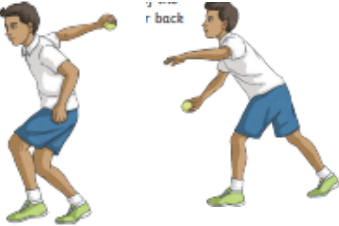





Year 5 - cricket	Knowledge	Vocabulary
	<p>Know that cricket is a striking and fielding game – like rounders.</p> <p>Know that in cricket, we have a batting (striking) team and a fielding team and they will swap allowing each team to do both. The purpose of the batting team is to score as many runs as possible and the fielding team needs to prevent them scoring runs. The purpose of the game is to score more runs than the opposition.</p> <p>Know that there are different ways of fielding: stopping the ball, catching the ball, throwing the ball back to the stumps.</p> <p><u>Throwing</u></p> <ul style="list-style-type: none"> Know that accurate throwing is important because if our throw is inaccurate the batting team will score more points. <p>Know how to perform an under arm throw:</p> <ul style="list-style-type: none"> Face the direction you are throwing in Hold your throwing arm straight behind your body Swing your arm forwards from low to high Step forward as you swing your arm Fingers of non-throwing hand pointing at target Release the ball when it is at your waist  <p>Correcting misconceptions – if the ball goes too low, they are releasing it too early. If it goes too high, they're releasing it too late.</p> <p>Know how to perform an overarm throw:</p>  <ul style="list-style-type: none"> Stand sideways on to the direction you are throwing Non-throwing arm out in front pointing at your target Raise the throwing arm behind your head at shoulder height – elbow bent Step towards your target with the opposite foot to the throwing arm Bring throwing arm forwards releasing the ball when it is in line with your head <p><u>Catching</u></p> <p>Know that catching consistently is very important. A dropped catch can mean a player not being out or them getting around the bases safely.</p> <p>Know how to catch:</p> <ul style="list-style-type: none"> Make a nice big target with your hands Keep your eyes on the ball Let the ball come to you Have soft hands to allow to the ball to stay in your hands  	<p><u>Session 2</u> Overarm bowling</p> <p><u>Session 4</u> Umpiring No ball Wide Four Six Out</p>

Know the correct way to grip a cricket bat:

- Place the bat on the floor so the batting (flat side) is face down and the spine is facing upwards
- grip the bat with your palm facing down and your thumb and index finger making a 'V' that goes down the spine of the bat.
- Your dominant hand should be at the bottom of the grip and the weaker hand above.



Know how to strike the ball:

- Bring the bat up and through
- Do not swipe sideways like in rounders
- Know that to hit the ball left, you need to move your back foot to the right to open your body up. To hit the ball right, your back foot will move to the left to open your body up.
- **Common misconception – the children often turn the bat in their hands and swing with the narrow edge of the bat facing the ball which makes it tough to hit.**

Know where to strike the ball:

- When batting, you aim to strike the ball into space away from the fielders to allow more time to run.

Year 4 knowledge

Know how to ball underarm:

- Use the underarm throwing technique
- A good ball only bounces once, is accurate and is difficult to hit – you want to put pressure on the batter.
- The closer to the batter it bounces, the lower the ball will stay. The closer to the bowler it bounces, the higher it will be when it reaches the batter.

Stopping the ball

- Know that stopping the ball is important in striking and fielding games like cricket and rounders.

Long barrier technique

- Move into the path of the ball
- Sideways on to the ball (shoulder facing the ball)
- Head over the ball
- Fingers pointing down
- Knee touching the floor and making contact with opposite heel
- Make sure there are no gaps



- Long barrier misconceptions – do not get into the barrier too early, the ball may change direction.

Know how to use a forward drive to strike the ball:

- Image 1 - Stand sideways on with your non-dominant shoulder facing the bowler.
- Image 1 - Eyes on the ball, lean forward with your front shoulder.
- Image 2 - Head should be level with or ahead of front knee
- Image 2 - Bat should accelerate upwards when making contact with the ball
- Image 3 – The bat accelerates through a straight path finishing with the flat side of the bat facing the sky



Year 5 knowledge

Know how to bowl over arm:

- Have bunny ears on the ball (image 1)
- Biting the apple – lift bowling arm up with elbow bent – step onto opposite leg to the ball (image 2)
- Pull the string – imagine you are holding string in both hands and you are pulling it – this will straighten bowling arm and non-bowling arm will be facing the batter. Step onto other leg
- Pull the bowling arm through with a **straight bowling arm** that is brushing your ear (if it is bent this is a no ball) (Image 4)



Know fielding tactics:

- The best throwers or fastest fielders should be further away because they can throw back from distance effectively
- Your best catchers with good reflexes should be in close

Know rules for umpiring:

- Each batting team has 10 wickets
- Each bowler bowls an over (6 balls) at a time
- If a ball is way off target, this is called a wide and gives the batting team 1 run
- If there is a no ball (it is too high without bouncing, the arm is bent when bowling or foot crosses the line) the batting team gets 1 run and the bowl is bowled again
- If the ball hits the boundary without bouncing, it is 6 runs. Hitting the boundary with a bounce is 4 runs.

Year 5 – Cricket – Sum 1

Vocabulary list

Overarm bowling – bowling with the ball coming over the shoulder keeping the bowling arm straight

Umpiring – being in charge of enforcing the rules of cricket

No ball – a ball that needs to be re-bowled because it is too high (without bouncing), the bowler steps over the crease line or the ball bounces more than once

Wide – a bowl that is too wide of the stumps resulting in another attempt

Four – a ball that is hit beyond the boundary after it bounces

Six – a ball that is hit over the boundary without bouncing

Out – a batter losing their wicket due to being bowled out, caught out or run out