

Year 8 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

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.	
7	High level of batting (batting around wicket) and/or bowling (spin or swing) technique. High level fielding.	
T3	Thinking	Demonstrate a basic grasp of problem solving and can apply simple attacking and defending principles in a game.
H3	Health	Describe the immediate effects of exercise on the body.

Big Questions

1. How can we ensure the ball does not go past us when we are fielding?
2. How can you generate more speed using a run up?
3. Why is the wicketkeeper such an important role in the team?
4. Why do you need to remain balanced when playing a forward drive?
5. When would you play with your bat horizontal rather than vertical?
6. What are the fielding positions used in cricket?

Web Links:

Video clip. Highlights of England winning the world cup final:

<https://www.youtube.com/watch?v=Kwu1y1C-ssg>

Top 40 best catches ever. Simply spectacular!

https://www.youtube.com/watch?v=WX9fRb9M_bY



Long Barrier



Long Barrier

Players should keep their eyes on the ball at all times.

Hands should be in position where the heel and the knee join directly under the eyes.

Little fingers together with other fingers with palm facing upwards and fingers touching the ground.



Retrieval

Speedy approach to the ball

Plant same foot as throwing arm next to the ball.

Quick movement to bend over to pick up the ball

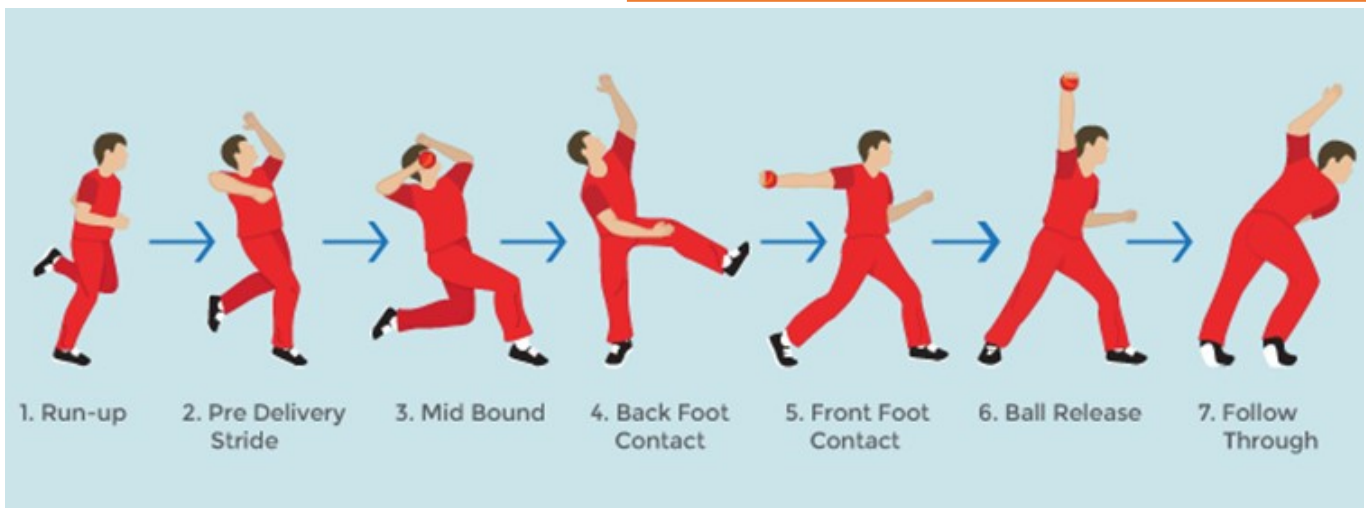
Quick transfer into throwing position

Throwing position established

Accurate throw to target with one bounce.

Pull Shot

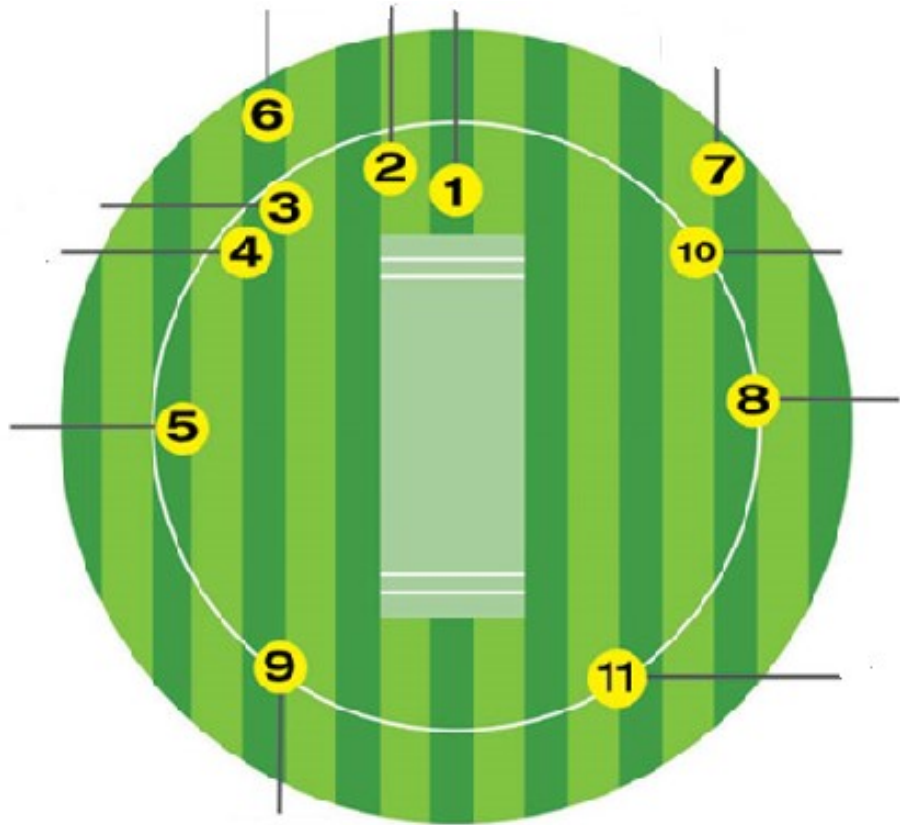
- Back foot moves back and across.
- Front foot moves back and to leg side
- Body is now square on and open
- Head facing forward
- Knees bent and flexed
- Bat swings from high to low
- Contact made in front of square body with full arm extension in front of body.
- Eyes remain on point of contact
- Roll wrists at contact to keep ball down



Fielding Positions

Annotate the diagram with the following fielding positions:

- Mid off
- Square leg
- Point
- Wicketkeeper
- Fine leg
- Cover
- Mid on
- Slips
- Mid Wicket
- Gully
- Third man



Which fielding positions do you think are most important?

What fielding positions would you use in an 8 a-side game? Draw them on the pitch diagram in a different colour.

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				