



Week commencing 6<sup>th</sup> July 2020

This week we would have been running our Cricket festivals - so why not try out some of our cricket challenges.

	Target Practice Monday	Reaction Catch Tuesday	Wellness Wednesday	Long Throw Thursday	Through the Gate Friday	Carnival Weekend
Activity	<p><b>Challenge 1</b></p> <p>Children stand 2 meters behind the red safety cones</p> <ul style="list-style-type: none"> <li>• One at a time children go forward to throw from the green cone. Try to make the distance to throw at least 15 meters.</li> <li>• Children try to hit the stumps with the ball, it can be a direct hit or can bounce first.</li> <li>• Green is worth 1 point, Yellow 2, Red 3.</li> <li>• You get 10 goes, how many can you score out of 10?</li> </ul>	<p><b>Challenge 2</b></p> <p>Children stand 2 meters away from the wall. Their partner stands 2 meters behind them with the ball.</p> <ul style="list-style-type: none"> <li>• When the child says they are ready, the person with the ball throws the ball underarm at the wall about chest height.</li> <li>• The child who's turn it is to catch tries to catch the ball before it bounces. If it bounces once before you catch it you get half a point.</li> </ul>	<p>Try out the <b>CALM ZONE</b>.</p> <p>There are lots of way to feel calmer. It's about finding what works for you. Try some of the breathing exercises, activities, games and videos to help let go of stress.</p> <p><a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a></p>	<p><b>Challenge 3</b></p> <p>Children stand at the green cone and try to throw the ball so it lands or rolls through the hula hoop.</p> <ul style="list-style-type: none"> <li>• Try to place the hula hoop away from the thrower so it is challenging for them.</li> <li>• If it is too hard for younger year groups then move the cone closer.</li> <li>• If the ball lands in the hoop you get 1 point, if it rolls through you get half a point.</li> <li>• You get 10 goes, how many can</li> </ul>	<p><b>Challenge 4</b></p> <p>Children stand 2 meters behind the red safety cones</p> <ul style="list-style-type: none"> <li>• One at a time children go forward to bat from the batting tee.</li> <li>• Try to make the distance between the batter and the gate at least 10 meters</li> <li>• The cones for the gate should be 1 meter apart</li> <li>• Children try to hit the ball through the set of cones (gate).</li> <li>• You get 10 goes, how many can</li> </ul>	<p><b>SIRF at Home Community Carnival</b></p> <p>The usual SIRF community carnival parade this summer won't be taking place however you can still bring the joy of the carnival to you! Over the next few weeks SIRF will be sharing with you a series of fun carnival inspired workshops for you to take part in at home.</p> <p>They want you to share your skills and they plan to create one great big virtual community carnival parade, which will air on Saturday 1 August at 12pm – it'll be just</p>

	<ul style="list-style-type: none"> <li>Once children take their shot they retrieve their ball and get ready for their next go.</li> <li>The scorer can stand safely at the side to keep score or children can keep their own scores.</li> </ul>	<ul style="list-style-type: none"> <li>You get 10 goes, how many can you score out of 10?</li> <li>The scorer can stand safely at the side to keep score or children can keep their own scores.</li> </ul>		<p>you score out of 10?</p> <ul style="list-style-type: none"> <li>Once children take their shot they retrieve their ball and get ready for their next go.</li> <li>The scorer can stand safely at the side to keep score or children can keep their own scores.</li> </ul>	<p>you score out of 10?</p> <ul style="list-style-type: none"> <li>Once children take their shot they retrieve their ball and place it on the tee/cone for their next go.</li> <li>The scorer can stand safely at the side to keep score or children can keep their own scores.</li> </ul>	<p>like the real thing but over the airwaves! To get involved try the following link :</p> <p><a href="https://www.sirf.co.uk/sirf-at-home-carnival/">https://www.sirf.co.uk/sirf-at-home-carnival/</a></p> <p>Learn the Urban Kaos Carnival Dance moves which you can put to any music.</p> <p><a href="https://www.sirf.co.uk/carnival-workshops/urban-kaos-activity-2/">https://www.sirf.co.uk/carnival-workshops/urban-kaos-activity-2/</a></p>
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Don't forget to tweet us @northfieldssp or send us how active you have been on our Facebook Page 'Stockton Schools Sport Partnership'.

