



ScotRail Curriculum for Excellence Cricket Programme



www.cricketscotland.com



Welcome

Welcome to the Cricket Scotland Curriculum for Excellence Resource.

This resource is an exciting step forward in providing greater support for teachers and schools in delivering key curriculum outcomes. We strongly believe in helping all youngsters develop skills across the spectrum in order to participate in sport positively throughout their lifetime.

The objectives of the resource are:

- Provide class teachers and PE staff with a quality striking and fielding programme that links strongly to Curriculum for Excellence
- Provide teachers with more options for delivering curriculum outcomes across all ages and stages within Primary Schools
- Provide a fun and engaging programme that has great impact for both students and teachers

To achieve these outcomes, the resource includes the following information:

- Clear links to Curriculum for Excellence at early, first and second levels for teachers to build sessions around
- Suggested session plans showing the 'circuit-based' nature of the programme which provides lots of time on task and the development of many skills within each session
- Assessment templates for teachers to adapt, along with Self-Assessment sheets for students
- Simple cricket specific technical information and photos to help teachers cover basic cricket skills if they wish

We hope that the resource is of use and that you enjoy delivering what we think is a great programme for teachers and students.



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Programme Overview



Curricular Age Group: Early

Health & Wealth Being Experiences and Outcomes

Movement skills, competencies and concepts:

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.

HWB 0-21a

I am developing my movement skills through practice and energetic play.

HWB 0-22a

Cooperation and competition:

I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules.

HWB 0-23a

Evaluating and appreciating:

By exploring and observing movement, I can describe what I have learned about it.

HWB 0-24a

Physical activity and sport:

I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors.

HWB 0-25a

Physical activity and health:

I know that being active is a healthy way to be.

HWB 0-27a

I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body.

HWB 0-28a

Significant Aspect of Learning:

Session Learning

Physical Competencies:

Personal & spatial awareness, balance & control, co-ordination & fluency, rhythm & timing, gross and fine motor skills

Physical fitness:

Stamina, speed, core stability & strength, flexibility

Cognitive skills:

Problem solving, focus & concentration, decision making, creativity

Personal Qualities:

Motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication

Learning Intentions

Physical competencies:

- Striking a ball from stationary position
- Practice hitting the ball through various targets with bat
- Begin to develop the combination of movements of underarm and/or overarm bowling at targets
- Begin to develop various forms of catching and appropriate footwork
- Develop some control and accuracy in throwing underarm or overarm at a target or 'ready' striker
- Begin to combine various cricket skills together during game play

Success Criteria

Physical competencies:

Batting:

- I can hold a bat in the correct way to practice striking
- I can step and strike an object
- I can begin to control the speed of my batting shot

Bowling:

- I can bowl underarm
- I am developing my overarm bowl using a straight arm

Programme Overview



Curricular Age Group: Early (continued)

Significant Aspect of Learning:				
Session Learning	Physical Competencies: Personal & spatial awareness, balance & control, co-ordination & fluency, rhythm & timing, gross and fine motor skills	Physical fitness: Stamina, speed, core stability & strength, flexibility	Cognitive skills: Problem solving, focus & concentration, decision making, creativity	Personal Qualities: Motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication
	Physical fitness: <ul style="list-style-type: none"> ● Begin to understand what skills are linked to what aspects of fitness Cognitive skills: <ul style="list-style-type: none"> ● Observe and copy a demonstration ● Listen and follow simple instructions ● Talk with others and share ideas and thoughts about tasks ● Develop understanding of the correct decisions during activities ● Develop a working knowledge and understanding of equipment and space we are using ● Start to understand the rules of cricket Personal Qualities: <ul style="list-style-type: none"> ● Being able to work on their own ● Being able to work with a partner or a group ● Giving and receiving appropriate feedback with others ● Understanding how to play fairly with others ● Contributing to the striking and fielding session ● Develop awareness of my own and others' needs and feelings 		Fielding: <ul style="list-style-type: none"> I can move, track and prepare to catch an object I am developing my underarm or overarm throwing using different objects I can throw an object towards a teammate or target I can move and stop an object with some control I am developing my ability to collect a ball with 2 hands Games: <ul style="list-style-type: none"> I am developing my ability to apply the skills during the game Physical fitness: <ul style="list-style-type: none"> I can identify the parts of my body to move when required Cognitive skills: <ul style="list-style-type: none"> I can watch a demonstration and copy what I have seen I can listen and watch when appropriate I can talk about and/or show what I & others are doing I am developing my decision making I can identify and name objects I use and use them safely I can play fairly, accept decisions and help others to follow rules Personal qualities: <ul style="list-style-type: none"> I can practice on my own I can take turns when appropriate I can work with a partner or a small group I can share how I feel and help and support others 	



Programme Overview



Curricular Age Group: First

Health & Wealth Being Experiences and Outcomes

Movement skills, competencies and concepts:

I am discovering ways that I can link actions and skills to create movement patterns and sequences. This has motivated me to practise and improve my skills to develop control and flow.

HWB 1-21a

I am developing skills and techniques and improving my level of performance and fitness.

HWB 1-22a

Cooperation and competition:

I can follow and understand rules and procedures, developing my ability to achieve personal goals. I recognise and can adopt different roles in a range of practical activities.

HWB 1-23a

Evaluating and appreciating:

I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.

HWB 1-24a

Physical activity and sport:

Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and outdoor space.

HWB 1-25

Physical activity and health:

I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest, to look after my body.

HWB 1-27a

I understand that my body needs energy to function and that this comes from the food I eat. I am exploring how physical activity contributes to my health and wellbeing.

HWB 1-28a

Significant Aspect of Learning:

Session Learning

Physical Competencies:

Personal & spatial awareness, balance & control, co-ordination & fluency, rhythm & timing, gross and fine motor skills

Physical fitness:

Stamina, speed, core stability & strength, flexibility

Cognitive skills:

Problem solving, focus & concentration, decision making, creativity

Personal Qualities:

Motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication

Learning Intentions

Physical competencies:

- Striking a ball from stationary position
- Demonstrate hitting the ball through various targets
- Learning the combination of movements of overarm bowling
- Use the correct technique for overarm bowling
- Demonstrate various forms of catching and appropriate footwork
- Demonstrate various forms of round fielding and movement patterns
- Demonstrate various forms of throwing and appropriate movement patterns

Success Criteria

Physical competencies:

Batting:

- I can demonstrate correct grip & stance when batting
- I can create a base position when batting
- I can repeatedly strike a ball to a target or partner when batting
- I can control the speed of my batting shot

Bowling:

- I can link my body movement to overarm bowl correctly
- I can bowl overarm using a straight arm

Programme Overview



Curricular Age Group: First (continued)

	Significant Aspect of Learning:			
Session Learning	<p>Physical Competencies: Personal & spatial awareness, balance & control, co-ordination & fluency, rhythm & timing, gross and fine motor skills</p>	<p>Physical fitness: Stamina, speed, core stability & strength, flexibility</p>	<p>Cognitive skills: Problem solving, focus & concentration, decision making, creativity</p>	<p>Personal Qualities: Motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication</p>
	<ul style="list-style-type: none"> Combine various cricket skills together during game play Work together to set up various practices Cooperate and compete in a game situation <p>Physical fitness:</p> <ul style="list-style-type: none"> Understanding of what aspects of fitness to use and when Understanding of what skills are linked to what aspects of fitness <p>Cognitive skills:</p> <ul style="list-style-type: none"> Learning the rules of cricket Applying the instruction of various drills Setting their own targets during sessions Give and receive feedback on various aspects of learning during the drills Understanding and using the correct decisions during game based activities Learning how to pass on information learnt to others <p>Personal Qualities:</p> <ul style="list-style-type: none"> Being able to work on their own Being able to work with a partner or a group Giving and receiving appropriate feedback with others Understanding how to play fairly with others Contributing to the striking and fielding session 		<p>Fielding:</p> <ul style="list-style-type: none"> I can be in a balanced ready position when fielding I can catch a ball at different heights, distance and speed I can move in different ways to field the ball I can throw an object in different ways I can throw at a target I can stop the ball on the ground with 2 hands <p>Games:</p> <ul style="list-style-type: none"> I can select and apply the correct skills during the game I can understand the rules of the game I can work well with my teammates <p>Physical fitness:</p> <ul style="list-style-type: none"> I can speed up my skills when required I can hold myself in strong positions to perform skills I can identify aspects of fitness to use in different situations I can move parts of my body at different speeds <p>Cognitive skills:</p> <ul style="list-style-type: none"> I can follow the rules of the games I can listen and follow a set of visual or verbal instructions I can make decision quickly during the drills & games I can calculate and record scores during the games I can set targets for myself during the sessions <p>Personal qualities:</p> <ul style="list-style-type: none"> I can work on my own to develop my skills I can work with a partner or in a small group effectively I can show respect when winning and losing I can play fairly in games context I can offer support to my classmates I can demonstrate the skills I have learnt I can play an active role in the drills and games 	



Programme Overview



Curricular Group Age: Second

Health & Wealth Being Experiences and Outcomes

Movement skills, competencies and concepts:

As I encounter new challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select, adapt and apply movement skills and strategies, creatively, accurately and with control.

