

P.E.

Year 4 – Cricket



About this Unit

Cricket is a striking and fielding game. The game has one fielding and one batting team. A complete game can last until the fielders get the batters out or after a set number of overs.

Knowledge & Skills

Knowledge:

Striking: using the centre of the bat will provide the most control and accuracy.

Fielding: easier to field a ball that is coming towards you rather than away so set up accordingly.

Throwing: being balanced before throwing will help to improve the accuracy of the throw.

Catching: track the ball as it is thrown to help you to catch more consistently

Skills:

I am able to bowl a ball with some accuracy and consistency.

I can communicate with my teammates to apply simple tactics.

I can strike a bowled ball after a bounce.

I can use overarm and underarm throwing, and catching skills with increasing accuracy.

Golden Threads

Motor competence – Manipulate objects

- underarm and overarm throwing
- overarm bowling
- batting
- two handed pick up
- short barrier

Healthy participation

How will this unit help your body?

Balance, speed, strength, co-ordination, agility

Rules, strategies and & tactics

BOWLING

- Balls can be bowled using underarm (only one bounce allowed or deemed a no-ball), or overarm bowling action (two bounces allowed).

RUNS

- 2 runs = no ball (no extra delivery – Free hit)
- 2 runs = wide balls (no extra delivery – Free hit)
- A ball is considered a wide ball or no-ball if it is deemed un-hittable e.g. rolling, bounces more than once, too high or too far to be hit fairly.

Fielders

- Wicket keeper: ready to catch the ball to stump the batsman out if they leave their wicket.
- Bowler: try to bowl the batter out with an accurate bowl.
- Fielders: spread out, communicate to field the ball quickly. Throw the ball to hit the wicket if close enough. Run to a wicket if not collecting the ball to be available to run a batter

BATTING

- Batting teams are organised into pairs

OUT

- Bowled out: bowler bowls a ball that hits the wicket
- Caught out: fielders catches a batted ball
- Run out: fielders hits the wickets with the ball while the batter isn't there
- Stumped out: wicket keeper stumps the wicket when the batter isn't there

Batters

- Place the ball away from fielders. Look at where the fielders and the ball is before deciding to run or stay.
- Communicate with your other batter.

YEAR 3

I am able to bowl a ball towards a target.

I am beginning to strike a bowled ball after a bounce.

I am developing an understanding of tactics and I am beginning to use them in game situations.

I can use overarm and underarm throwing, and catching skills.

YEAR 4

I am able to bowl a ball with some accuracy and consistency.

I can communicate with my teammates to apply simple tactics.

I can strike a bowled ball after a bounce.

I can use overarm and underarm throwing, and catching skills with increasing accuracy.

YEAR 5

I am developing a wider range of fielding skills and I am beginning to use these under some pressure.

I can strike a bowled ball with increasing consistency.

I understand the need for tactics and can identify when to use them in different situations.

I understand there are different skills for different situations and I am beginning to use this.

YEAR 6

I can strike a bowled ball with increasing consistency and accuracy.

I can use a wider range of fielding skills with increasing control under pressure.

I recognise my own and others strengths and areas for development and can suggest ways to improve.

I understand and can apply some tactics in the game as a batter, bowler and fielder.

Key vocabulary

Bowled out: when a bowler hits the wickets.

Momentum: the direction created by weight and power.

No ball: a bowled ball deemed to be outside of the rules.

Run out: when a fielder hits a wicket before the batter is there.

Two-handed pickup: fielding technique where a fielder can scoop the ball with two hands.

Wicket: the three upright sticks and base.