

# Year 7 Physical Education Knowledge Booklet

## Cricket

Name:

Class:



### What PE kit do I need?

Black school PE shorts/leggings, blue school PE t-shirt, trainers and school blue football/white sports socks.

### **Assessment Criteria**

0	Underarm technique dominant in throwing the ball. Struggles to catch and throw overarm.	
1	Struggles to bowl 'good' balls. Able to field the ball at a very basic level. Basic batting stance	
2	Bowling still erratic. Simple catching, throwing and stopping. No control over shot when batting	
3	Batting = recognised shots but appears awkward. Orthodox Bowling with reasonable line and length.	
4	Good batting stance. Bowling is accurate and controlled. Good knowledge of fielding positions.	
5	Good technique in batting and bowling. Catches confidently and can return the ball quickly and accurately.	
6	Evidence of batting placement. Varies bowling to outwit batsman with spin or swing. Influential in the field.	
S1	Social	Cooperate with others, working as a pair or group to complete an activity.
T2	Thinking	Explain the aim and principles of an activity and apply this understanding when participating.

### Big Questions

1. What do we mean by fielding and why is it important in cricket?
2. What is the difference between bowling and throwing?
3. Why do you have to use two hands when batting in cricket?
4. Why is your head position so important when playing the forward drive?
5. How can you put pressure on a batsman when fielding?
6. What are the key rules of cricket?

### Web Links:

Video clip. Short summary of the rules of the game.

<https://www.youtube.com/watch?v=AqtpNkMvj5Y>

Video clip. Perfecting your batting stance.


<https://www.youtube.com/watch?v=Af0xiNQLTDo>



Tick what you can see your partner doing


**Grip**

- Two fingers either side of the seam
- Thumb on the bottom of the seam




**The bound**

- Head level
- Arms thrown up
- Ball held by chin to start
- Body leans back away from the batter




**The coil**

- Front arm pulled back
- Make a figure of six with bowling arm
- Body leans away from the batter
- Back foot lands parallel to the crease




**The release**

- Release at about one O'clock
- Arm brushes ear
- Look over opposite shoulder
- Remain tall



**The follow through**

- Follow the ball down the wicket



Can you describe the correct bowling technique?  
(Level 3)

## No balls

A 'No ball' is when the bowl is ruled illegal by the umpires..

How many runs do the batting team receive if you bowl a no ball?

What are the most common reasons for a no ball?

What is an extra?

## GRIP, STANCE, BACKSWING AND STEP

### GRIP

- Fingers and thumbs wrapped around the bat ha
- 'V' in line between splice and edge
- Hands close together
- Top hand against inside front thigh

### STANCE

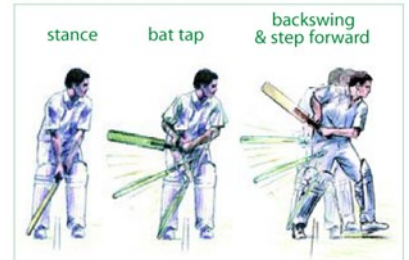
- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

### STANCE & BAT TAP

- Wrists and arms only
- Top hand control
- Bat handle close to body, in line with & under shoulders

### BACKSWING & STEP

- Co-ordinated movement
- Comfortable stride
- Smooth movement of head toward line of the ball



## The Drive

The drive is an attacking shot that can be played to the offside, outside and straight down the wicket. The shot, similar to the forward defensive shot but is played off a different length of ball.



### Coaching points

- Keep eyes on the ball as it leave the bowlers hand to judge the line and length of the ball
- Ensure bat in the back lift position – ready!

### ASK these Questions

- Is your partner side on to the bowler?
- Has the batsman got their bat in right position?



### Coaching points

- Hands out in front of pad
- Move the front foot forward to meet the ball
- Transfer body weight from back to front foot!

### ASK these Questions

- Does your partner have their hand in front of their pads and head over the ball (check green line)?
- Does you partner take a big step forward?



### Coaching points

- The top hand on the bat is for the control and the bottom hand gives is for the power
- Follow through – the bat to follow through in direction of the intended shot

### ASK these Questions

- Does your partner keep the ball low?
- What can they do to stop the ball rising front the bat?
- Does your partner follow through with the bat?

## Check their technique!

Use this checklist to give feedback to your partner.

When they have given you your feedback write down 3 strengths and 2 areas for improvement below:

My strengths:

1.








2.

3.

My areas for improvement:

1.

2.

	<b>Out</b>	The raised finger from the umpire is the signal all batsmen dread. As soon as that finger goes up, the batsman has to go.
	<b>Six runs given</b>	When the ball is hit clean over the boundary (no bounces or touching the ground) the umpire will signal a six by raising both hands above his head.
	<b>Four runs given</b>	When a ball is hit to the boundary but bounces or rolls along the ground first the umpire signals a four. The boundary four is signalled by waving an arm from side to side, finishing with the arm across the chest. Each umpire has his own way of doing this.
	<b>Wide</b>	A delivery too wide for a batsman to play a shot. It is signalled with both arms outstretched. The umpire will judge a delivery to be wide if it is out of the reach of the batsman and he is unable to play a correct cricket shot.
	<b>No Ball</b>	This is signalled by an arm raised at shoulder height. The most common no ball is the foot-fault; a bowler bowling too many intimidating deliveries in an over or bowling a full-toss above the batsman's waist can also be no-balled or too many bounces before it reaches the batsman
	<b>Bye</b>	If a delivery passes the batsman and fielder and a run is scored, it is known as a bye. It is a legal delivery passing the stumps with the ball touching neither the bat nor the batsman's body. The umpire's signal is one arm stretched above the body
	<b>Leg Bye</b>	Called when a ball hits any part of the batsman's body (except the hand holding the bat) and not the bat. It is signalled with a hand touching the umpire's raised knee.

### Scoring in Pairs Cricket

Pair	Number of balls	Runs scored	Runs lost for getting out (5 each time)	Total (200 + runs scored – runs lost)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				