HWB 2-21a / HWB 3-21a

I practise, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness

HWB 2-22a / HWB 3-22a

Cooperation and competition:

While working and learning with others, I improve my range of skills, demonstrate tactics and achieve identified goals.

HWB 2-23a

Evaluating and appreciating:

By reflecting on my own and others' work and evaluating it against shared criteria, I can recognise improvement and achievement and use this to progress further.

HWB 2-24a

Physical activity and sport:

I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community.

HWB 2-25a / HWB 3-25a

I have investigated the role of sport and the opportunities it may offer me. I am able to access opportunities for participation in sport and the development of my performance in my place of learning and beyond

HWB 2-26a / HWB 3-26a

Physical activity and health:

I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity.

HWB 2-27a / HWB 3-27a

I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.

HWB 2-28a / HWB 3-28

Significant Aspect of Learning:

Session Learning

Physical Competencies:

Personal & spatial awareness, balance & control, co-ordination & fluency, rhythm & timing, gross and fine motor skills

Physical fitness:

Stamina, speed, core stability & strength, flexibility

Cognitive skills:

Problem solving, focus & concentration, decision making, creativity

Personal Qualities:

Motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication

Learning Intentions

Physical competencies:

- Striking a ball from stationary position
- Demonstrate hitting the ball through various targets
- Learning the combination of movements of overarm bowling
- Use the correct technique for overarm bowling
- Demonstrate various forms of catching and appropriate footwork
- Demonstrate various forms of round fielding and movement patterns
- Demonstrate various forms of throwing and appropriate movement patterns
- Combine various cricket skills together during game play

Success Criteria

Physical competencies:

Batting:

- I can demonstrate correct grip, stance and step & swing when batting
- I can create a base position when batting
- I can repeatedly strike a ball to a target or partner when batting
- I can control the speed of my batting shot
- I can coordinate my movements to strike a stationary or moving ball

Bowling:

- I can link my body movement to overarm bowl correctly
- I can bowl overarm using a straight arm
- I can control where I bowl the ball



Programme Overview

Curricular Age Group: Second (continued)

	Significant Aspect of Learning:			
Session Learning	<p>Physical Competencies: Personal & spatial awareness, balance & control, co-ordination & fluency, rhythm & timing, gross and fine motor skills</p>	<p>Physical fitness: Stamina, speed, core stability & strength, flexibility</p>	<p>Cognitive skills: Problem solving, focus & concentration, decision making, creativity</p>	<p>Personal Qualities: Motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication</p>
	<ul style="list-style-type: none"> ● Work together to set up various practices ● Cooperate and compete in a game situation <p>Physical fitness:</p> <ul style="list-style-type: none"> ● Understanding of what aspects of fitness to use and when ● Understanding of what skills are linked to what aspects of fitness <p>Cognitive skills:</p> <ul style="list-style-type: none"> ● Learning the rules of cricket ● Applying the instruction of various drills ● Setting their own targets during sessions ● give and receive feedback on various aspects of learning during the drills ● Understanding and using the correct decisions during am eased activities ● Learning how to pass on information learnt to others <p>Personal Qualities:</p> <ul style="list-style-type: none"> ● Being able to work on their own ● Being able to work with a partner or a group ● Giving and receiving appropriate feedback with others ● Understanding how to play fairly with others ● Contributing to the striking and fielding session 		<p>Fielding:</p> <ul style="list-style-type: none"> I can be in a balanced ready position when fielding I can adapt to catching a ball at different heights, distance and speed I can move in different ways to field the ball I can coordinate my movements for various throws I can be accurate when throwing I can demonstrate picking up the ball with 2 hands I can demonstrate picking up the ball with 1 hand <p>Games:</p> <ul style="list-style-type: none"> I can select and apply the correct skills during the game I can understand the rules of the game I can work well with my teammates <p>Physical fitness:</p> <ul style="list-style-type: none"> I can speed up my skills when required I can hold myself in strong positions to perform skills I can identify aspects of fitness to use in different situations I can move parts of my body at different speeds <p>Cognitive skills:</p> <ul style="list-style-type: none"> I can inform other of the rules in games I can demonstrate my learnings during the skills and games I can adapt and demonstrate the skills I have learnt in the drill sessions I can solve problems during the drills & games I can calculate and record scores during the games I can set targets for myself during the sessions I can officiate during the drills and games <p>Personal qualities:</p> <ul style="list-style-type: none"> I can work on my own to develop my skills I can show respect when winning and losing I can play fairly in games context I can work through various challenges in the sessions I can support my peers to analyse performance 	



Assessment Documents

Assessment for Learning Stage: Early

Significant aspect of Learning	Success Criteria	Tracking & Progress			Evidence	Evaluation
		Red	Amber	Green		
Physical Competencies	Batting: I can hold a bat in the correct way I can step and strike an object					
	Bowling: I can bowl overarm using a straight arm					
	Fielding: I can move and prepare to catch an object I can demonstrate underarm or overarm throwing using different objects I can throw an object at a target					
	Games based Learning: I can select and apply the correct skills during the game					
Physical Fitness	I can speed up my skills when required I can hold myself in strong positions					
Cognitive Skills	I can listen and watch when appropriate I can talk about the skills I have learnt I can make decisions about how and when I move I can identify and name objects I use					
Personal Qualities	I can take turns when appropriate I can work with a partner or a small group I can copy what others do I can listen and follow simple instructions					



Assessment Documents

Assessment for Learning Stage: First

Significant aspect of Learning	Success Criteria	Tracking & Progress			Evidence	Evaluation
		Red	Amber	Green		
Physical Competencies	Batting: I can create a base position when batting I can repeatedly strike a ball to a target or partner when batting					
	Bowling: I can link my body movement to overarm bowl correctly I can bowl overarm using a straight arm					
	Catching: I can catch a ball at different heights, distance and speed I can move in different ways to field the ball					
	Throwing: I can throw an object in different ways					
	Ground Fielding: I can stop the ball on the ground with 2 hands					
	Games based Learning: I can select and apply the correct skills during the game I can understand the rules of the game					
Physical Fitness	I can speed up my skills when required I can move parts of my body at different speeds					
Cognitive Skills	I can follow the rules of the games I can listen and follow a set of visual or verbal instructions I can make decisions quickly during the drills & games I can set targets for myself during the sessions					
Personal Qualities	I can work on my own to develop my skills I can work with a partner or in a small group effectively I can play fairly in games context I can offer support to my classmates I can play an active role in the drills and games					

Evaluation Documents

Assessment for Learning Stage: Second

Significant aspect of Learning	Success Criteria	Tracking & Progress			Evidence	Evaluation
		Red	Amber	Green		
Physical Competencies	Batting: I can create a base position when batting I can repeatedly strike a ball to a target or partner when batting I can control the speed of my batting shot					
	Bowling: I can link my body movement to overarm bowl correctly I can bowl overarm using a straight arm					
	Catching: I can be in a balanced ready position when fielding I can adapt to catching a ball at different heights, distances and speeds					
	Throwing: I can coordinate my movements for various throws I can be accurate when throwing					
	Ground Fielding: I can demonstrate picking up the ball with 2 hands I can demonstrate picking up the ball with 1 hand					
	Games based Learning: I can select and apply the correct skills during the game I can understand the rules of the game					
Physical Fitness	I can hold myself in strong positions to perform skills I can move parts of my body at different speeds					
Cognitive Skills	I can inform other of the rules in games I can adapt and demonstrate the skills I have learnt in the drill sessions I can solve problems during the drills & games I can calculate and record scores during the games					
Personal Qualities	I can work on my own to develop my skills I can show respect when winning and losing I can play fairly in games context I can work through various challenges in the sessions					



