

The Power of Cricket

3 Tees – Key Stage 1 (5-7yrs old)

Excite the children by introducing and developing fundamental movement skills as well as introduce a range of opportunities to develop their ABC's (Agility, Balance, Coordination)

3 Tees 2 – Key Stage 1 (5-7yrs old)

Excite the kids similarly to 3 Tees, but they will be able to master their basic movements like throwing and catching alongside developing their ability to work as a team and develop tactics

Rapid Fire – Key Stage 2 Lower (8-9yrs old)

Enhance their basic movement skills in combination to help progress the game. In this game, they will begin to communicate, collaborate and compete with and against others.

Kwik Cricket – Key Stage 2 Upper (10-11yrs old)

Engage all their previously learned skills and put it into a competitive game. At this stage they will start to compare their performances to previous games and develop improvements to achieve their personal best



CHANCE TO SHINE
Spreading the power of cricket



Essex Way

DNA Fielding

Challenge the batting team with every ball. To Work as a team to enjoy the fielding aspect of Cricket. This will always take into consideration the state of the game, the environment and the pre-determined game plan.
The Perfect Game.

Oxygen 5-11 year old's

Positive and Athletic Fielding	Intelligent challenging bowling	Master a variety of game tactical roles
Fast, agile, athletic individuals	Be able to bowl a consistent length	Enjoy the challenge of fielding and find ways to solve problems in the game

Fuel 12-15 year olds

Positive and Athletic Fielding	Intelligent challenging bowling	Master a variety of game tactical roles
Athletic movement, cover wide areas and strong catching	Consistent length and line with addition of variety	Be able to read the longer game plan, understand your and the team role

Ignition 15+

Positive and Athletic Fielding	Intelligent Challenging Bowling	Master a Variety of Game Tactical Roles
Strong Throw built into strong animal instincts	Read game situations and be able to bowl to game situation	Understand the game situation and create the Perfect Game

Essex Way

DNA Batting

Aim to read the game situation to hit from a strong base to create constant scoring option that put the fielding team under constant pressure. This will always take into consideration the state of the game, the environment and the pre-determined game plan. The Perfect Game.

Oxygen 5-11 year olds

Strong Bases to hit from	Find a way to score runs, putting the fielders under pressure	Master a variety of different ways to post and chase totals
Developing a Strong Set Position	Enjoy the feeling of scoring boundaries and runs	Play lots of games with opportunities to bat and reflect on setting and defending small sided games lots of gaps

Fuel 12-15 year olds

Strong bases to hit from	Find a way to score runs, putting the fielders under pressure	Master a variety of different ways to post and chase totals
Creating a strong based to hit from	Continue to build the confidence to understand between boundaries and running between wickets	Constantly being put in situation with challenges of individual and team to build and chase totals the perfect game

Ignition 15+

Strong Bases to hit from	Find a way to score runs, putting the fielders under pressure	Master a variety of different ways to post and chase totals
Create strong bases in a variety of forms, using the crease to create opportunities	Work as a team and pair to read each game to work on bowlers and fielders	Develop the individual role to the perfect game, every ball is a scoring opportunity

3 TEES

Activity Overview:

