

Virtual Competitions - Cricket (week 2)

Skill: Catching and ball skills - required in sports that uses hand-eye coordination

Competent/s of fitness: Coordination and Agility

Task: Ball throw/control

HOW TO:

- Ensure participants are prepared to complete challenge - physically (warmed up) and attire (correct clothing and footwear)
- Set up area with enough space to complete tasks on an appropriate non slip surface
- Create sock ball or use a tennis ball - use multiple balls/socks if sharing is not permitted in your school
- Creating a sock ball:
 - (a) Use an adult sock - fold socks into one another as normal
 - (b) Push inner sock down to 'fluffy' foot section making a round shape at the bottom
 - (c) Wrap round section around top of socks tucking top section over to create round shape
- Explain process of challenge:
 1. Pupils stand in area
 2. Pupils must complete tasks as many times as possible in 30 seconds
 3. The score recorded is the amount of successful tasks competed in the time allotted. If a pupil is the middle of a task when the 30 seconds is up this still counts to the overall score - keep working right until the end
 4. **DIFFERENTIATION:** To ensure the challenge is appropriate for whole school please use the following guidelines:
 - Reception = **One** rotation around the waist = 1
 - KS1 = Figure of 8 shape around **both** legs = 1
 - KS2 (Year 3/4) = Throw above head starting with dominant hand, catching successfully with 2 hands = 1
 - KS2 (Year 5/6) = Throw above head starting with **non-dominant** hand, catching with 2 hands
 - Adults = Throw above head catching with 1 hand
 5. **ENTERING:** Schools (5 children minimum) = email results to PE Leader / Open Entry = email result to kyledench@acesportuk.com