Assessment Documents

Cricket Curriculum Programme: Early Level

Physical Skill	Self-Analysis
Batting: I can hold a bat in the correct way	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can step and strike an object	<input type="radio"/> <input type="radio"/> <input type="radio"/>
Bowling: I can bowl overarm using a straight arm	<input type="radio"/> <input type="radio"/> <input type="radio"/>
Fielding: I can move and prepare to catch an object	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can demonstrate underarm or overarm throwing using different objects	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can throw an object at a target	<input type="radio"/> <input type="radio"/> <input type="radio"/>
Games based Learning: I can select and apply the correct skills during the game	<input type="radio"/> <input type="radio"/> <input type="radio"/>
Physical Fitness	Self-Analysis
I can speed up my skills when required	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can hold myself in strong positions	<input type="radio"/> <input type="radio"/> <input type="radio"/>

Cognitive skills	Self-Analysis
I can listen and watch when appropriate	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can talk about the skills I have learnt	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can identify and name objects I use	<input type="radio"/> <input type="radio"/> <input type="radio"/>
Personal Qualities	Self-Analysis
I can take turns when appropriate	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can work with a partner or a small group	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can copy what others do	<input type="radio"/> <input type="radio"/> <input type="radio"/>
I can listen and follow simple instructions	<input type="radio"/> <input type="radio"/> <input type="radio"/>
Next Steps:	

- Green light: this means I am able to do the above skills most of the time (consistently)
- Amber light: this means I am able to carry out the above skills some of the time
- Red Light: this means I find it difficult to carry out the skills most of the time



Class evaluation sheet



SAOL	Physical Competency			Physical Competency			Physical Competency			Physical Fitness			Cognitive Skills			Personal Qualities		
Class:																		
Name:	Red	Amber	Green	Red	Amber	Green	Red	Amber	Green	Red	Amber	Green	Red	Amber	Green	Red	Amber	Green
1																		
2																		
3																		
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Self – Evaluation Sheet



Cricket Curriculum Programme: First Level

Physical Skills	Self-Analysis
Batting: I can create a base position when batting	○ ○ ○
I can repeatedly strike a ball to a target or partner when batting	○ ○ ○
Bowling: I can link my body movement to overarm bowl correctly	○ ○ ○
I can bowl overarm using a straight arm	○ ○ ○
Catching: I can catch a ball at different heights, distance and speed	○ ○ ○
Throwing: I can throw an object in different ways	○ ○ ○
Ground Fielding: I can stop the ball on the ground with 2 hands	○ ○ ○
Games based Learning: I can select and apply the correct skills during the game	○ ○ ○
I can understand the rules of the game	○ ○ ○
Physical Fitness	Self-Analysis
I can speed up my skills when required	○ ○ ○
I can hold myself in strong positions to perform skills	○ ○ ○

Cognitive skills	Self-Analysis
I can follow the rules of the games	○ ○ ○
I can listen and follow a set of visual or verbal instructions	○ ○ ○
I can make decision quickly during the drills & games	○ ○ ○
Personal Qualities	Self-Analysis
I can work on my own to develop my skills	○ ○ ○
I can work with a partner or in a small group effectively	○ ○ ○
I can play fairly in games context	○ ○ ○
Next Steps:	

- Green light: this means I am able to do the above skills most of the time (consistently)
- Amber light: this means I am able to carry out the above skills some of the time
- Red Light: this means I find it difficult to carry out the skills most of the time



Self – Evaluation Sheet



Cricket Curriculum Programme: First Level

Physical Skills	Self-Analysis
Batting: I can demonstrate correct grip, stance and step & swing when batting	○ ○ ○
I can create a base position when batting	○ ○ ○
I can repeatedly strike a ball to a target or partner when batting	○ ○ ○
Bowling: I can bowl overarm using a straight arm	○ ○ ○
I can control where I bowl the ball	○ ○ ○
Catching: I can adapt to catching a ball at different heights, distance and speed	○ ○ ○
Throwing: I can coordinate my movements for various throws	○ ○ ○
I can be accurate when throwing	○ ○ ○
Ground Fielding: I can demonstrate picking up the ball with 2 hands	○ ○ ○
Games based Learning: I can select and apply the correct skills during the game	○ ○ ○
I can understand the rules of the game	○ ○ ○

Physical Fitness	Self-Analysis
I can hold myself in strong positions to perform skills	○ ○ ○
I can identify aspects of fitness to use in different situations	○ ○ ○
Cognitive skills	Self-Analysis
I can solve problems during the drills & games	○ ○ ○
I can calculate and record scores during the games	○ ○ ○
I can set targets for myself during the sessions	○ ○ ○
Personal Qualities	
I can work on my own to develop my skills	○ ○ ○
I can show respect when winning and losing	○ ○ ○
I can play fairly in games context	○ ○ ○
Next Steps:	

- Green light: this means I am able to do the above skills most of the time (consistently)
- Amber light: this means I am able to carry out the above skills some of the time
- Red Light: this means I find it difficult to carry out the skills most of the time



Cricket Factory Circuit Programme



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Cricket Factory Circuit Programme



Session One

Early HWB Outcomes:	HWB 21a: Early, First & Second	HWB 22a: Early, First & Second	HWB 23a: Early, First & Second	
Focus skill learning intentions:	Strike the ball from a stationary position			
	Demonstrate with control hitting the ball through a designated target			
Various Success Criteria:	Physical Competencies: I can demonstrate correct grip & stance when batting	Physical fitness: I can move parts of my body at different speeds	Cognitive skills: I can follow the rules of the games	Personal Qualities: I can work on my own to develop my skills
Equipment Key:	Drill Points (DP), Target Tunnel (TT), Mini Slip Net (MSN), Action Target (AT), Drill Cube (DC), Target Area (TA)			
Additional Equipment:	Tennis Balls, Marker Cones, Kwik Cricket Stumps, Kwik Cricket Bat			

Warm Up

Activity	Organisation	Activity Progression
Basic jogging and cricket movement patterns	<ul style="list-style-type: none"> Children are asked to move around a designated space demonstrating their understanding of various cricket movements 	<ul style="list-style-type: none"> Use different commands to show a batting shot, an overarm throw, a fielding stop Observe the movements as this will show who has a basic understanding of the techniques already



Cricket Factory Circuit Programme

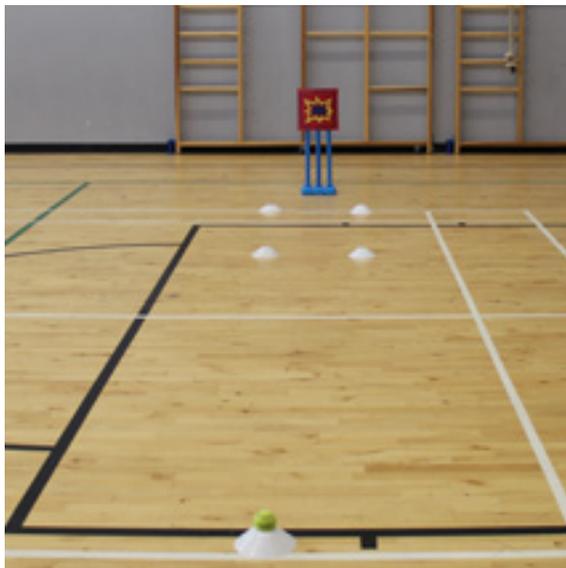
Session One

Station A - Batting Card 1: DP Driving



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the drill points (DPs) between 2-5m apart and 5-10m away from the batter ● Make sure there is adequate space between the different stations ● Players are to try and hit the ball from the 'T' between the 2 DPs ● Position the rest of the group a safe distance behind the striker 	<ul style="list-style-type: none"> ● Step to ball and swing ● Grip the bat with both hands and use flat side of the bat ● Show proper grip and stance 	<ul style="list-style-type: none"> ● Points are scored for hitting the ball between the DPs ● Points are scored for hitting the ball along the ground between the DPs 	<ul style="list-style-type: none"> ● Shorten/lengthen distance between the DPs ● Shorten/lengthen the distance from the batter is standing from the DPs ● Add in extra markers and give different points for hitting various targets ● Can use a horizontal bat shot ● Use varying types of balls

