

NOTTS SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page.

Active Notts and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

The School Games Organiser network and Active Notts are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit Active Notts [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement. There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Notts website, in our newsletter, on the Active Notts Facebook, @Active Notts Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner. and to government guidance re COVID-19.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to nottsschoolgames@activenotts.org.uk

INTRODUCTION TO

CRICKET

THE HISTORY OF THE GAME

Bat-and-ball games (or safe haven games) are field games played by two opposing teams, in which the action starts when the defending team throws a ball at a dedicated player of the attacking team, who tries to hit it with a bat. The best known modern bat-and-ball games are baseball and cricket.

The sport of cricket has a history beginning in the late 16th century. Having originated in south-east England, it became the country's national sport in the 18th century and has developed globally in the 19th and 20th centuries. International matches have been played since 1844 and Test cricket began, in 1877. Cricket is the world's second most popular spectator sport after football.

HERE ARE SOME FAMOUS ENGLAND PLAYERS, BUT WHICH ENGLISH COUNTY DO THEY REPRESENT?



Ben Stokes



Heather Knight



Jofra Archer



30mins

SOME KEY WORDS IN CRICKET

Find out what these words mean and discuss with a member of your household - Run, Duck, How's That!, LBW, Innings, No Ball

FIND OUT MORE...

There are many different forms of cricket – how many can you name?

Who are the current Men's and Women's Twenty20 World Champions?

For further resources please visit



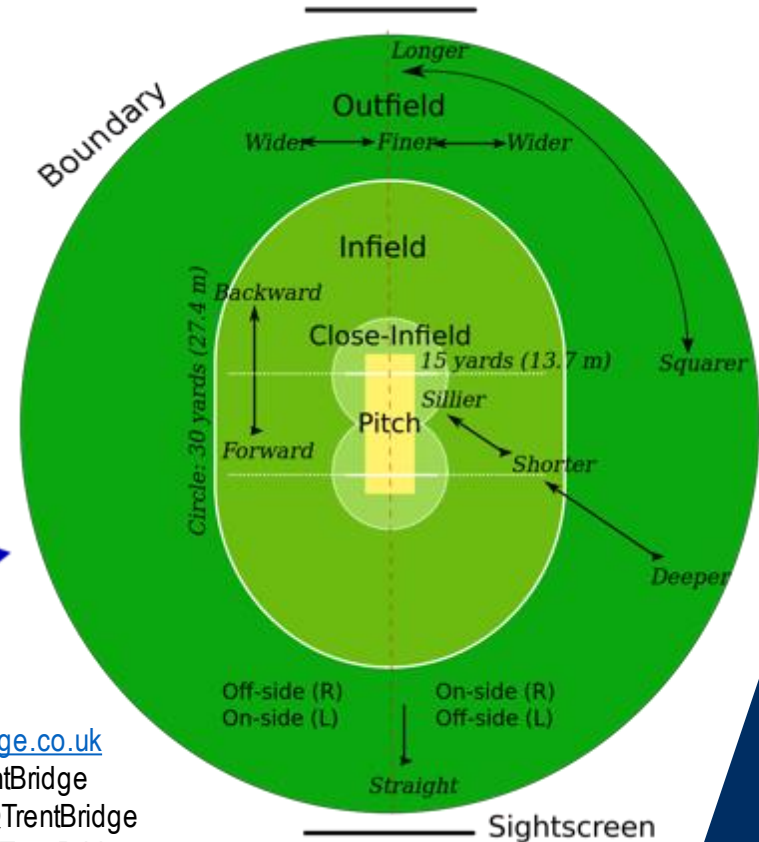
www.trentbridge.co.uk

twitter: @TrentBridge

Facebook: @TrentBridge

Instagram: @TrentBridge

Here's what a traditional Cricket pitch looks like!



