

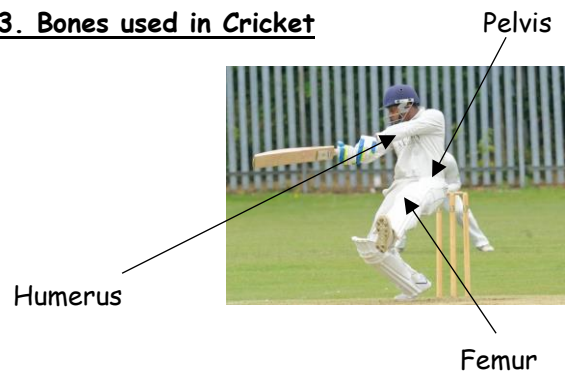
# Year 7 PE - Cricket

## 1. Scoring System-

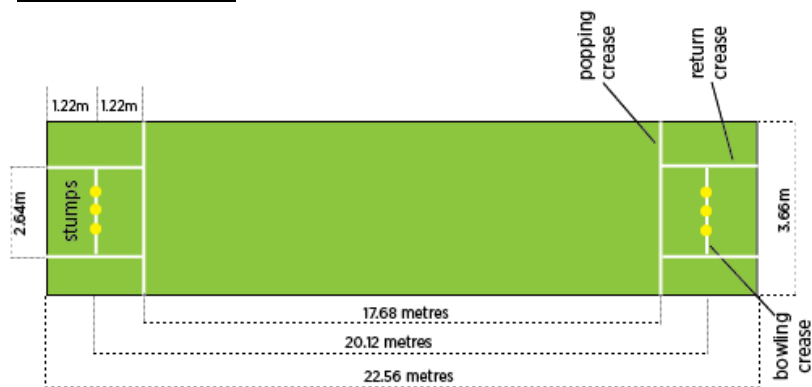
Every time the two batsmen run from one end of the wicket to the other they score one point, if they hit the ball over the boundary without bouncing they get 6, if it bounces they get 4 points.

The fielding team have to get 10 players out

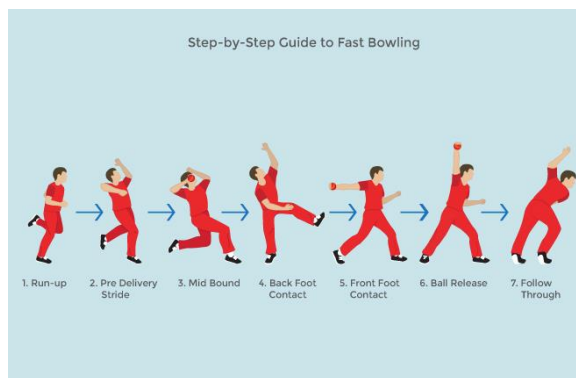
## 3. Bones used in Cricket



## 4. Cricket Pitch



## 6. Bowling Technique



## 7. Key Words

**Over** 6 balls bowled by the same person from the same end makes 1 over

**Umpire** The name of the officials that run a game of cricket

## 2. Skills & Techniques

### Catching

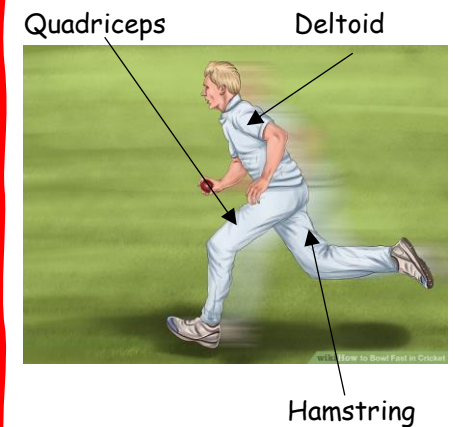
Catch the ball using two hands where possible, cup and by either joining both small fingers if down low or thumbs if up high, watch the ball into the palms of the hands and close the cup, cushion the ball



**Fielding:** *Long barrier:* used to stop the ball that is travelling at pace and in danger of going to the boundary, one knee to the floor, turn side on, make a barrier in case you can't stop with hands.



## 5. Muscles Used In Cricket



## 6. Components of Fitness

**Timing** - Being able to hit the ball at the right time when the bowler bowls to you

**Reaction Time** - Reacting to when the bowler bowls the ball at you or when fielding to stop or catch the ball