Station B - Bowling Card 1: Points Zone – Underarm



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the target area in a line with the DC, can also use kwik cricket stumps ● The bowlers will stand about 5-8m away from the DC ● The drill can also be run by using a set of kwik cricket stumps ● Target is to hit the mat and the stumps 	<p>Underarm Bowling Action:</p> <ul style="list-style-type: none"> ● Step towards target ● Non-bowling pointing to target ● Bowling arm swings back and then towards target 	<p>Score points for:</p> <ul style="list-style-type: none"> ● Hitting the dc ● Hitting the stumps ● Hitting the different sections of the mat 	<ul style="list-style-type: none"> ● Change the distance of the bowling zone from the bowler ● Change the colours target on the target area ● Change the target section of the target area



Cricket Factory Circuit Programme

Session One

Station C - Catching Card 2: DC Catch Race



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Have a group of pairs in a circle around the DC ● Players have to bounce the ball off the net of the DC for their partner to catch ● Players need to be a certain distance away from the DC 	<ul style="list-style-type: none"> ● Watch ball ● Hands together ● 'Ready' position 	<ul style="list-style-type: none"> ● Number of catches in a certain amount of time ● Number of catches without dropping the ball ● First to a set number of catches ● 10 catches of each progression 	<ul style="list-style-type: none"> ● Different types of ball ● Catch the ball with the dominant hand ● Catch the ball with the non-dominant hand ● Catch the ball after 1 bounce



Cricket Factory Circuit Programme

Session One

Station D - Fielding Card 1: TT/AT Target Challenge

Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the TT between 5-8m away from the fielders ● Ball is placed around 5 -8m away from the AT/TT ● Players are to run in pick up the ball and underarm throw the ball trying to hit the AT/ TT 	<ul style="list-style-type: none"> ● Stay low ● Palm facing forward ● Swing arm to target 	<p>Points scored for:</p> <ul style="list-style-type: none"> ● Picking up ball cleanly ● Hitting at/tt ● Getting the ball in the at/tt circle ● Hitting stumps ● Challenge can be done by time, number of repetitions or first to a certain number of points 	<ul style="list-style-type: none"> ● Change the distance between the fielder and the AT/TT ● Turn the TT side on and add in stumps to hit ● Change to overarm throw ● Add in a rolling ball ● Add in obstacles to jumps over or move round



Cricket Factory Circuit Programme

Session One: Modified Game

Activity: Double Hit Cricket



Organisation

Set up

- Set up game shown in picture
- 2 sets of wickets, bats, 'test' and balls
- Set markers 5-10m in front of stumps
- Split group into 2 teams fielders and batters

Game play

- Both batters strike the ball at the same time, then run to markers & back carrying bat
- Batters continue to run till both balls are returned to the coach by the fielders
- Team swap after all batters have had a go at striking the ball

Safety

- Make sure fielders are fair distance away from batters

Points Scoring

- Runs are scored either every time the batter gets to the marker or every time they get back to the stumps



Cricket Factory Circuit Programme



Session Two

Early HWB Outcomes:	HWB 21a: Early, First & Second	HWB 22a: Early, First & Second	HWB 23a: Early, First & Second
Focus skill learning intentions:	Learning the combination of movements involved in overarm bowling		
	Learning the combination of movements involved in overarm bowling		
Various Success Criteria:	Physical Competencies: I can bowl overarm using a straight arm	Physical fitness: I can speed up my skills when required	Cognitive skills: I can listen and follow a set of visual or verbal instructions
Equipment Key:	Drill Points (DP), Target Tunnel (TT), Mini Slip Net (MSN), Action Target (AT), Drill Cube (DC), Target Area (TA)		
Additional Equipment:	Tennis Balls, Marker Cones, Kwik Cricket Stumps, Kwik Cricket Bat		

Warm Up

Activity	Organisation	Activity Progression
Catching Skills 1	<ul style="list-style-type: none"> ● Make sure each child has a ball and the whole group is given a designated space to work in 	<ul style="list-style-type: none"> ● The children jog around the area throwing the ball up and catching ● Progress the drill using various commands: one handed catch, 1 bounce & catch, 2 bounces and catch, throw the ball up catch and clap



Cricket Factory Circuit Programme



Session Two

Station A - Batting Card 1: DP Driving 2



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the drill points (DPs) between 2-5m apart and 5-8m away from the batter ● Make sure there is adequate space between the different stations ● Players are to try and hit the ball from the 'T' between the 2 DPs ● Position the rest of the group a safe distance behind the striker 	<ul style="list-style-type: none"> ● Step to ball and swing ● Grip the bat with both hands and use flat side of the bat ● Show proper grip and stance 	<ul style="list-style-type: none"> ● Points are scored for hitting the ball between the DPs ● Points are scored for hitting the ball along the ground between the DPs 	<ul style="list-style-type: none"> ● Shorten/lengthen distance between the DPs ● Shorten/lengthen the distance from the batter is standing from the DPs ● Add in extra markers and give different points for hitting various targets ● Can use a horizontal bat shot ● Use varying types of balls

Station B - Bowling Card 2: Overarm Bowling Drill



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the target area in a line with the DC, can also use kwik cricket stumps ● The bowlers will stand about 5-8m away from the DC ● The drill can also be run by using a set of kwik cricket stumps ● Target is to hit the mat and the stumps 	<ul style="list-style-type: none"> ● Overarm Bowling Action: ● Step towards target ● Non-bowling pointing to target ● Bowling arm swings back and then towards target 	<ul style="list-style-type: none"> ● Score points for: ● Hitting the DC ● Hitting the stumps ● Hitting the different sections of the mat 	<ul style="list-style-type: none"> ● Change the distance of the bowling zone from the bowler ● Change the colours target on the target area ● Change the target section of the target area ● Change the size of the target on the DC



Cricket Factory Circuit Programme



Session Two

Station C - Catching Card 2: MSN Team Catch



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set out the MSN between 2-5m away from the catchers ● Each player must throw the ball off the MSN, catch the return, then pass the ball to the next person in line ● Use foam or tennis balls 	<ul style="list-style-type: none"> ● Watch ball ● Hands together ● 'Ready' position 	<ul style="list-style-type: none"> ● Number of catches in a certain amount of time ● Number of catches without dropping the ball ● 10 catches of each progression ● First to a set number of catches 	<ul style="list-style-type: none"> ● Different types of ball ● Catch the ball with the dominant hand ● Catch the ball with the non-dominant hand ● Catch the ball after 1 bounce

Station D - Fielding Card 2: Underarm Throw Zone 1



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the TT or AT around 5-8m away from the group ● The ball is to be stationary on the floor ● Make sure the group are throwing against the wall and not into another drill ● Players are to pick up the ball and hit TT with overarm throw 	<ul style="list-style-type: none"> ● Side on ● Non-throwing arm aiming ● Throwing arm straight back ● Elbow of throwing arm above shoulder height 	<p>Points scored for:</p> <ul style="list-style-type: none"> ● Picking up ball cleanly ● Hitting AT/TT ● Challenge can be done by time, number of repetitions or first to a certain number of points 	<ul style="list-style-type: none"> ● Change the distance between the fielder and the AT/TT ● Turn the TT side on and add in stumps to hit ● Add in a rolling ball ● Add in obstacles to jump over or move round



Cricket Factory Circuit Programme

Session Two: Modified Game

Activity: Double Hit Cricket



Organisation

Set up

- Set up game shown in picture
- 2 sets of wickets, bats, 'test' and balls
- Set markers 5-10m in front of stumps
- Split group into 2 teams fielders and batters