SPORT THEME

CRICKET

SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

! Physical literacy/skills

Activity overview

- Cool Catcher
- Brilliant Bowler

Equipment needed

Ball, rolled-up socks, crunched up tin foil in a ball shape
Wickets, or something similar, e.g.: garden chair, washing basket

School Games value focus

Determination and Teamwork

TUESDAY CHALLENGE

! Personal challenge

Activity overview

- Bat Tap Challenge
- Batting Challenge

Equipment needed

Ball, rolled-up socks or crunched up tin foil
Bat, racquet or frying pan

School Games value focus

Self Belief

#stayhomestayactive

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

- The Best Batters in the World
- Between the wickets

Equipment needed

Pencil and paper

School Games value focus

Determination

#stayinworkout

THURSDAY THINKING

! Problem solving

Activity overview

- Range Strike

Equipment needed

Ball, rolled up socks or crunched foil
Bat, racquet or frying pan
Wickets or similar object

School Games value focus

Respect



FRIDAY FUN

! Virtual competition

Activity overview

Draw an action picture of your favourite sports person or yourself! Make it fun, colourful and imaginative

Once complete, submit your entry to www.activenotts.org.uk/forms/view/sgvc before 9:00am on Friday 19th June 2020 Earn points for your school and download your certificate

Equipment needed

Lots of colours, paper and a pencil.

School Games value focus

Passion

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



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MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- How many catches can you make on your own?
- Throw the ball underarm up into the air and catch
- Try and throw the ball a little higher each time
- If indoors, can you throw the ball up to your head and catch it again

EQUIPMENT NEEDED

- Ball, rolled-up socks or tin foil



15mins



How can you demonstrate Determination throughout this challenge?

Push yourself to...

1. Get more catches
2. Higher throws
3. Try clap-catching

! TOP TIPS

To make the best catch, keep your eyes on the ball at all times

COOL CATCHER

MAKE IT EASIER...

- Use a big ball
- Throw and catch the ball with two hands

MORE OF A CHALLENGE

- Use one hand, if that's too easy, can you throw and catch with your weaker hand

MAKE IT INCLUSIVE

- Use a bigger ball, or use your arms to help catch the ball

LEAD OTHERS

- Can you teach someone else to catch successfully? Can they do it with one hand?

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- Find a target object around your house or garden, that you can use as a wicket, e.g.: washing basket or garden chair.
- Stand away from the object and bowl the ball overarm to hit the wickets <https://youtu.be/gMMBAqFIDLg>
- Each time you hit the wicket, can you take a step further back?

EQUIPMENT NEEDED

- Ball, rolled-up socks or tin foil.
- Wickets or you could use some sort of target, such as: washing basket or garden chair



15mins



How can you demonstrate Teamwork throughout this challenge?

Ask someone in your family to stand behind the wickets to catch the ball

! TOP TIPS

For underarm bowling, keep your eyes on the wickets to aim and hit the target.

BRILLIANT BOWLER

MAKE IT EASIER...

- Stand closer to the wickets.
- Try rolling the ball, or use a bigger ball

MORE OF A CHALLENGE

- How far away from the wickets can you get?

MAKE IT INCLUSIVE

- Use a table-top and roll the ball at objects

LEAD OTHERS

- Can you teach someone else to catch successfully?

Why not try this now? Visit www.trentbridge.co.uk/news/2020/april/download-the-trent-bridge-classroom-workbook.html.

TUESDAY CHALLENGE

BAT TAP CHALLENGE

! Personal Challenge

ACTIVITY

- How many times can you hit the ball with the bat by keeping it up! How many can you do in 30 seconds?
- Start with using both hands and then try each hand separately <https://youtu.be/8jojxhkxgZU>
- How many can you do whilst moving around the house or garden?

EQUIPMENT NEEDED

- Ball / rolled-up socks or tin foil
- Bat, tennis/badminton racket, frying pan or even use your hand



15mins



How can you demonstrate Self Belief throughout this challenge?

Stay positive and keep trying.
Can you keep beating your score

MAKE IT EASIER...

- Try dribbling the ball (like a hockey dribble)

MORE OF A CHALLENGE

- Use the side of the bat OR a smaller surface of the object.

MAKE IT INCLUSIVE

- Using, your hand or knee, can you balance or bounce the ball/object?

LEAD OTHERS

- Can you challenge a family member to do more than you?

! TOP TIPS

Keep your eye on the ball.
Keep practicing and try and beat your best score.
Try and keep the ball low and close to the end of the bat.

Why not try this now? Visit ['Chance to Shine'](#) or ['All Stars'](#) for more ideas.

TUESDAY CHALLENGE

BATTING CHALLENGE

! Personal Challenge

ACTIVITY

- With your bat, pan or hand, ask someone to bowl a ball towards you.
- We are going to try and hit the ball...
 - Keep your eyes on the ball
 - Swing the bat back
 - As the ball arrives, swing the bat forwards.
 - Follow through with your strike.
- Hit the ball back to the bowler with control. Ensure you have enough space: <https://youtu.be/fe6AawZh-0>

EQUIPMENT NEEDED

- Ball / rolled-up socks or tin foil
- Bat, pan or even use your hand with the socks/tennis ball



15mins



How can you demonstrate Self Belief throughout this challenge?

