



Virtual Programme
Session 6 of 6
The All-Rounder Challenge

Learning Objectives

National Curriculum

“Engage in competitive (both against self and against others) and co-operative physical activities, in a range of challenging situations. Participate in team games, developing simple tactics for attacking and defending.”

Striking & Fielding

- Select and apply the appropriate batting, throwing, bowling and catching skills under pressure.

Personal Development

- To create and then improve Personal Best across a range of cricket skills.

Whole Child Development Focus

- Personal
- Physical

Foundation skills for cricket

Combining key skills of fielding, batting and bowling (underarm) and applying them in a game.

Spirit of Cricket values:

COMPETITION: Play hard, play fair, play to win.

Safety

Ensure hitting zones are in same direction or from one centre point outwards.

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 Six: Confident Cricketer

The All-Rounder Challenge

1	2	3
Starter: Bat Taps	Skill Development: Hit The Target	Star Challenge: Rebound Catch
30-35% of available session time	30-35% of available session time	30-35% of available session time
Participation: Individual	Participation: Individual	Participation: Individual

Equipment (per child):

- 1 x ball
- Rebound wall

Equipment (group)

Suggested volume for a group of 5

- 5 x bats/rackets
- 1 x Stumps/target
- 4 x Space markers/cones



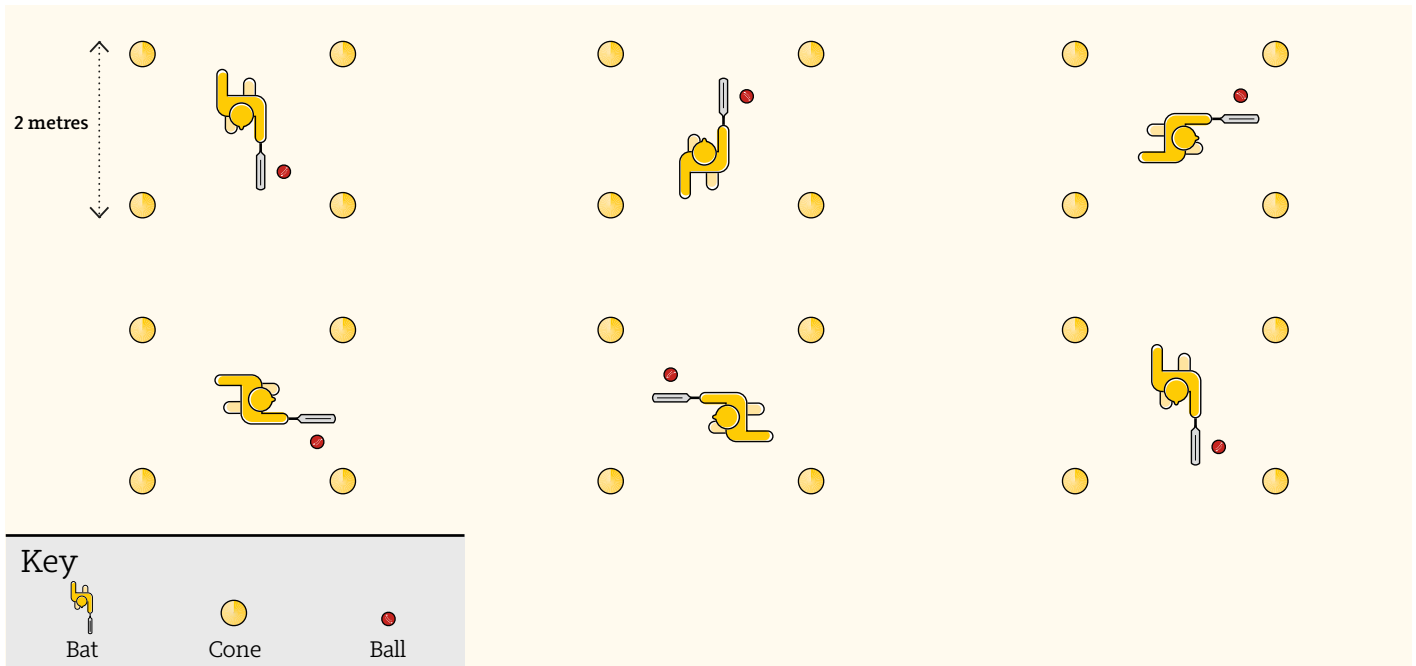
- Suggested session length = 30-40 minutes including introduction and summary
- Approx. segment length = 7-10 minutes



Scan the QR code to watch our support video

Session Six: Confident Cricketer

1. Challenge 1: Bat Taps



Activity overview

Suggested time split: 30-35%

Participation: Individual

Keys to Success

- 1) Challenge yourself to work on your Personal Best
- 2) Think of 1 way each time that you can improve your score

Question to promote learning:

- “If your ball dropped to the floor, how did you react?”
- “What skills did you use to help set your Personal Best?”

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.
- Children can have as many goes as possible within the time given for the activity.

B How to play

Each child aims to try and keep the ball off the floor, within the marked space, using the bat.

Children have 1 minute to see how many Bat Taps they can complete. The scoring system is as follows:

- Tap with the front of the bat = 1 point.
- Tap with the edge of the bat = 2 points.
- Tap with the bottom of the bat/handle = 4 points.

If the ball hits the floor, they can pick it up and carry on counting their score from where it was.