Game play

- both batters strike the ball at the same time, then run to markers & back carrying bat
- batters continue to run till both balls are returned to the coach
- Team swap after all batters have had a go at striking the ball

Safety

- Make sure fielders are fair distance away from batters

Points Scoring

- Runs are scored either every time the batter gets to the marker or every time they get back to the stumps
- Use different runs for the different markers



Cricket Factory Circuit Programme



Session Three

Early HWB Outcomes:	HWB 21a: Early, First & Second	HWB 22a: Early, First & Second	HWB 23a: Early, First & Second
Focus skill learning intentions:	Demonstrate various forms of catching and appropriate footwork		
	Demonstrate various forms of catching and appropriate footwork		
Various Success Criteria:	Physical Competencies: I can move, track and prepare to catch an object	Physical fitness: I can hold myself in strong positions to perform skills	Cognitive skills: I can make decision quickly during the drills & games
Equipment Key:	Drill Points (DP), Target Tunnel (TT), Mini Slip Net (MSN), Action Target (AT), Drill Cube (DC), Target Area (TA)		
Additional Equipment:	Tennis Balls, Marker Cones, Kwik Cricket Stumps, Kwik Cricket Bat		

Warm Up

Activity	Organisation	Activity Progression
Follow the leader (1)	<ul style="list-style-type: none"> Allocate the groups into pairs The pairs are given a number either 1 or 2 The pair are given 1 ball between them 	<ul style="list-style-type: none"> The children jog round the designated area with one as a leader and the other following. When the teachers shouts a command the pair stop and share 5 catches, the other person then leads This can be progressed to right or left and only catches



Cricket Factory Circuit Programme



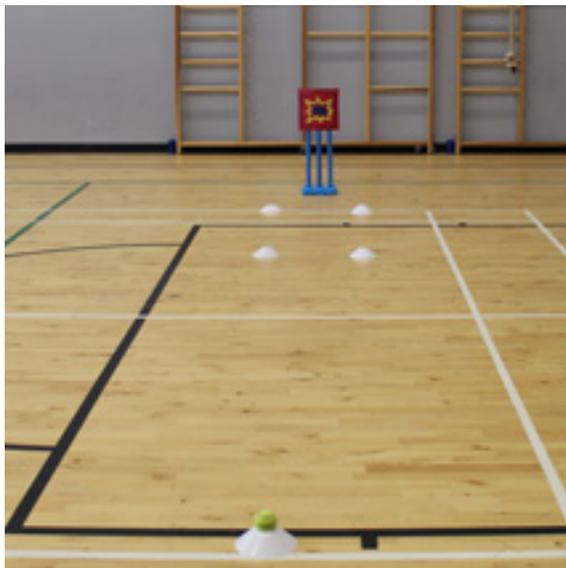
Session Three

Station A - Batting Card 1: AT Strike Zone



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the Action Target (AT) between 2-5m apart and 5-10m away from the batter ● Make sure there is adequate space between the stations ● Players try and hit the ATs placed in various positions ● Position the rest of the group a safe distance behind the striker 	<ul style="list-style-type: none"> ● Step to ball and swing ● Grip the bat with both hands and use flat side of the bat ● Show proper grip and stance 	<ul style="list-style-type: none"> ● Points are score for: ● Hitting the ATs ● Various points are scored for hitting different areas of the ATs 	<ul style="list-style-type: none"> ● Shorten/lengthen distance between the ATs ● Shorten/lengthen the distance the batter is standing from the ATs ● Add in extra markers and give different points for hitting various targets ● Can use a horizontal bat shot ● Use various types of balls

Station B - Bowling Card 1: Points Zone Overarm



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the target area in a line with the DC, can also use kwik cricket stumps ● The bowlers will stand about 10-15m away from the DC ● The drill can also be run by using a set of kwik cricket stumps ● Target is to hit the mat and the stumps 	<p>Underarm Bowling Action:</p> <ul style="list-style-type: none"> ● Step towards target ● Non-bowling pointing to target ● Bowling arm swings back and then towards target 	<p>Score points for:</p> <ul style="list-style-type: none"> ● Hitting the DC ● Hitting the stumps ● Hitting the different sections of the mat 	<ul style="list-style-type: none"> ● Change the distance of the bowling zone from the bowler ● Change the colours target on the target area ● Change the target section of the target area ● Change the size of the target on the DC



Cricket Factory Circuit Programme



Session Three

Station C - Catching Card 2: DC Catch Race



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Have a group of pairs in a circle around the DC ● Player have to bounce the ball off the net of the DC for their partner to catch ● Players need to be a certain distance away from the DC 	<ul style="list-style-type: none"> ● Watch ball ● Hands together ● 'Ready' position 	<ul style="list-style-type: none"> ● Number of catches in a certain amount of time ● Number of catches without dropping the ball ● 10 catches of each progression ● First to a set number of catches 	<ul style="list-style-type: none"> ● Different types of ball ● Catch the ball with the dominant hand ● Catch the ball with the non-dominant hand ● Catch the ball after 1 bounce

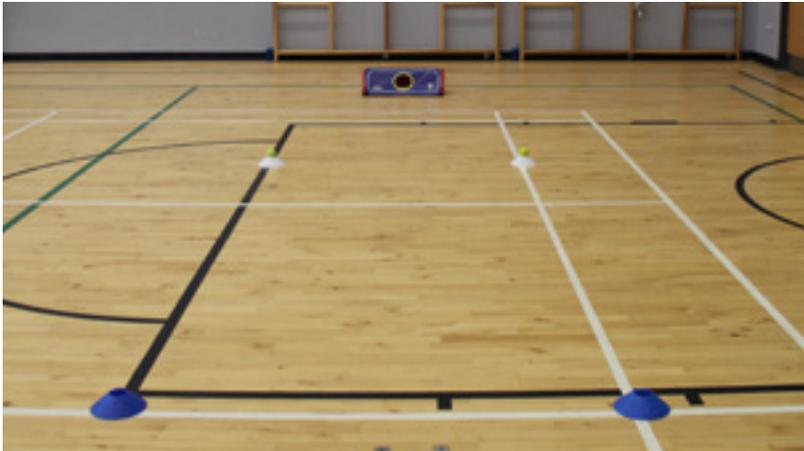


Cricket Factory Circuit Programme



Session Three

Station D - Fielding Card 1: TT/AT Target Challenge



- Set up the TT between 8-12m away from the fielders
- Ball is placed around 4-8m away from the AT/TT
- Players are to run in pick up the ball and throw at the AT/TT

Organisation

- Stay low
- Palm facing forward
- Swing arm to target

Teaching Points

Points Scoring

- Points scored for:
- Picking up ball cleanly
 - Hitting AT/TT
 - Getting the ball in the AT/TT circle
 - Hitting stumps
 - Challenge can be done by time, number of repetitions or first to a certain number of points

Progression

- Change the distance between the fielder and the AT/TT
- Turn the TT side on and add in stumps to hit
- Change to overarm throw
- Add in a rolling ball
- Add in obstacles to jumps over or move round



Cricket Factory Circuit Programme

Session Three: Modified Game

Activity: Racing Cricket



Organisation

Set Up

- See diagram
- 1 set of stumps, a row of markers, 3 bats and a ball is used
- Class split into 2 teams, 1 batting and 1 fielding
- The batting team has 3 bats per team.
- Coach bowls the ball under arm

Game Play

- Batter runs whether they hit the ball or not. They run round the top stumps and back to group
- Fielders return ball to bowler to bowl
- When a batter is out the team lose a bat, they keep going until they lose all 3 bats
- The batter is out when the ball hits the stumps, or the fielders catch the ball before it bounces.

