

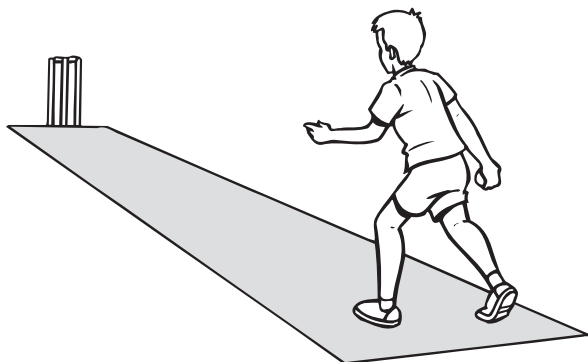
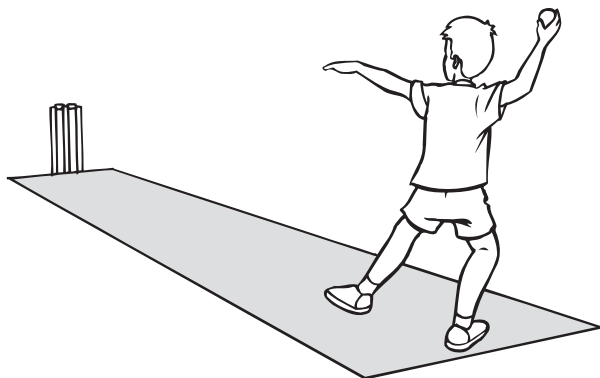
Learning Outcome:

- Throw a ball accurately

Starter

Look at these pictures of a boy about to throw a ball underarm and overarm at the stumps. What are the skills involved in each type of throw?

Discuss your answers in groups of four and then share your thoughts with the rest of the class. Agree which you think is the right answer.

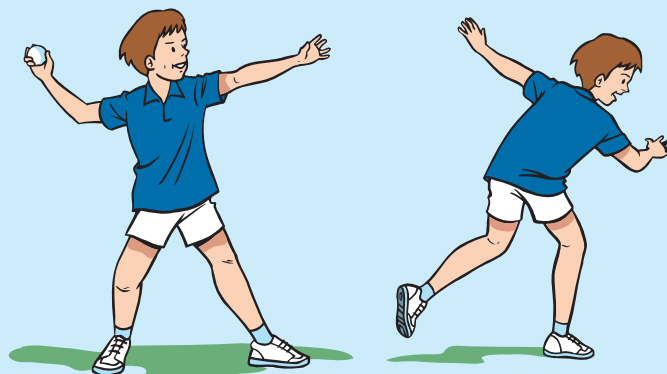


Warm-up and Stretching

Can you think of some good warm-up exercises to prepare you for throwing? Think about the parts of the body you will use most. Remember to include:

- Cardiovascular activity to get your heart and lungs working
- Dynamic stretches
- Static stretches

Skill: Overarm Throw

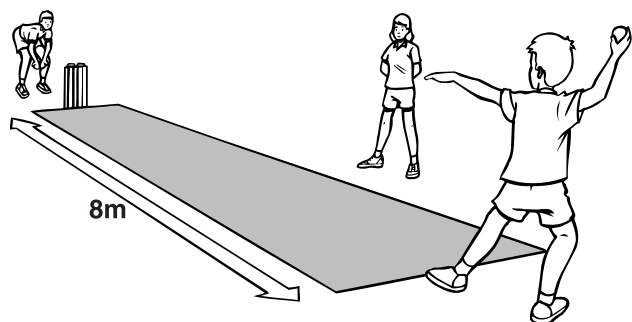


- Stand side-on and point non-throwing arm at partner.
- Lift your throwing arm up and bend it at the elbow.
- Rock backward then forward, releasing the ball quickly.
- Keep your eye fixed on the target.
- For accuracy, aim to throw the ball into the wicket keeper's hands if attempting to hit the stumps.

Some Fielding Rules

- Each team has a minimum of eight players including a wicket keeper who does not bowl.
- A captain is appointed to each team.
- The captain, in consultation with team mates, is responsible for field placements and order of batting.
- Waiting batters can act as scorers and umpire.

Have a go



Stand 8m away from the stumps. Alternatively use cones, bins, buckets or even chalk on a wall to act as your target.

Work in groups of three – thrower, wicket keeper and observer. Take it in turns to throw the ball ten times at the target. Try using a mix of underarm and overarm throws.

Score 5 points if you hit the target in the middle and 2 points if you hit at the edges. Which type of throw are you most accurate with?

Curriculum link: Numeracy/Maths

See how many points you can score. Can you improve on this?

Assessment Opportunities

Take it in turns to be an observer. Comment on what you see.

Watch the line of flight the ball takes and translate how this affects results.

How can you use this information to improve your performance?

Curriculum link: Science

What is the most effective line of flight for a ball for a) accuracy and b) distance.

Why do you think this is?

Extensions

- Once you are confident of your technique, repeat the exercise standing further away from the stumps. Try distances of 10m and 12m and see how this affects your score.
- Make the target smaller and bigger and see how you score. For example, if you are using a set of stumps, position the stumps together or remove one or two of the stumps.

Inter Cricket – with a difference

- Introduce a new scoring rule to a game of Inter Cricket.
- If a player hits the stumps from an underarm throw, score 5 extra points for your team.
- If a player hits the stumps from an overarm throw, score 10 extra points.