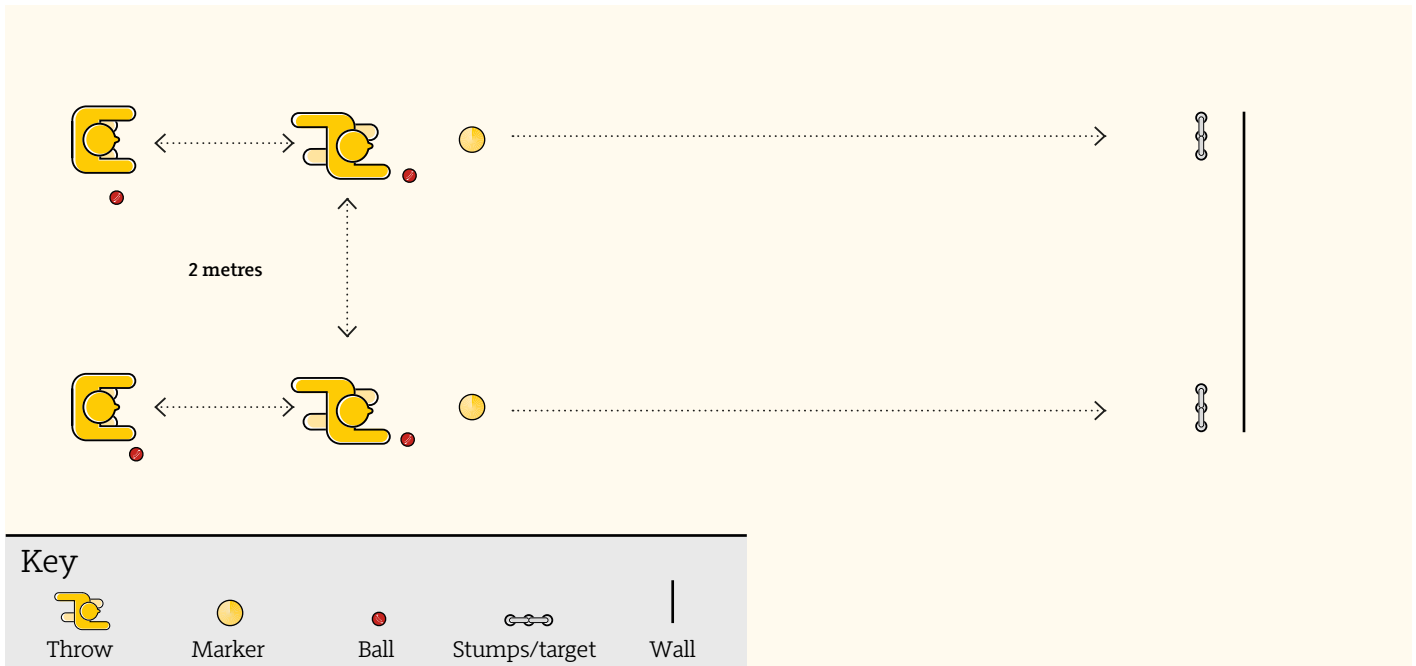
They can capture their score on a scoresheet. See if they can set a new Personal Best on their next go.

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.

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2. Challenge 2: Hit The Target



Activity overview

Suggested time split: 30-35%

Participation: Individual

Keys to Success

- 1) Challenge yourself to work on your Personal Best
- 2) Think of 1 way each time that you can improve your score

Question to promote learning:

- “What did you need to focus on to hit the target?”
- “How did you react if you missed the target?”

A How to set up

- Set up multiple groups of 5 dependent on the class size.
- Each pupil has their own ball.
- 1 marker/cone and 1 target per group.
- Children can have as many goes as possible within the time given for the activity.

B How to play

The aim is to try and hit the stumps/target as many times as possible in 1 minute, using an overarm bowl.

Children have the option of 3 difficulty levels, which are:

- 3 stumps (large target) = 1 point per hit.
- 2 stumps (medium target) = 2 points per hit.
- 1 stump (small target) = 3 points per hit.

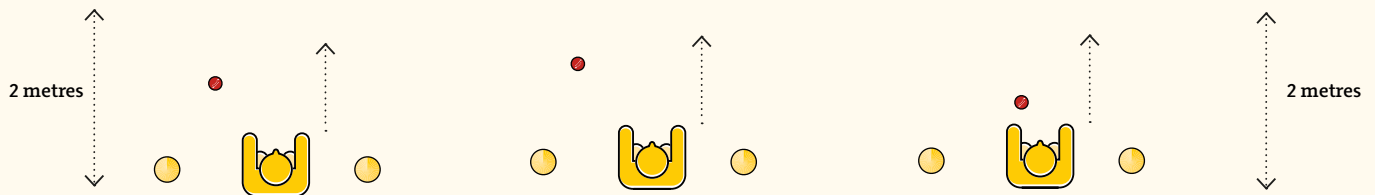
They can capture their score on a scoresheet. See if they can set a new Personal Best on their next go.

C Reflective Questions

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

Session Six: Confident Cricketer

3. Challenge 3: Rebound Catch



Key



Catch



Cone



Ball



Wall

Activity overview

Suggested time split: 30-35%

Participation: Individual

Keys to Success

- 1) Challenge yourself to work on your Personal Best
- 2) Think of 1 way each time that you can improve your score

Question to promote learning:

- “What helped you catch the ball?”
- “What would you focus on next time to improve your score?”

A How to set up

- Set up 2 metres away from a wall, marking the distance with 2 markers/cones.
- Children can have as many goes as possible within the time given for the activity.

B How to play

The aim is to throw the ball at the wall and then take a rebound catch.

Children have 1 minutes to score as many points as possible. They score points for each successful catch.

- 2 handed catch = 1 point.
- 1 handed catch = 2 points.

If they drop the ball, they can pick it up again and keep going – all points still count.

They can capture their score on a scoresheet. See if they can set a new Personal Best on their next go.

C Reflective Questions

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

After you have completed all three challenges, add up your total points to see what your All Rounder Score was. Can you improve on this next time round? Have a think about what you need to do to improve your score?

Scoresheets can be downloaded from the Schools Portal.

Resource partners