Points Scoring

- 1 run is scored for missing the ball and running back to the group
- 5 runs is scored for hitting the ball and running back to the group



Cricket Factory Circuit Programme



Session Four

Early HWB Outcomes:	HWB 21a: Early, First & Second	HWB 22a: Early, First & Second	HWB 23a: Early, First & Second
Focus skill learning intentions :	Demonstrate various forms of ground fielding, appropriate footwork & demonstrate the correct throwing technique		
	Demonstrate correct & accurate throwing technique, various forms of ground fielding and appropriate footwork		
Various Success Criteria:	Physical Competencies: I can stop the ball on the ground with 2 hands	Physical fitness: I can identify aspects of fitness to use in different situations	Cognitive skills: I can calculate and record scores during the games
Equipment Key:	Drill Points (DP), Target Tunnel (TT), Mini Slip Net (MSN), Action Target (AT), Drill Cube (DC), Target Area (TA)		
Additional Equipment:	Tennis Balls, Marker Cones, Kwik Cricket Stumps, Kwik Cricket Bat		

Warm Up

Activity	Organisation	Activity Progression
Follow the leader (2)	<ul style="list-style-type: none"> Allocate the groups into pairs The pairs are given a number either 1 or 2 The pair are given 2 balls between them 	<ul style="list-style-type: none"> The children jog round the designated area with one as a leader and the other following. When the teachers shouts a command the pair stop and share 5 catches, the other person then leads This can be progressed to right or left hand only catches



Cricket Factory Circuit Programme



Session Four

Station A - Batting Card 4: Double Zone Driving



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the drill points (DPs) between 2-5m apart and 5-10m away from the batter ● Make sure there is adequate space between the different stations ● Players are to try and hit the ball from the 't' between the 2 sets of cones ● Position the rest of the group a safe distance behind the striker 	<ul style="list-style-type: none"> ● Step to ball and swing ● Grip the bat with both hands and use flat side of the bat ● Show proper grip and stance 	<ul style="list-style-type: none"> ● Points are scored for hitting the ball between the designated zones for your station ● Points are scored for hitting the ball along the ground between the DPs 	<ul style="list-style-type: none"> ● Shorten/lengthen distance between the DPs ● Shorten/lengthen the distance from the batter is standing from the DPs ● Add in extra markers and give different points for hitting various targets ● Can use a horizontal bat shot ● Use varying types of balls

Station B - Bowling Card 4: Target Circle



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the target area in line with the DC ● Have bowlers between 10 -15m from the DC ● Set up the DC with the circle side facing the bowlers ● The objective is to try and get the ball through the circle 	<p>Bowling Action:</p> <ul style="list-style-type: none"> ● Side on ● Step towards target ● Non-bowling arm swings at target ● Bowling arm stays straight 	<p>Points can be scored for:</p> <ul style="list-style-type: none"> ● Hitting the different mat colours and/or sections ● Hitting the DC ● Getting it through the circle ● The challenge can be done on time or number of shots 	<ul style="list-style-type: none"> ● Change the distance of the bowling zone from the bowler ● Change the colours target on the target area ● Change the target section of the target area ● Change the size of the target on the DC



Cricket Factory Circuit Programme



Session Four

Station C - Catching Card : MSN Team Catch #2



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set out the MSN between 5-8m away from 2 rows of catchers ● Each pair must run up & throw the ball off the MSN ● The catch is taken by the non-thrower ● The ball is then returned to the next in line ● Use foam or tennis balls 	<ul style="list-style-type: none"> ● Watch ball ● Hands together ● 'Ready' position 	<ul style="list-style-type: none"> ● Number of catches in a certain amount of time ● Number of catches without dropping the ball ● 10 catches of each progression ● First to a set number of catches 	<ul style="list-style-type: none"> ● Different types of ball ● Catch the ball with the dominant hand ● Catch the ball with the non-dominant hand ● Catch the ball after 1 bounce

Station D - Fielding Card 5: Triangle Target



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set out the triangle format shown in diagram, this includes a feeder, fielder and AT or TT as target ● The ball is rolled from the feeder for the fielder to pick up and throw at the AT/TT ● Make sure the ball roll is controlled and the distance for both the feeder and fielder is around 5m each way 	<p>Ball pick up:</p> <ul style="list-style-type: none"> ● 2 hands ● Stay low ● Watch ball <p>Throwing technique:</p> <ul style="list-style-type: none"> ● Side on ● Identify target with non-throwing arm ● Throwing arm goes straight back ● Follow through 	<p>Points scored for:</p> <ul style="list-style-type: none"> ● Picking up ball cleanly ● Hitting AT/TT ● Getting the ball in the AT/TT circle ● Hitting stumps 	<ul style="list-style-type: none"> ● Increase or decrease the distance between the fielder and the feeder/target ● Pick up the ball with 1 or 2 hands ● Vary the position of the AT or TT in terms of angle



Cricket Factory Circuit Programme

Session Four: Modified Game

Activity: Racing Cricket



Organisation

Set Up

- See diagram
- 1 set of stumps, a row of markers, 3 bats and a ball is used
- Class split into 2 teams, 1 batting and 1 fielding
- The batting team has 3 bats per team
- Coach bowls the ball under-arm

Game Play

- Batter runs whether they hit the ball or not. They run round the top stumps and back to group
- Fielders return ball to bowler
- When a batter is out the team lose a bat, they keep going until they lose all 3 bats
- The batter is out when the ball hits the stumps, or the fielders catch the ball before it bounces
- The batting team win a bat back when they score 50 runs

Points Scoring

- 1 run is scored for missing the ball and running back to the group
- 5 runs is scored for hitting the ball and running back to the group



Cricket Factory Circuit Programme



Session Five

Early HWB Outcomes:	HWB 21a: Early, First & Second	HWB 22a: Early, First & Second	HWB 23a: Early, First & Second	
Focus skill learning intentions:	Learning the combination of movements involved in overarm bowling & overarm bowl with straight arm			
	Learning the combination of movements involved in overarm bowling, with a straight arm & accurately			
Various Success Criteria:	Physical Competencies: I can link my body movement to overarm bowl correctly	Physical fitness: I can move parts of my body at different speeds	Cognitive skills: I can follow the rules of the games	Personal Qualities: I can play fairly in games context
Equipment Key:	Drill Points (DP), Target Tunnel (TT), Mini Slip Net (MSN), Action Target (AT), Drill Cube (DC), Target Area (TA)			
Additional Equipment:	Tennis Balls, Marker Cones, Kwik Cricket Stumps, Kwik Cricket Bat			

Warm Up

Activity	Organisation	Activity Progression
Catching Skills 1	<ul style="list-style-type: none"> ● Make sure each child has a ball and the whole group is given a designated space to work in 	<ul style="list-style-type: none"> ● The children jog around the area throwing the ball up and catching. Progress the drill using various commands: one handed catch, 1 bounce & catch, 2 bounces and catch, throw the ball up catch and clap



Cricket Factory Circuit Programme

Session Five

Station A - Batting Card 1: AT Strike Zone



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the Action Target (AT) between 2-5 m apart and 5-10m away from the batter ● Make sure there is adequate space between the different stations ● Players are to try and hit the ATs that are placed in various positions ● Position the rest of the group a safe distance behind 	<ul style="list-style-type: none"> ● Step to ball and swing ● Grip the bat with both hands and use flat side of the bat ● Show proper grip and stance 	<ul style="list-style-type: none"> ● Points are score for hitting the ATs ● Various points are score for hitting different areas of the ATs 	<ul style="list-style-type: none"> ● Shorten/lengthen distance between the ATs ● Shorten/lengthen the distance the batter is standing from the ATs ● Add in extra markers and give different points for hitting various targets ● Can use a horizontal bat shot ● Use varying types of balls

Station B - Bowling Card 4: Target Circle



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the target area in line with the DC ● Have bowlers between 10-15 yards from the DC ● Set up the DC with the circle side facing the bowlers ● The object is to try and get the ball through the circle 	<p>Bowling Action:</p> <ul style="list-style-type: none"> ● Side on ● Step towards target ● Non-bowling arm swings at target ● Bowling arm stays straight 	<p>Points can be scored for:</p> <ul style="list-style-type: none"> ● Hitting the different mat colours and/or sections ● Hitting the DC ● Getting it through the circle ● The challenge can be done on time or number of shots 	<ul style="list-style-type: none"> ● Change the distance of the bowling zone from the bowler ● Change the colours target on the target area ● Change the target section of the target area ● Change the size of the target on the DC



