



John Port Spencer Academy PE Department Cricket Knowledge Organiser Year 7

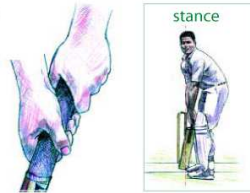


Key Skills: Batting

GRIP, STANCE, BACKSWING AND STEP

GRIP

- Fingers and thumbs wrapped around the bat ha
- 'V' in line between splice and edge
- Hands close together
- Top hand against inside front thigh

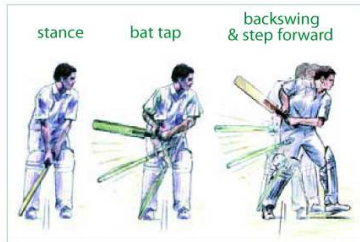


STANCE

- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

STANCE & BAT TAP

- Wrists and arms only
- Top hand control
- Bat handle close to body, in line with & under shoulders



BACKSWING & STEP

- Co-ordinated movement
- Comfortable stride
- Smooth movement of head toward line of the ball

Key skills: Bowling



A straight arm on delivery whilst looking at the wickets

Stretch and Challenge Task: Try to watch some cricket on TV or Youtube. Watch how the batsman prepares before the bowler makes his delivery and fielders are expecting the ball to come to them

Key skills: Fielding



Rules

**Two teams, both with 11 players, play an innings of batting and bowling.*

** When one team is batting, they try and score as many runs as they can by hitting the ball around a set boundary.*

** The other team must get them out by bowling the ball overarm at the stumps, which are at either end of a 22-yard area called a wicket.*

** The bowling team can get the batsmen out by hitting the stumps or catching the ball.*

** Once the batting team is all out, the teams swap over and they then become the bowling side.*

Key Content and Terms to learn: Grip, stance, backlift, batsman, drop feed, bobble feed, bowler, delivery, over, no ball, fielding, overarm, underarm, long barrier stop, wickets, crease, call, yes, no, backing up, LBW, umpire

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