

Key Knowledge for striking

Body Position

Batter needs to be sideways on to the ball (if right handed—left foot and shoulder should be closer to the direction of the ball). Weight slightly leaning forward to the ball. Eyes watching the ball at all times



Cricket Bat

Using both hands—if right handed—right hand needs to be lower down the grip below left hand and vice versa..



One Handed

Using preferred hand—head of the bat to be pointing up.



Two Handed

Using both hands—if right handed—right hand needs to be higher up the grip below left hand and vice versa. Bat pointed up.



Key Questions

How do you hold the bat?
How would your body be positioned so you are ready to strike the ball?
Where are you aiming for the ball to go?
What do you do once you have struck the ball?

Striking and Fielding

Key Vocabulary

Bat	Implement for striking a ball can be held in.
Fielding	Team trying to stop the opponents getting points.
Grip	How to hold the bat—this changes as to.
Body Position / Stance	Sideways on to the ball (or where the ball is coming from).
Back Lift	Moving the bat Backwards before striking the ball.
Follow Through	Keep the bat moving in The direction you want the ball to go.
Strike	The moment the bat hits the ball.
Aim	Where you want the ball to go.

Key Knowledge for fielding

Fielding

When it is a teams turn to field the whole team at the same time become fielders. Fielders can use any part of their body to field, with hands being the best option. A fielder will need to use their skills to prevent the batting side from scoring points. Remember the ball will move faster than you!

Fielders must field their own area, ensuring all of the team are well spaced out.



Focus Sports

Cricket- A bat and ball game played on a wicket between two teams of 11 players . It was played since Medieval times. Matches played in various forms: 20Twenty, 1-day and Test Match (5-days)

Rounders- Players try to hit the ball and run around the bases. There are two teams of 9 players. It has been played since Tudor times.

