Knowledge Organiser KS3 PE

Year

KS3

Activity

Cricket

Skills

Different types of shot. (**Forward defence**- playing off the front foot getting bat over the ball into the ground, **back defence**- likewise but off back foot, **off drive**- attacking shot into the offside by stepping in line with the ball and following though in a straight line, **cut shot** – attacking shot towards point off the back foot, **pull shot** – attacking shot off the back foot into the leg side of the field)

Grip and Stance – Place bat on ground pick up using two V's using thumb and forefingers down the spine of the bat. Side on, slightly bent knees, head still facing in the direction of the bowler.

Bowling basics – Middle and forefinger either side of the seam with thumb supporting underneath. 'Eating an apple'. Side on making a number '6' action with arm. Try to brush ear with forearm. Focus on bowling with good 'line and length'. Different methods of bowling include pace (fast) swing (fingers diagonally over seam) and spin (fingers far apart, perpendicular to the seam, generate spin by coming over the top of the ball).

Skills will also involve how to be an effective wicketkeeper to all types of bowling method.

Fitness

In order to bat effectively you need to show good speed and agility to change direction quickly when running between wickets.

In both batting and fielding coordination is required in order to catch and hit the ball.

In all aspects of the game, accuracy is required in order to bowl/throw at the wickets and to hit into spaces in the field.

Power and Reaction time are also involved when batting in order to hit the ball.

Rules

Key rules to know are:

- The 5 main ways of getting a batter out are through being caught, bowled, run out, stumped or leg before wicket (LBW).
- A batting pair run from crease to crease to achieve runs as well as attempting to hit boundaries.
- No ball – Bowler must release the ball before encroaching over the crease.
- Wide ball – Ball must be bowled within the wide lines
- No ball – Ball must be bowled below the waist but should ideally be pitched.
- Two hands on the bat
- Bowlers bowl for 1 over (6 balls) before changing ends and bowler.

Positions in the field

Roles

A game consists of 2 umpires with two teams of 11 players. On one team all players will field with one bowling and one wicket keeping each over. Two batters on the other team are batting in the field with one facing each ball. They aim to score runs by running between stumps or hitting boundaries. These will swap ends after 6 balls (1 over)

Scoring System

- If a batsman hits the ball and runs to the other end of the wicket without being ruled out, one run is scored
- If both batsmen run to the other side of the wicket and back successfully, two runs are scored
- A ball that reaches the boundary on the bounce scores four runs while a ball that goes over the boundary without bouncing scores six.