juniors

FACE-TO-FACE
VIRTUAL

GET ACTIVE

20 MINUTES

IN THE CUPBOARD

CRICKET

PART OF THE AUSTRALIA THEMED PROGRAMME

GETTING INTO THE ACTIVITY

Cricket is hugely popular in Australia and is seen as one of their national sports. Play a game of cricket and you could even pretend you are competing for the Ashes or Cricket World Cup.

Cricket: Divide the group into two teams - fielders and batters. Two batters play at one time (as per traditional cricket) and try to score as many runs in 10 balls as they can. Lose 5 runs for an out. Rotate around all the batters to get a team score. Once everyone has batted, switch teams and see if the fielding team can beat the score. Use a ball suitable for indoors.

Non-Stop Cricket: Split into two teams. Set up one set of stumps and cones 5+ metres to the left and right of the stumps. The batting team has one person at the stumps. They face the bowler and attempt to hit the ball. Regardless of if they hit the ball or not, they must run to one of the cones and back again. The bowler does not have to wait for the batter to return and can bowl once they have the ball. Once a batter has been bowled / caught a new batter should immediately come into play. Keep playing for 5 minutes and then swap over teams.

WHAT YOU'LL NEED

- Cricket Kit
- Ball (suitable for indoor use)
- Cones

KEEPING EVERYONE SAFE

Maintain social distancing as required. Use markers to help aid social distancing. All participants MUST have a hand hygiene break before and after playing. Bats should be cleaned between different players, and the ball should be cleaned periodically during the game.

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>the adventure begins here