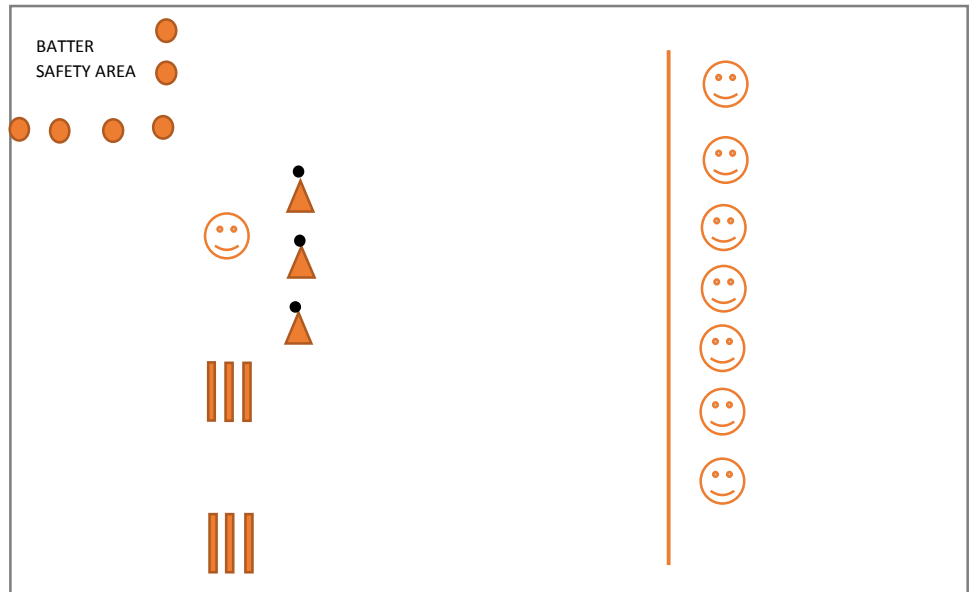
KEY STAGE 1: 5 – 7 years old

Whole class involvement

Competition – Team of 6 (at least 2 boys and 2 girls)

Equipment:

- 3 sets of tees
- Cones
- 3 tennis balls
- A cricket bat (Size 0, 2 or all stars)
- 2 sets of stumps
- A safety line (i.e. rope)



Aim of the game:

Batter – to get as many runs possible before all the balls are returned to the tees

Fielder – to field and return the ball as quickly as possible to restrict the batters run rate

Key:

▲ = a batting tee

● = a ball

😊 = player

||| = a set of stumps

● = a cone

— = safety line

How to play:

1. The first batter hits each ball off the tees, the fielders at this point CANNOT move (not even to stop the ball) and must stay behind the safety line.
2. As the batter hits each ball, the fielders must shout ONE after the first ball, TWO after the second ball and THREE after the third ball.
3. Once all the balls have been hit the batter runs around the stumps (can use cones if you have no stumps), each run equaling to 1 run.
4. The fielders can now move and work to put the balls and tees back to where they started.
5. Whilst the batter is running, the other batters remain in the batter safety zone and help count how many runs the player has taken.
6. When tees and balls have been put back, the fielders run back to the safety line.
7. As soon as all the fielders are back they shout STOP which alerts the batter to stop running.
8. The next batter then comes up to take their turn. This continues until all the batters have had a turn and all their scores are added together, the teams then switch.

Perfect the skill by:

- Decreasing the length between wickets
- Bringing the fielders line closer to batters
- Using bigger balls

Challenge your players by:

- Increasing the length between wickets
- Progressing to play 3 Tees 2
- Getting the other batters to complete challenges in the safety zone

The names of the 2 teams would go here so it's easier to calculate final scores for the overall competition

3 TEES

SCORE SHEET

Name of the team batting first goes here

_____ VS _____

Innings of

Name of Batsman	Runs scored	Cumulative total

This is where the score is kept, you can write this however you like, can be a tally, simple numbers, whatever's easier!

Final Total:

Innings of

Name of Batsman	Runs scored	Cumulative total

This is your ongoing total. After each batsman the total is updated, this keeps the flow of the game going and saves time with not having to add up at the end.

Final Total:

3 TEES 2

Activity Overview:

KEY STAGE 1: 5 – 7 years old

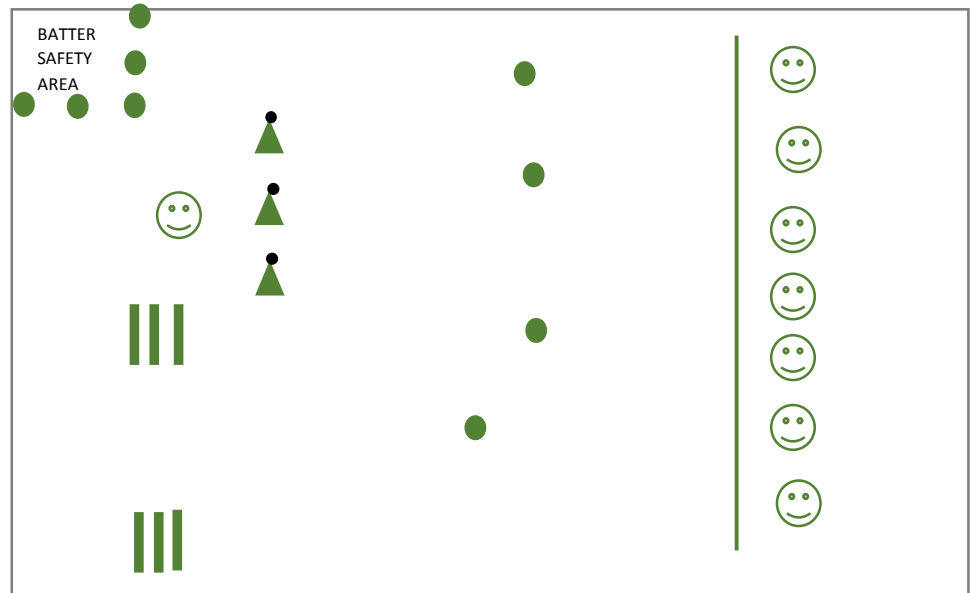
Advanced 3 Tees – LEVEL 2

Whole class involvement

Competition – Team of 6 (at least 2 boys and 2 girls)

