



Learning intentions	Success criteria
To understand the basic fielding skills	To successfully use correct fielding techniques when catching and throwing
To use correct front foot batting technique	To consistently use correct front foot batting technique to score runs within matches
To understand the basic bowling action and apply in set conditions	To bowl with accuracy and consistency

Skills

Fielding Skills	<ul style="list-style-type: none"> Catching – Hand to the sky (high catch), hand pointing down (low catch), Bring ball into body. Throwing – Arm release above head, non throwing arm pointing at the target, sideways stance, transfer bodyweight
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Front Foot Drive	<ul style="list-style-type: none"> Head over the ball Front foot next to pitch of the ball Straight bat on contact with ball Correct grip of cricket bat
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Bowling	<ul style="list-style-type: none"> Correct grip of ball “Windmill” bowling action Arm brushing pass ear on action Back leg drives through to generate powerful in the action
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RULES:

Catch must be taken without ball touching the ground
 If ball hits stumps when bowling and ball only bounces once, the batsman is out
 Run out if ball hits stumps and batsman is not in their “Crease”
 Can only hit the ball once when batting
 Arm must not bend when bowling

Kit

St Ivo Jersey
 Black Shorts
 St Ivo socks
 Sports Trainers

STRETCH AND CHALLENGE

Different bowling deliveries (off spin & leg spin)
 One hand catching

LINKS TO WIDER CURRICULUM

Anatomy and physiology: name the bones and muscles within the arms for bowling.
 Ulna, Radius, Humerus, Biceps and Triceps

KEY WORDS

Out – Batsman is Out either Bowled, Caught, LBW or Run Out

Bowled – When the bowler bowls the ball and it hits the batters stumps

LBW (Leg Before Wicket) – When the ball hits the batters leg when it was going to hit the stumps

Run Out – When the ball hits the stumps and the batsman is not in there crease

Caught – When the batter hits the ball in the air and the fielder catches the ball without it bouncing



Learning intentions	Success criteria
To consistently hit the ball whilst performing the sweep shot	To perform the sweep shot and hit the ball into target areas
To understand different bowling deliveries to gain advantage on opponent	To perform a range of different bowling deliveries
To apply correct technique for back foot shots when batting	To be able to hit the ball consistently when performing a cut or pull shot

Skills

Sweep Shot	<ul style="list-style-type: none"> Foot forward towards the ball Bat comes from "high to low" Body weight is forward Contact with ball in front of body
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Bowling Deliveries	<ul style="list-style-type: none"> Correct grip for off / leg spin bowling Rotate wrist to generate spin High bowling action
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Cut and Pull shot	<ul style="list-style-type: none"> High to low bat swing Back foot moves "back and across" Balanced body weight "Roll wrists" to keep ball down
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STRETCH AND CHALLENGE

Evaluate peer performance
 Perform a reverse sweep shot
 Perform aerial Cut and Bowl shots away from fielders

LINKS TO WIDER CURRICULUM

Anatomy and physiology: Learn different movements at joints – Circumduction movement in shoulder when bowling

Greater link to GCSE PE

KEY WORDS

Stumps – 3 stumps close together

Crease – Area next to the stumps which batters bat and bowlers bowl from

4 Runs – When the ball bounces and go over the boundary

6 Runs – When the ball doesn't bounce and go over the boundary

Head over the ball – Helps to keep the ball on the ground, less chance of getting out

"High to Low" – Bat paths starts high and finishes low when making contact with the ball