Concentrate on the ball and your swing.

MAKE IT EASIER...

- Hit the ball from the floor, or try hitting the ball off a toilet roll cylinder

MORE OF A CHALLENGE

- Set up some targets in the garden
<https://youtu.be/HehFz-3VgJg>
- Can you hit the ball into a bucket or bin?

MAKE IT INCLUSIVE

- Use a bigger, softer ball/object

LEAD OTHERS

- Let your family have a go too! Can you share what you have been doing?

! TOP TIPS

Keep your eyes on the prize!
Look at the ball to make contact with the bat.

Why not try this now? Visit ['Chance to Shine'](#) or ['All Stars'](#) for more ideas.

WEDNESDAY WORKOUT

THE BEST BATTERS IN THE WORLD

! Links to numeracy/literacy

ACTIVITY



15mins

Thanks to Nottinghamshire County Cricket Club for these resources

EQUIPMENT NEEDED

- Pen or a pencil
- Piece of paper



Look at the batters and answer the questions below

MEN

Batters	Matches	Innings	Not outs	Runs	Highest	Average
Ben Stokes (ENG)	11	10	3	465	89	66.42 runs
Kane Williamson (NZ)	23	22	6	911	148	56.93
Joe Root (ENG)	17	16	2	758	121	54.14
David Warner (AUS)	18	18	2	992	178	62.00
Rohit Shavma (IND)	17	17	2	978	140	65.20
Francois du Plessis (SA)	23	21	5	925	109	57.87
Mahmudullah (BANG)	17	15	3	616	128	51.33
Misbah-ul-haq (PAK)	15	13	1	598	83	49.83

WOMEN

Batters	Matches	Innings	Not outs	Runs	Highest	Average
Ellyse Perry (AUS)	109	87	31	2998	112	53.53 runs
Stafanie Taylor (WI)	123	120	15	4561	171	43.43
Mithali Raj (IND)	203	183	52	6720	125	51.29
Suzi Bates (NZ)	121	115	12	4392	168	42.64
Laura Wolvaardt (SA)	44	43	7	1623	149	45.08
Tammy Beaumont (ENG)	68	61	6	2259	168	41.07



How can you demonstrate determination throughout this challenge?

Never Give Up! And use another piece of paper if you'd like to do more

! TOP TIPS

Working with someone else can improve teamwork skills

Why not try this now?

- Visit www.trentbridge.co.uk/news/2020/april/download-the-trent-bridge-classroom-workbook.html.

Q1. Name a city in each of the countries above? _____

Q2. Who do you think has the top three batting averages for the men & women players? _____

Q3. Who are the top two men and women for runs scored? _____

WEDNESDAY WORKOUT

BETWEEN THE WICKETS



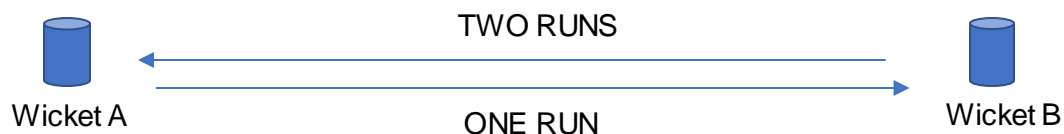
15mins

! Links to numeracy/literacy

ACTIVITY

- Set up two sets of wickets, if you don't have wickets just use two markers, or objects where the wickets would be positioned in a game of cricket.
- Set up the wickets or tins for example about three to five metres apart (use what space you have).
- Ask someone to shout numbers between one and six. Once you hear the first number, make that number of runs. Example below.

1. Run six runs (one run = A to B)
2. 30 seconds rest
3. Run four runs
4. 30 Seconds rest
5. Run two runs
6. 30 seconds rest
7. HOW MANY RUNS DID YOU RUN IN TOTAL?



EQUIPMENT NEEDED

- Two wickets or marker/tins.
- Try running with your bat, pan, umbrella!
- Pencil and paper for tracking your runs

! TOP TIPS

Keep track of your score whilst you run, use a pencil and paper in your rest periods.

Why not try this now? Visit www.trentbridge.co.uk/news/2020/april/download-the-trent-bridge-classroom-workbook.html.



How can you demonstrate determination throughout this challenge?



Keep going, even when you get tired.