Cricket Factory Circuit Programme



Session Five

Station C - Catching Card 2: DC Catch Race



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> Group in a circle around the DC – opposite to partner Players have to bounce the ball off the net of the DC for their partner to catch Players need to be a certain distance away from the DC 	<ul style="list-style-type: none"> Watch ball Hands together 'Ready' position 	<ul style="list-style-type: none"> Number of catches in a certain amount of time Number of catches without dropping the ball 10 catches of each progression First to a set number of catches 	<ul style="list-style-type: none"> Different types of ball Catch the ball with the dominant hand Catch the ball with the non-dominant hand Catch the ball after 1 bounce

Station D - Fielding Card 4: Fielding Combo



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> Set up the MSN of the right or left and side 2m from the starter marker and the AT 5m from starter Players take a return catch off the MSN then throw at the AT Players retrieve ball and bring back to start 	<ul style="list-style-type: none"> Stay low Palm facing forward Swing arm to target 	<p>Points can be scored for:</p> <ul style="list-style-type: none"> Number of catches Number of hits on the AT Extra points scored for getting both Use time, number of points scored or number of repetitions as a way to run the drill 	<ul style="list-style-type: none"> Throwing can be done either under or overarm Catch can be taken 1 or 2 handed The distance to the AT can be lengthened or shortened



Cricket Factory Circuit Programme

Session Five: Modified Game

Activity: Racing Cricket



Organisation

Set Up

- Set up as shown in the diagram
- Group split into 2 teams
- Set up 3 sets of stumps, 2 markers

Game Play

- Batters hit the ball and run to the marker and back to stumps
- Emphasis on carrying the bat
- Fielders collect ball and throw it to wicketkeeper behind the stumps
- Batter can be out bowled, caught or run out (when the ball is returned to the wicketkeeper to hit the stumps before the batter gets back)

Points Scoring

- 1 run is scored when a batter successfully runs to the marker and back to the stumps



Cricket Factory Circuit Programme



Session Six

Early HWB Outcomes:	HWB 21a: Early, First & Second	HWB 22a: Early, First & Second	HWB 23a: Early, First & Second	
Focus skill learning intentions:	Strike the ball from a stationary position & demonstrate with control hitting the ball through a designated target			
	Demonstrate with control hitting the ball through a designated target & striking a moving ball			
Various Success Criteria:	Physical Competencies: I can repeatedly strike a ball to a target or partner when batting	Physical fitness: I can speed up my skills when required	Cognitive skills: I can listen and follow a set of visual or verbal instructions	Personal Qualities: I can play an active role in the drills and games
Equipment Key:	Drill Points (DP), Target Tunnel (TT), Mini Slip Net (MSN), Action Target (AT), Drill Cube (DC), Target Area (TA)			
Additional Equipment:	Tennis Balls, Marker Cones, Kwik Cricket Stumps, Kwik Cricket Bat			

Warm Up

Activity	Organisation	Activity Progression
Follow the leader (1)	<ul style="list-style-type: none"> Allocate the groups into pairs Pairs are given a number either 1 or 2 Pair are given 1 ball between them 	<ul style="list-style-type: none"> The children jog round the designated area with one as a leader and the other following When the teachers shouts a command the pair stop and share 5 catches, the other person then leads This can be progressed to right or left hand only catches



Cricket Factory Circuit Programme



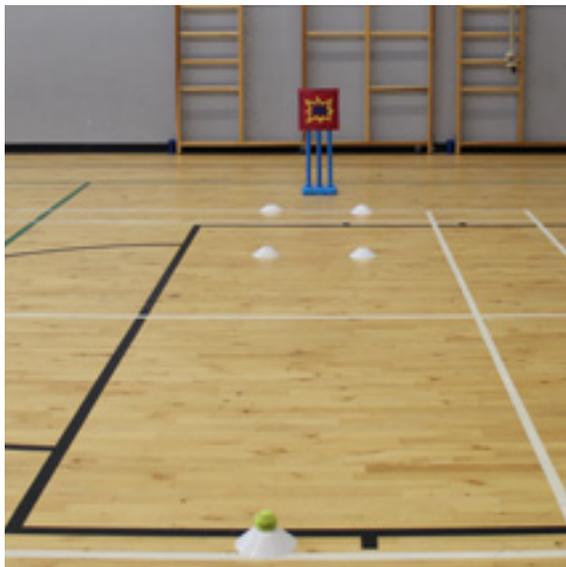
Session Six

Station A - Batting Card 1: AT Strike Zone



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the Action Target (AT) between 2-5 m apart and 5-10m away from the batter ● Make sure there is adequate space between the stations ● Players are to try and hit the ATs that are placed in various positions ● Position the rest of the group a safe distance behind 	<ul style="list-style-type: none"> ● Step to ball and swing ● Grip the bat with both hands and use flat side of the bat ● Show proper grip and stance 	<ul style="list-style-type: none"> ● Points are score for hitting the ATs ● Various points are scored for hitting different areas of the ATs 	<ul style="list-style-type: none"> ● Shorten/lengthen distance between the ATs ● Shorten/lengthen the distance the batter is standing from the ATs ● Add in extra markers and give different points for hitting various targets ● Can use a horizontal bat shot ● Use various types of balls

Station B - Bowling Card 5: Overarm Points Zone



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the target area in a line with the kwik cricket stumps ● The bowlers will stand about 10-15m away from the stumps ● The bowlers are attempting to bowl the ball and hit the BM and stumps ● The object is to try and hit various parts of the mat for different points and also hit the stumps 	<p>Bowling Action:</p> <ul style="list-style-type: none"> ● Side on ● Step towards target ● Non-bowling arm swings at target ● Bowling arm stays straight 	<ul style="list-style-type: none"> ● Score points for hitting the various parts of the mat and stumps 	<ul style="list-style-type: none"> ● Change the distance of the bowling zone from the bowler ● Change the colours target on the target area ● Change the target section of the target area



Cricket Factory Circuit Programme



Session Six

Station C - Catching Card 2: DC Catch Race



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Group in a circle around the DC – opposite to partner ● Players have to bounce the ball off the net of the DC for their partner to catch ● Players need to be a certain distance away from the DC 	<ul style="list-style-type: none"> ● Watch ball ● Hands together ● 'Ready' position 	<ul style="list-style-type: none"> ● Number of catches in a certain amount of time ● Number of catches without dropping the ball ● 10 catches of each progression ● First to a set number of catches 	<ul style="list-style-type: none"> ● Different types of ball ● Catch the ball with the dominant hand ● Catch the ball with the non-dominant hand ● Catch the ball after 1 bounce



Cricket Factory Circuit Programme

Session Six

Station D - Fielding Card 5: Triangle Target



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set out the triangle format shown in diagram, this includes a feeder, fielder and AT or TT as target ● The ball is rolled from the feeder for the fielder to pick up and throw at the AT/TT ● Make sure the ball roll is controlled and the distance for both the feeder and fielder is around 10m each way 	<p>Ball pick up:</p> <ul style="list-style-type: none"> ● 2 hands ● Stay low ● Watch ball <p>Throwing technique:</p> <ul style="list-style-type: none"> ● Side on ● Identify target with non-throwing arm ● Throwing arm goes straight back ● Follow through 	<p>Points scored for:</p> <ul style="list-style-type: none"> ● Picking up ball cleanly ● Hitting AT/TT ● Getting the ball in the AT/TT circle ● Hitting stumps 	<ul style="list-style-type: none"> ● Increase or decrease the distance between the fielder and the feeder/target ● Pick up the ball with 1 or 2 hands ● Vary the position of the AT or TT in terms of angle



Cricket Factory Circuit Programme

Session Six: Modified Game

Activity: Lords Game Advanced



Organisation

Set Up

- Set up as shown in the diagram
- Group split into 2 teams
- Set up 3 sets of stumps, 2 markers

Game Play

- Batters hit the ball and run to either the first or second marker and back to stumps
- Emphasis on carrying the bat
- Fielders collect ball and throw it to wicketkeeper behind the stumps
- Batter can be out bowled, caught or run out (when the ball is returned to the wicketkeeper to hit the stumps before the batter gets back)

Points Scoring

- 1 run is scored when a batter successfully runs to the first cone and back to the stumps
- 2 runs are scored when a batter successfully runs to the first cone and back to the stumps
- Batter can run more than once if they can



