



Physical Literacy Through Cricket

PHYSICAL LITERACY

Rules

Players	11
Start & Re-Start	<ul style="list-style-type: none"> The game starts with the ball 1 that is bowled by the bowler.
Scoring	<ul style="list-style-type: none"> If you hit the ball and get safely to the wicket you get 1 run. You can make as many runs in a row as you want. If you hit the ball and it rolls over the boundary line without a fielder stopping it you get 4 points. If you hit the ball and it goes in the air over the boundary points you get 6 points. For every no ball one run is added on to the batter's score. That ball does not count as a 'good' ball.
In & Out of Play	<ul style="list-style-type: none"> A no ball is if the ball does not bounce once before the crease, the ball is bowled wide Underarm bowling is not allowed The bowl must bounce above hip and below head height at the batter
Time	<ul style="list-style-type: none"> There is no set time, it depends how long the overs and innings take. An 'over' refers to 6 good balls (from bowler 1), the next over is 6 good balls bowled from the opposite wicket (from bowler 2) (Swap 'over' sides), each time the non-used bowler becomes a fielder. An 'innings' is different to an 'over' and is more for batting. The innings is over when 10 of the 11 batters are out.
Sport Specific Rules	<ul style="list-style-type: none"> LBW (Leg before wicket) means your leg pads are in the way of the wicket and the bowl hitting it, if this happens you are out. You can be out if: <ul style="list-style-type: none"> You are caught out directly from a bat You are bowled out where the bowler bowls the ball into your wicket You are bowled out if your bat is not safely in the crease. You are stumped out by the wicket keeper, or thrown into the stumps by a fielder before your bat is safely in the crease. The batter is out if they hit their own wickets with the bat

Fitness



Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities

Controlled Play	Attacking	Defending
<ul style="list-style-type: none"> Hitting Low-Playing safe Covering wickets Positioning fielders Bowling safe Using the wicket keeper Decision making 	<ul style="list-style-type: none"> Varying and Disguising bats Bowling variation Directing bats Exploiting fielder weaknesses Exploiting the backward hit rule Using the wicket keeper 	<ul style="list-style-type: none"> Pressuring batters – Use of wicket keeper Pressuring runners Backing up bases Fielding to prevent backward hit exploitation Moving to respond to batters

Tactics

Controlled Play	Attacking	Defending
<ul style="list-style-type: none"> Bowling Defensive drive Throwing underarm Throwing overarm Wicket protection 	<ul style="list-style-type: none"> Running between wickets Sweep shot Cut shot Pull shot 	<ul style="list-style-type: none"> Off drive Catching Long barrier Fielding a ground ball Wicket Keeping

Skills