MAKE IT EASIER...

- Use smaller numbers, maybe between one and three

MORE OF A CHALLENGE

- Take short rests (15 seconds for example)
- Use a larger number range, e.g.: one to ten
- Ask someone in your house to shout random numbers for you.

MAKE IT INCLUSIVE

- Use paper or a board to signal the number of runs
- Ask someone to support or help

LEAD OTHERS

- Other people in your house can get involved in the game.
- You be the teacher!

THURSDAY THINKING

RANGE STRIKE



45 mins

! Problem solving

ACTIVITY

- So now we are allowed out a little more, for this challenge we are going to head to a wide-open space, the park for example. Encourage your family and household members to come with you. Please adhere to government guidelines at all times
- The Game – Range Strike (see set up on next page)
 - Bat from a cone
 - Someone can bowl the ball, or you can hit from a toilet roll
 - Set up three zones;
 - ZONE 1: 5-10 metres away 2 POINTS
 - ZONE 2: 10-15 metres away 6 POINTS
 - ZONE 3: 15+ metres away 10 POINTS
 - Aim is to try and hit the ball as far as you can
 - Take six shots (an over) and then swap with someone else if you can

EQUIPMENT NEEDED

- A ball, bat, pan or object you can use to hit the ball off a toilet roll.
- Three or more cones/zones/areas marked as mini boundaries

! TOP TIPS

- Keep your eyes on the ball.
 - Aim for spaces
- See how many runs you can score before the fielders get the ball back to the toilet rolls
- Make sure you are not close enough to anything that could break/injure

Why not try this now? Visit www.trentbridge.co.uk/news/2020/april/download-the-trent-bridge-classroom-workbook.html.



How can you demonstrate Respect throughout this challenge?

Respect yourself and respect others and respect your surroundings in this game. Respect the rules and work together

MAKE IT EASIER...

- If you can't find a big space, use the garden as best you can
Example: hit the ball from the floor OR you could try aiming for accuracy i.e. scoring points by hitting a tree or landing the ball in a bin
- WATCH OUT FOR THOSE WINDOWS!

MORE OF A CHALLENGE

- Try throwing your own ball up in the air to bat, rather than hitting from a tee.
- OR you could try having a bowler to bowl the ball to you if you have multiple players

MAKE IT INCLUSIVE

- Try focusing on the batting and ask someone else to run for you.
- If you are at home, try hitting the ball around the garden
- Use a tennis racket or softer ball

LEAD OTHERS

- Lead your family or household in this game, organise players into positions and arrange change overs so that everyone can have a turn



! Problem solving

ACTIVITY

Range Strike (Set Up)

Large Space

Don't worry if you don't have fielders, just try and hit the ball into the zones for points

Zone 3



Zone 2



Zone 1



Small Space

Bowl or throw the ball to yourself for a bin shot



Can you hit the ball to a member of the household for a catch

Can you hit a tree

Batting cone



FRIDAY FUN

! Virtual competition

ACTIVITY

Draw an action picture!

- Draw an action picture of a cricketer, sportsperson, or even yourself with a small paragraph stating your passion for sport; why you love sport and what it has given to you. This could also be a memory or positive experience you have had through PE, sport, or physical activity
- Once complete, submit your entry, download your certificate and earn points for your school – the school with the most entries per children on roll will receive an equipment voucher. Submit your entry to www.activenotts.org.uk/forms/view/sqvc before 9:00am on Friday 19th June 2020

EQUIPMENT NEEDED

- Pen, pencil and crayons
- Anything you feel could help create your action picture

! TOP TIPS

Inspiration for your sports personality could come from something you have seen on TV or experienced yourself.

Why not try this now?

➤ Visit www.trentbridge.co.uk/news/2020/april/download-the-trent-bridge-classroom-workbook.html.

Virtual CRICKET Competition



How can you demonstrate Passion throughout this challenge?

In your short paragraph let your passion for sport capture your imagination. Express your emotions through different use of colours in your artwork.



Image thanks to www.vecteezy.com

MAKE IT EASIER...

- Use your own photo, one your parents might have, or do some research to find your sportsperson to draw

MORE OF A CHALLENGE

- Produce your piece of art in the style of a famous artist.
- Use your own imagination to create your own picture from memory

MAKE IT INCLUSIVE

- Don't be afraid to ask for help or get other people involved in your creation

LEAD OTHERS

- Get other people in your house involved in a piece of artwork of their own. Who are their inspirational people?