



Striking in Cricket

Striking the ball in cricket using a bat is an important skill. Here's how to perform a super strike:

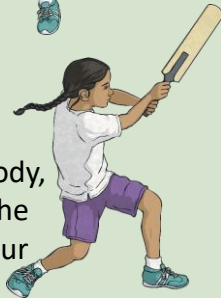
1. Stand sideways with your knees bent and your feet shoulder-width apart, looking at the ball.



2. Lift the bat behind your body to hip height.



3. Swing the bat in front of your body, twisting at your waist, and move the weight from your back leg onto your front leg.



PE Summer: Year 3 Striking & Fielding

Key Skills

To develop throwing a ball underarm and overarm.

To develop a range of throwing and striking skills using Cricket and Rounders bats.

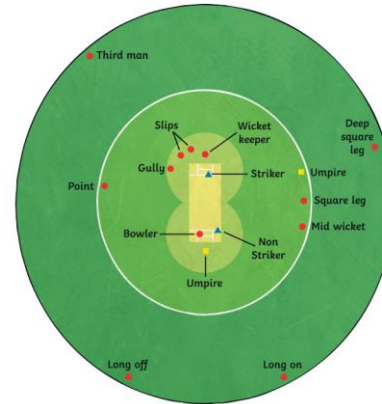
To develop bowling a ball overarm for Cricket and underarm for Rounders.

To develop striking a ball after one bounce.

To choose simple tactics when playing a game.

Equipment

Wickets
Stumps and bails
Posts
Cricket balls
Rounders balls
Bats
Rebound net



Key Vocabulary for Cricket

| | | |
|---------------|---|---|
| Bails | Are the small sticks placed on top of the wickets in cricket. | ✓ |
| Batter | Is the person batting the goal is to score as many runs as possible. | |
| Bowler | The person bowling the ball trying to get the batter out. | |
| Fielder | Is all the players on the fielders teams who's job is to catch, collect and return the ball that has been hit by the batting team. | |
| Wicket-Keeper | Is on the fielding team they stand behind the wickets and try to catch and stump the batter when the chance arises. | |
| Runs | Is the method of scoring in Cricket. The team with the most runs is the winning team. | |
| Out | Each batter tries to score as many runs as possible if they are caught, bowled, run out, stumped or hit there wicket. They are out. | |

Ways of scoring runs in Cricket

6 runs is scored if the ball is hit over the boundary without it bouncing first.



4 runs is scored if the ball reaches the boundary having touched the ground first.



Batters run between the wickets as many times as possible until the ball is returned.