#StayHomeStayActive

#StayInWorkOut

#GetTeesValleyActive



## Cricket Challenge Guide

- You will need a suitable outside space.
- You can try all the activities or choose the ones that suit the time and space that you have.
- You will need a cones, a ball, a bat, cricket stumps and a large hula hoop.
- If you don't have any of these then improvise with your targets bats and hula hoops (using pans, umbrellas, chalk markings on the floor etc)
- Children will get 10 goes at each activity, you need to record a score out of 10 for each challenge.
- You can try the activity as many times as you like.
- All of the activities have been designed so they can be performed whilst practicing social distancing.
- These activities can be done at school, at home or at a community field/park.

### 4 Challenges

Challenge 1  
Target Practice

Challenge 2  
Reaction Catch

Challenge 3  
The Long Throw

Challenge 4  
Through the Gate



# Cricket Challenge 1

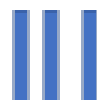


## Target Practice

### Description, rules and scoring

- Children stand 2 meters behind the red safety cones
- One at time children go forward to throw from the green cone. Try to make the distance to throw at least 15 meters.
- Children try to hit the stumps with the ball, it can be a direct hit or can bounce first.
- Green is worth 1 point, Yellow 2, Red 3.
- You get 10 goes, how many can you score out of 10?
- Once children take their shot they retrieve their ball and get ready for their next go.
- The scorer can stand safely at the side to keep score or children can keep their own scores.

### Diagram



You can make it harder by taking away stumps or making the target smaller.

### Equipment needed

- Tennis balls/Balled up socks
- Kwik cricket stumps, use another target you can throw a ball at if you don't have stumps like a bucket or bin.
- Coloured cones or other objects.



# Cricket Challenge 2

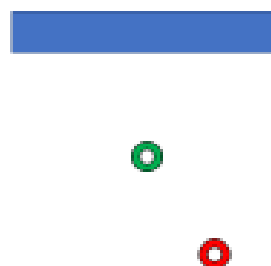


## Reaction Catch

### Description, rules and scoring

- Children stand 2 meters away from the wall. Their partner stands 2 meters behind them with the ball.
- When the child says they are ready, the person with the ball throws the ball underarm at the wall about chest height.
- The child who's turn it is to catch tries to catch the ball before it bounces. If it bounces once before you catch it you get half a point.
- You get 10 goes, how many can you score out of 10?
- The scorer can stand safely at the side to keep score or children can keep their own scores.

### Diagram



### Equipment needed

- Tennis ball or balled up socks or masking tape ball
- Another person
- A wall



# Cricket Challenge 3

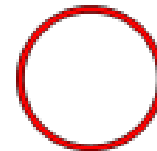


## The Long Throw

**Description, rules and scoring**

- Children stand at the green cone and try to throw the ball so it lands or rolls through the hula hoop.
- Try to place the hula hoop away from the thrower so it is challenging for them.
- If its too hard for younger year groups then move the cone closer.
- If the ball lands in the hoop you get 1 point, if it rolls through you get half a point.
- You get 10 goes, how many can you score out of 10?
- Once children take their shot they retrieve their ball and get ready for their next go.
- The scorer can stand safely at the side to keep score or children can keep their own scores.

**Diagram**



**Equipment needed**

- Tennis ball or alternative like a balled up pair of socks
- Large Hula Hoop (use some objects 2 mark out a 2 meter radius circle if you don't have one)
- Coloured cones or other objects (tin cans, socks)






# Cricket Challenge 4



## Through the Gate

### Description, rules and scoring

- Children stand 2 meters behind the red safety cones 
- One at a time children go forward to bat  from the batting tee. 
- Try to make the distance between the batter and the gate at least 10 meters
- The cones for the gate should be 1 meter apart
- Children try to hit the ball through the set of cones (gate).
- You get 10 goes, how many can you score out of 10?
- Once children take their shot they retrieve their ball and place it on the tee/cone for their next go.
- The scorer can stand safely at the side to keep score or children can keep their own scores.

### Diagram



### Equipment needed

- Tennis balls/ balled up socks/masking tape ball
- Kwik cricket bats/pan/ umbrella
- Coloured cones (or other objects)
- Batting tees/tin can/plastic cup 
- If you haven't got tees then use flexible cones. If you don't have cones then just hit from the floor.
- You can use tennis rackets or rounders bats if you don't have any cricket bats.

