bat, e.g. the edge.
- Introduce a competition by seeing how many taps can be done in 1 minute – set a Personal Best.

C Reflective Questions

- When using the reflective questions, you may want to allow the group to have a go at the activity for 3-5 minutes and then bring them in to discuss the questions, allowing them chance to have another go to practice their thoughts and ideas.
- You may consider using the questions at the end of each activity, to allow them to try think about applying their ideas in the next part of the session.
- Some example questions are included on each activity page and are designed to link to the Whole Child Development focus.

Session Two: Super Striker

2. Skill Development: Pairs Passing



Key



Bat



Marker



Ball

Activity overview

Suggested time split: 30-35%

Participation: Pairs

Keys to Success

- 1) Watch the ball all the way onto the point of contact with the bat
- 2) To step towards the ball before striking, so to create a stable base

Question to promote learning:

- “What praise did you give your partner?”
- “How did you help your partner improve their striking?”
- “How do you grip the bat to help you?”
- “What did you need to do to be balanced?”

A How to set up

- Work with a partner from an adjacent box.
- Only 1 ball is needed at a time. Remind children to only touch ‘their’ ball with their hands.

B How to play

Facing a partner, the aim is to pass the ball across to them, along the floor, using a variety of different shots. The aim is to keep the ball within the marked areas that children are working in.

Consider:

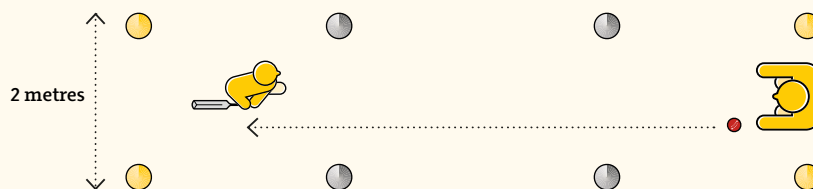
- Using different types of shot.
- Adding a competition to see how many passes can be made in 1 minute.

C Reflective Questions

- Some example reflective questions linked to the Whole Child Development focus are included here on the left.

Session Two: Super Striker

3. Star Challenge: Hit the Gap



Key



Bat



Catch



Cone



Ball

Activity overview

Suggested time split: 30-35%

Participation: Pairs

Keys to Success

- 1) Watch the ball all the way onto the point of contact with the bat
- 2) To step towards the ball before striking, so to create a stable base

Question to promote learning:

- “How did you improve your team score?”
- “What feedback did you give to each other?”
- “How do you grip the bat to help you?”
- “Can you change the challenge?”

A How to set up

- Work with a partner from an adjacent box.
- Only 1 ball is needed at a time. Remind children to only touch ‘their’ ball with their hands.

B How to play

The aim is to hit the ball between the targets to score points. Use the 4 cones between each pair to create two gates.

Partner 1 throws the ball underarm for partner 2 to hit back, trying to hit the ball through the 2 gates.

If the ball is hit through 1 gate, score 2 points. If it is hit through 2 gates, score 4 points.

Have 6 goes, then swap roles.

Consider:

- Using different types of shot.
- Adding competition by seeing how many points are scored in 6 goes, setting a Personal or Team Best.
- Changing the target size to increase or decrease the level of challenge.

C Reflective Questions

- Some example reflective questions linked to the Whole Child Development focus are included here on the left.