



Westacre Middle School PE Knowledge Web: Cricket

Skill Acquisition



Fundamental Movement Skills

Cricket Batting Skills:

Grip—For a right-hander the left hand should be at the top of the handle - vice versa for a left-hander. Check both your hands are fairly close together on the bat, towards the top of the handle.



Stance—The feet should be approximately a foot length apart. Weight of the batsman should be on the balls of their feet, with the knees slightly bent. Batters should be side on when the bowler is about to deliver.



Backlift—Taking the bat back and stepping to the ball sets the batter up for playing the correct shot properly. The bat is taken back towards the stumps. Keep the hands close to the back hip, so that toe of the bat is at around shoulder height. Ensure any movement forward or back is completed before the downswing of the bat begins.



Shot selection—The type of shot you select depends on where fielders are and how the ball is bowled to you. You should always aim to hit the ball into space away from any fielders.

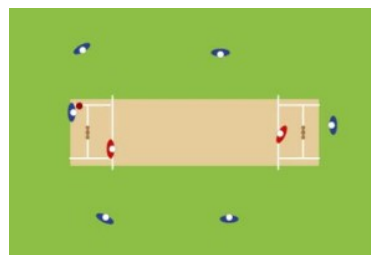
Teamwork and Leadership



Cooperation

Communication in Cricket

Cricket is a game that requires a lot of teamwork to be successful in a match. Batters need to communicate with one another to ensure that they know each others intentions. For example, if a batter thinks that the pair should run after they have hit the ball they can shout 'Go!'. However, if one thinks it is unsafe to make a run, they can shout 'Stay!'.



Fielders need to communicate with one another to ensure their positioning on the field is correct. They can also help to direct one another to where the ball should be thrown.

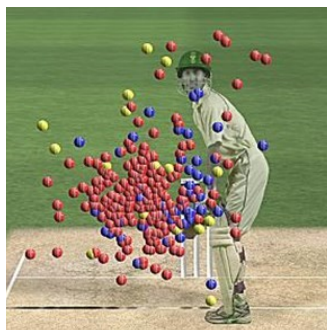
Performance Analysis



Technical Vocabulary

Hawkeye is used in professional games of cricket. This is a technology that tracks where the cricket ball has been bowled. This allows teams to analyse where and where they should not bowl to particular batters.

At lower levels, players will need to analyse the types of bowls a bowler makes most regularly. They can then use this to their advantage and predict whether the bowl could be a:



- Fast bowl
- Slow bowl
- Inwards bowl
- Outwards bowl



Self-reflection

Once the batter recognises what type of bowl is coming towards them, they can then pick an appropriate shot to make.

Healthy Active Lifestyle



Inspirational people

Droitwich Spa Cricket Club are always on the look out for aspiring cricketers to join their club. Whether you are new to cricket or have played for a while, you can register to play



by following the instructions on their website.

Worcestershire's greatest ever player is Graeme Hick, who played for the county for 24 years from 1984 to 2008 and amassed 31149 runs. Hick was a run making machine in the English domestic circuit and if his first-class runs, List A runs and international runs are combined, then he is the most prolific run scorer in cricket history with a tally of 64,000.



Exercise

It is estimated that you can burn over 350 calories within one hour of playing cricket. Playing cricket assists enhance hand-eye control and peripheral eye-vision. Cricket involves short moments of running which are useful for cardio health.

Year 5

Throw and catch a ball with increasing control and accuracy. Strike a ball and field with control.

Year 6

Strike a bowled or volleyed ball with accuracy and intent. Keep a game going using a range of different ways of throwing.

Year 7

Show precision and accuracy when fielding the ball. Use different ways of bowling. Hit the ball with purpose, varying the speed, height and direction from both sides of the body.

