

# Year 9 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**

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) <b>and/or</b> bowling (spin or swing) technique. High level fielding.	
8	Few unforced errors. Front foot shots are dominant. Bowling high level of consistency with line and length.	
<b>S5</b>	<b>Social</b>	Demonstrate qualities of a positive role model and I am able to lead simple activities.
<b>S6</b>	<b>Social</b>	Give and receive sensitive feedback to improve performance of myself and others. I am able to negotiate and collaborate effectively and take responsibility within a group.

### Big Questions

1. Why it is important to reduce the amount of time a fielder has the ball in hand?
2. How can you deceive a batter when bowling seam?
3. When would you chose to play a defensive shot?
4. How can we develop a more 360 approach to batting?
5. How do you umpire a game of cricket?
6. Why is communication key when batting?

### Web Links:

Video clip. Final day highlights. Ashes 2019 at Headingley

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

Run outs. What happens if you don't communicate with your batting partner!

<https://www.youtube.com/watch?v=lqK77NytD2I>



### **Underarm Flick –**

- Powerful fast approach to the ball
- Consistent successful pick up of ball
- Centre of gravity drops from high to low towards ball
- Transfer of body weight and direction of throw towards target
- Throw at or above stump height with accuracy and power
- Follow through towards target



### **Overarm Throw –**

Fingers established across seam on ball

Head still and eyes level

Non-throwing arm extended towards target

Shoulders, hips and feet aligned towards target

Wide powerful throwing base established

Throwing arm extended behind throwing shoulder

Powerful, accurate and dynamic over-arm throw

Follow through towards target

Back foot remains in contact with floor



### **Forward Defensive**

A forward defensive stroke is to block the ball rather than to score runs.

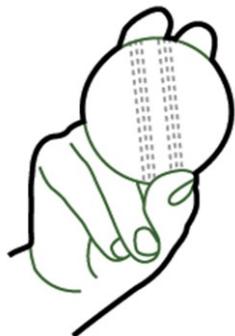
The head and front shoulder should lean into the line of the ball with the front leg taking a stride towards the pitch of the ball, bending to take the weight.

The back leg remains straight.

The bat should swing down and make contact with the ball beneath the eyes, with the face of the bat angled towards the ground.

The bat should be slightly forward of the front leg and close to the pad.

Raise the heel of your back foot and hold your finishing position rather than following through.



## Swing Bowling –

### In swing –

Grip the ball with the first two fingers close together on the seam, with the seam in a vertical position. The thumb should be on the seam underneath.

Angle the seam towards leg slip, but keeping it vertical. The shiny side of the ball should be furthest from the batsman.

### Outswing –

Grip the ball with the first two fingers close together on the seam, with the seam in a vertical position. The thumb should be on the seam underneath.

Unlike the in swinger, point the seam of the ball towards the slips with the shiny side of the ball to the right of the seam.



## The cut shot

The back foot moves back towards the stumps and across towards the line of the ball.

The front shoulder should turn to the off side as the bat is taken back. The bat is brought down and across, making contact with the ball at full arm extension.

Keep the head still and roll the wrists forwards to keep the ball down.

Follow through with the shot, leaving the weight on the back foot and the bat finishing over the front shoulder and behind the head



In cricket there are two umpires. Can you describe their roles?

### Bowlers End Umpire

### Square Leg Umpire

The umpires swap roles after each over!



Mark on the diagram where the umpires stand.