Equipment:

- 3 sets of tees
- Cones
- 3 tennis balls
- A cricket bat (Size 0, 2 or all stars)
- 2 sets of stumps
- A safety line (i.e. rope)



Aim of the game:

Batter – to get as many runs possible as well as working on tactics to either score through the scoring areas or aiming for a 6

Fielder – to field and return the ball as quickly as possible as well as working with the team effectively

How to play:

1. The first batter hits each ball off the tees, the fielders CANNOT move unless the ball is coming through the air, available for a catch. A catch CANNOT be taken in front of the safety line. If the ball is caught the fielders get awarded an extra 6 runs.
2. As the batter hits each ball, the fielders must shout ONE after the first ball, TWO after the second ball and THREE after the third ball.
3. When hitting the ball, the batter can score extra runs by either aiming for the 2 scoring zones which are worth 2 runs or if it flies and lands past the safety line which is worth 6 runs.
4. Once all the balls have been hit, the batter must run around the stumps (use cones if you have no stumps) each run equaling to 1 run.
5. At this point the fielders can now move to work to put the balls and tees back to where they started.
6. The other batters must remain in the safety zone and can help by counting the runs taken.
7. When the tees and balls have been put back, the fielders run back to the safety line.
8. As soon as all the fielders are back they shout STOP which alerts the batter to stop running.
9. The next batter then comes up to take their turn. This continues until all the batters have had a turn and all their scores are added together, the teams then switch.

Perfect the skill by:

- Increasing the size of the scoring zones
- Using bigger balls

Challenge your players by:

- Decreasing the size of the scoring zones
- Focusing their aim towards the scoring zones rather than just hitting it
- Try out Rapid Fire

Key:



= a batting tee

• = a ball



= player



= a set of stumps

● = a cone

— = safety line

3 TEES 2

This is where the name of the 2 teams playing goes

SCORE SHEET

_____ VS _____

Innings of.....

Name of batsman	Extra runs scored	Total runs scored	Cumulative total
1.			
2.			
3.			
4.			
5.			
6.			
Fielders extras			

Unlike 3 Tees, you have scoring zones and can score 6's, so this is where the extra scores will be written, they have 3 chances for this, if they don't get any extras just write a cross

Final Total:

Innings of.....

Name of batsman	Extra runs scored	Total runs scored	Cumulative total
1.			
2.			
3.			
4.			
5.			
6.			
Fielders extras			

Final Total:

If the fielders take any catches during the match, they receive an extra 6 runs, this is where you would write this. The scorer must remember to add these extras onto the previous score that they got during their batting stage

RAPID FIRE

Activity Overview:

KEY STAGE 2 LOWER: 8-9 years old

Whole class involvement

Competition – Team of 8 (at least 2 boys and 2 girls)

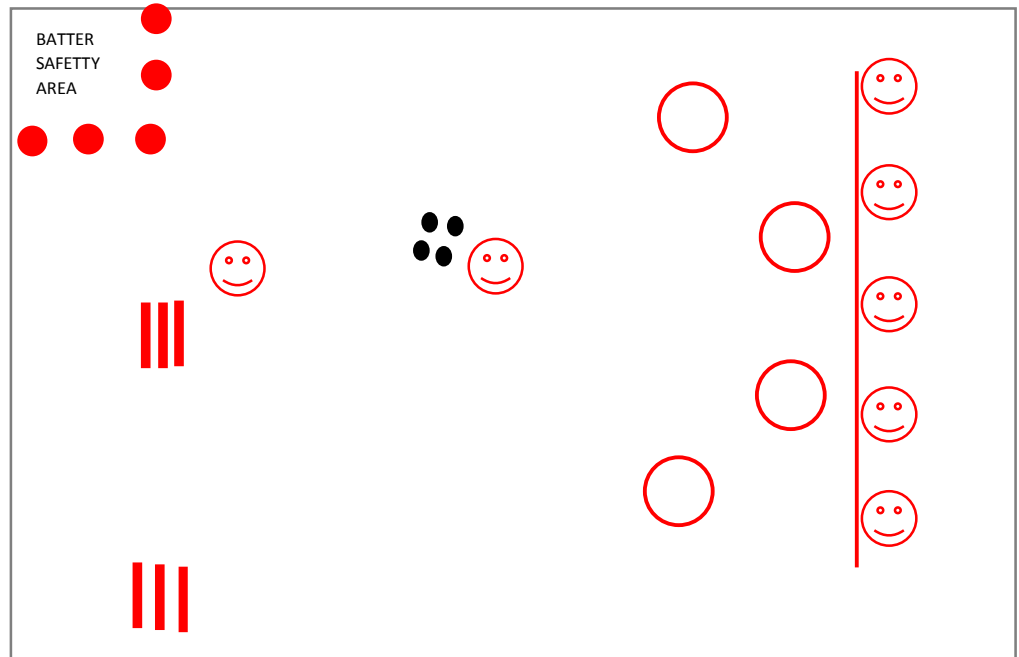
Equipment:

- 4 tennis balls
- A cricket bat
- 2 sets of stumps
- A safety line (i.e. rope)
- 4 spots/hoops
- Cones

Aim of the game:

Batter – to get as many runs possible before all the balls are caught by fielders

Fielder – to effectively work well as a team to field the ball, and give an accurate throw to other team members



Key:

- = a cone
- ☺ = player
- = a spot/hoop
- ||| = a set of stumps
- = a ball
- = a safety line

How to play:

1. The first two batters come out to play, one being the batsman and one being the bowler. The bowler will underarm feed 4 balls for the batsman to hit.
2. The fielders CANNOT move to stop the ball unless it is coming in the air where they can take a catch behind the safety line. If they take a catch, they receive an extra 6 runs.
3. Once all 4 balls have been hit the bowler stands still whilst the batsman runs around the stumps (cones if you don't have stumps), each run equaling to 1 run. They can receive 6 extra runs if it is hit past the boundary without being caught.
4. The other batters whilst remaining in the safety zone can help by counting the ongoing runs.
5. The fielders at this point can move to field the balls. However, once the ball is picked up they CANNOT move so they must pass the ball to other players in the team.
6. To stop the batsman running, the fielders must receive a catch in each of the 4 hoops/spots and shout STOP.
7. The batsman and bowler then switch roles and the game starts again.
8. This continues until everyone has had a bat. The scores are added together to create a final total then the teams switch.

Perfect the skill by:

- Bringing the bowler closer to the batsman
- Decreasing the distance between the 2 wickets
- Have the teacher as a bowler
- Take balls back to bowler instead of catching

Challenge your players by:

- Moving the bowler further away from the batsman
- Vary the types of catches the players should receive in the hoops/spots

RAPID FIRE

Name of the two competing teams goes here

The name of the first team batting goes here

SCORE SHEET

_____ VS _____
 Innings of.....

They can score a 6 in this game, so any extra runs they score is put here, they have 4 chances to receive extra runs

Name of batsman	Extra runs scored				Total runs	Cumulative total
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
Fielders extras						

If fielders take a catch, they get an extra 6, this goes here

Final Total:.....

Innings of.....

Name of batsman	Extra runs scored				Total runs	Cumulative total
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
Fielders extras						

The ongoing total goes here, makes it easier to identify the winner at the end of the game

Final Total:

KWIK CRICKET

Activity Overview:

KEY STAGE 2 UPPER: 10 -11 years old

Whole class involvement

Competition – Team of 8 (max 10), one team all-girls, one team mixed

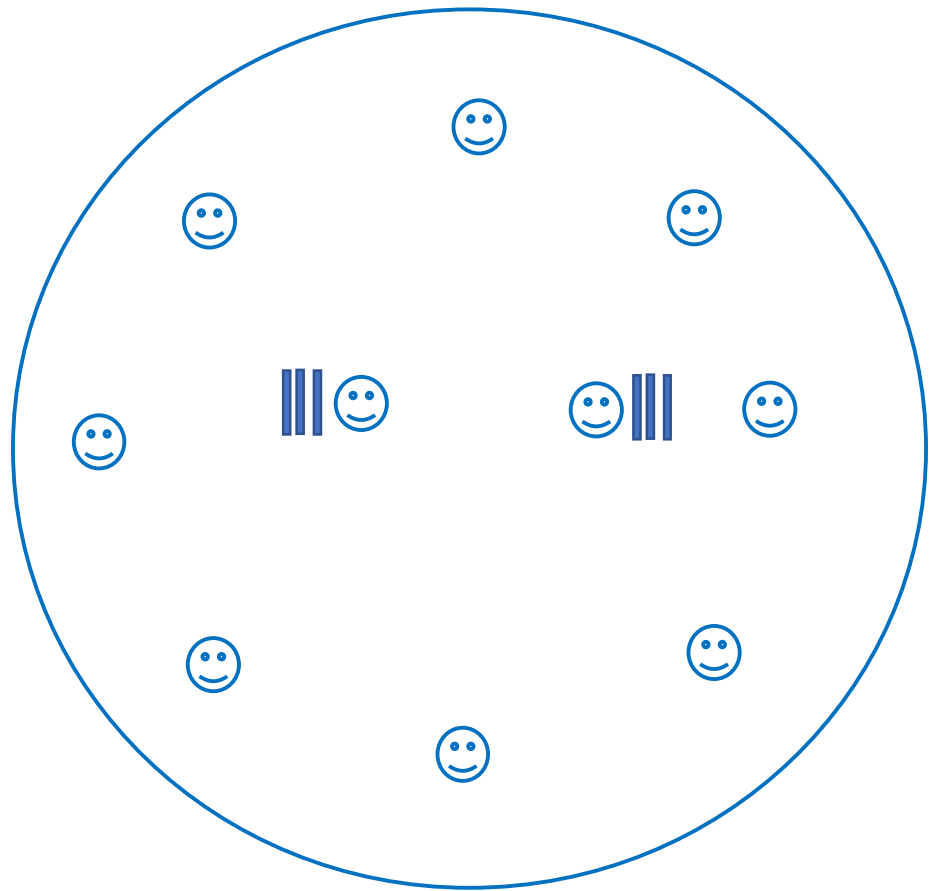
Equipment:

- A soft cricket ball
- 2 sets of stumps
- Cones/rope etc. for boundary


Aim of the game:


Batter – to work alongside the other batter to score runs as well as work to not lose any runs


Fielder – to work alongside the rest of the team to field the ball accurately, and prevent any extra runs being scored



Key:

 = player

 = a set of stumps

 = boundary

How to play:

1. To decide on who bats first, the team captains should toss a coin.
2. The game is 8 overs long with each consisting of 6 balls.
3. The batting team will bat in pairs, each pair batting for 2 overs.
4. In the fielding team, everyone must bowl 1 over.
5. The batting team start with 200 runs and may add or lose runs throughout the game. They can gain 1 run for each time they run. An extra 2 runs for a no ball or a wide. Also, they can receive a 4 for hitting it across the boundary as well as a 6 for hitting it over the boundary.
6. They may lose runs for every time they are out. They can lose 5 runs for being bowled out, caught, run out, stumped and the wicket being hit.
7. If any of the above happen, the player isn't out, they just lose the runs.
8. After the first 2 overs, the batting pairs switch.
9. This continues until all the batting pairs have batted, the teams then switch, and the game begins again.
10. The team with the highest score at the end of the game wins.

Perfect the skill by:

- Changing the bowl to an underarm feed
- Focus more on the bowl and less about the run up or type of bowl
- Free hit instead of re-bowling wide's and no balls

Challenge your players by:

- Increasing the number of runs lost due to being out
- Move the boundaries closer so the fielders have to work harder
- Include scoring zones

KWIK CRICKET

SCORE SHEET

Scoring symbols:

O = no ball - 5 or W = out

+ = wide

. = dot ball (no runs scored)

△ = bye

These are scoring symbols that are used in cricket, you don't have to use these, but it makes it easier to identify if any mistakes have been made

The first team up to bat will be put here

_____ VS _____

Innings of.....

1 st Batting pair			
1 st Over		2 nd Over	
Total:		Total:	

Innings of.....

1 st Batting pair			
1 st Over		2 nd Over	
Total:		Total:	

2 nd Batting pair			
3 rd Over		4 th Over	
Total:		Total:	

2 nd Batting pair			
3 rd Over		4 th Over	
Total:		Total:	

3 rd Batting pair			
5 th Over		6 th Over	
Total:		Total:	

3 rd Batting pair			
5 th Over		6 th Over	
Total:		Total:	

4 th Batting pair			
7 th Over		8 th Over	
Total:		Total:	

4 th Batting pair			
7 th Over		8 th Over	
Total:		Total:	

This is where the score is written for each ball, the total is then added up and placed in the total section

Results: _____

runs for wickets
 runs for wickets

The final results are put here. It makes it easier to identify who plays what team next especially if it's used in a Kwik Cricket tournament