Cricket Factory Circuit Programme



Session Seven

Early HWB Outcomes:	HWB 21a: Early, First & Second	HWB 22a: Early, First & Second	HWB 23a: Early, First & Second	
Focus skill learning intentions:	Develop some control and accuracy in throwing underarm or overarm at a target or 'ready' striker			
	Demonstrate various forms of throwing and appropriate movement patterns			
Various Success Criteria:	Physical Competencies: I can throw an object in different ways	Physical fitness: I can hold myself in strong positions to perform skills	Cognitive skills: I can make decision quickly during the drills & games	Personal Qualities: I can offer support to my classmates
Equipment Key:	Drill Points (DP), Target Tunnel (TT), Mini Slip Net (MSN), Action Target (AT), Drill Cube (DC), Target Area (TA)			
Additional Equipment:	Tennis Balls, Marker Cones, Kwik Cricket Stumps, Kwik Cricket Bat			

Warm Up

Activity	Organisation	Activity Progression
Follow the leader (2)	<ul style="list-style-type: none"> Allocate the groups into pairs Pairs are given a number either 1 or 2 Each pair are given 2 balls between them 	<ul style="list-style-type: none"> The children jog round the designated area with one as a leader and the other following When the teachers shouts a command the pair stop and share 5 catches, the other person then leads This can be progressed to right or left hand only catches



Cricket Factory Circuit Programme



Session Seven

Station A - Batting Card 1: Double Tee Driving



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the cones 2-5m apart and 5-10m away from the batter ● Set up 2 sets of cones per station ● Make sure there is adequate space between stations ● Players try and hit the ball between the 2 sets of cones ● Position the rest of the group a safe distance behind the striker 	<ul style="list-style-type: none"> ● Step to ball and swing ● Grip the bat with both hands and use flat side of the bat ● Show proper grip and stance 	<ul style="list-style-type: none"> ● Points are scored for hitting the ball between the DPs ● Points are scored for hitting the ball along the ground between the DPs 	<ul style="list-style-type: none"> ● Shorten/lengthen distance between the DPs ● Shorten/lengthen the distance from the DPs ● Add in extra markers and give different points for hitting various targets ● Use various types of balls

Station B - Bowling Card 1: Points Zone Overarm



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the target area in a line with the DC, can also use kwik cricket stumps ● The bowlers will stand about 10-15m away from the DC ● The drill can also be run by using a set of kwik cricket stumps ● Objective is to hit the mat and the stumps 	<p>Underarm Bowling Action:</p> <ul style="list-style-type: none"> ● Step towards target ● Non-bowling arm pointing to target ● Bowling arm swings back and then towards target 	<p>Score points for:</p> <ul style="list-style-type: none"> ● Hitting the DC ● Hitting the stumps ● Hitting the different sections of the mat 	<ul style="list-style-type: none"> ● Change the distance of the bowling zone from the bowler ● Change the colours target on the target area ● Change the target section of the target area



Cricket Factory Circuit Programme



Session Seven

Station C - Catching Card : MSN Team Catch #2



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set out the MSN between 10-15m away from 2 rows of catchers ● Each pair must run up & throw the ball off the MSN ● The catch is taken by the non-thrower ● The ball is then returned to the next in line ● Use foam or tennis balls 	<ul style="list-style-type: none"> ● Watch ball ● Hands together ● `Ready` position 	<ul style="list-style-type: none"> ● Number of catches in a certain amount of time ● Number of catches without dropping the ball ● 10 catches of each progression ● First to a set number of catches 	<ul style="list-style-type: none"> ● Different types of ball ● Catch the ball with the dominant hand ● Catch the ball with the non-dominant hand ● Catch the ball after 1 bounce



Cricket Factory Circuit Programme



Session Seven

Station D - Fielding Card 6: Double Team Catch & Throw



Organisation	Teaching Points	Points Scoring	Progression
<ul style="list-style-type: none"> ● Set up the TT between 5-8m away from the fielders 	<ul style="list-style-type: none"> ● Stay low ● Palm facing forward ● Swing arm to target 	<p>Points scored for:</p> <ul style="list-style-type: none"> ● Picking up ball cleanly ● Hitting AT/TT ● Getting the ball in the AT/TT circle ● Hitting stumps 	<ul style="list-style-type: none"> ● Increase or decrease the distance between the fielder and the feeder/target ● Pick up the ball with 1 or 2 hands ● Vary the position of the AT or TT in terms of angle



Cricket Factory Circuit Programme

Session Seven: Modified Game

Activity: Triple Hit Cricket



Organisation

Set Up

- Set up as shown in the diagram
- Pitch length 10 – 12 yards
- Split group into pairs
- Pair 1 are batting, pair 2 scoring and all other pairs are fielding

Game Play

- Both batters have a chance to hit all 3 balls of the tees
- The fielders are only allowed to move once all the balls have been hit
- The batters must run from stump to stump and continue to run until all the balls are returned.
- The fielders must return 3 balls to each set of stumps
- The pair who bat then become fielders, scorers become batters and another set of fielders become scorers

Activity Progression

- Runs are scored for the number of times the players run between the stumps until all balls are returned to the stumps
- The pair that score the most runs wins



Cricket Technical Information

Batting

Grip



Coaching Points:

- Fingers and thumbs wrapped around the handle
- V's created by thumb and forefinger in line with each other
- Hands close together

Stance



Coaching Points:

- Side on
- Feet shoulder width apart and balanced



Coaching Points:

- Knees slightly bent
- Head/eyes level

Tip: use the bat to show eyes level



Cricket Technical Information

Batting

Step and Backswing



Coaching Points:

- Step and backswing at the same time



- Head to line of the ball
- Front foot next to ball



- Hit ball under eyes



- Strike ball and swing through with straight bat



Cricket Technical Information

Underarm Bowling

Step and Bowl



Coaching Points:

- Opposite foot moves towards target



- Swing arm backwards as the step is made



- Swing forwards and release ball towards target



Cricket Technical Information

Overarm Bowling

Grip	Learners Plate	Arms Spread and Knee Lift	Pull Down/Arm Rotation	Release and Follow Through
 <p>Coaching Points:</p> <ul style="list-style-type: none"> ● Fingers either side of the seam and thumb underneath <p>Tip: 'Bunny ears' for grip</p>	 <p>Coaching Points:</p> <ul style="list-style-type: none"> ● Side on to the target ● Ball/bowling hand close to face ● Non-bowling arm at the target <p>Tip: 'I' shape with feet, bite the apple under the chin</p>	 <p>Coaching Points:</p> <ul style="list-style-type: none"> ● Front arm up and towards the target ● Bowling hand down towards back pocket ● Front leg off the ground at 90 degrees <p>Tip: Show arms split</p>	 <p>Coaching Points:</p> <ul style="list-style-type: none"> ● Step towards the target ● Front arm pulls down ● Bowling arm rotates round towards the target <p>Tip: 'pull' the chain with front arm</p>	 <p>Coaching Points:</p> <ul style="list-style-type: none"> ● Bowling arm stays straight and brushes ear ● Ball released at highest point in the line with head ● Player finishes action and follows through towards target



Cricket Technical Information

Catching

Normal Catching Position



Coaching Points:

- Hands in basket shape
- Fingers pointing down



- Watch the ball into hands
- Close fingers to catch

Reverse Catching Position



Coaching Points:

- Index fingers crossed
- Fingers facing upwards



- Watch the ball into hands and take to the side of head
- Close fingers to catch



Cricket Technical Information

Ground Fielding

One-Handed Pick Up



Coaching Points:

- Attack the ball
- Watch ball into hand
- Stay low



- Pick up ball with one hand
- Pick up ball next to same foot as hand (right hand/right foot)
- Release with straight arm

Two-Handed Pick Up



Coaching Points:

- Attack the ball
- Watch ball into hands
- Stay low



- Pick up ball with two hands with the back foot behind line of the ball
- Body side on when picking up



Cricket Technical Information

Overarm Throw

Base



Coaching Points:

- Side on
- Non-throwing arm aims at the target
- Arms in L shape

Release



Coaching Points:

- Step towards the target
- Elbow stays above shoulder
- Follow through to the target





ScotRail Curriculum for Excellence Cricket Programme



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