

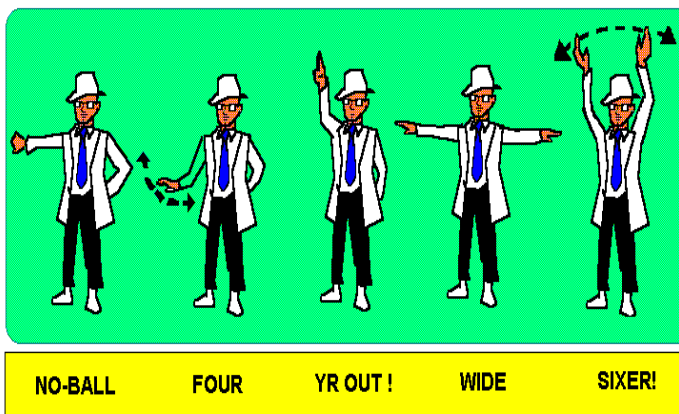
Year 8 PE: Cricket

1. Key Words

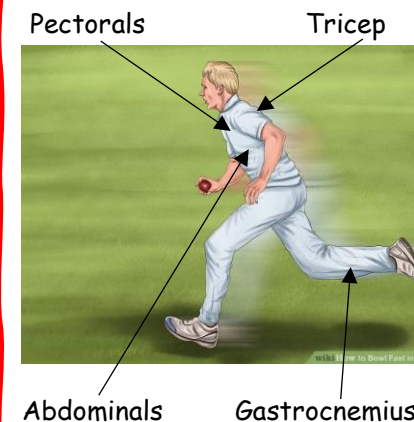
Run Out - When a batsmen is attempting a run but does not get into their crease before the wickets are hit.

Beamer - A bowler deliberately bowling the ball at the batsmans head with out it bouncing

2. Umpire Signals



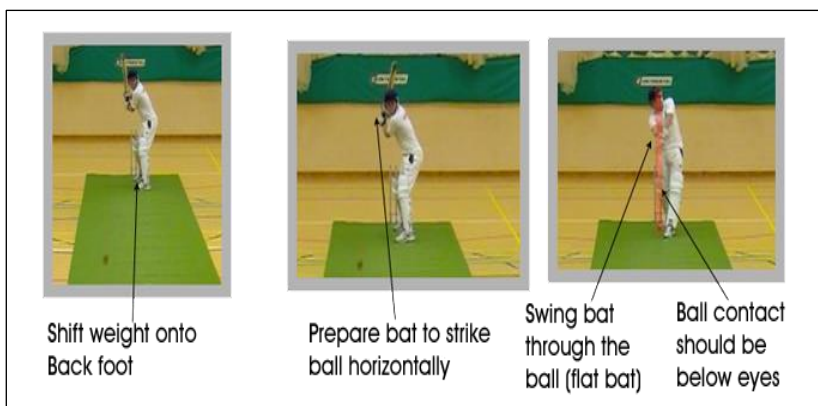
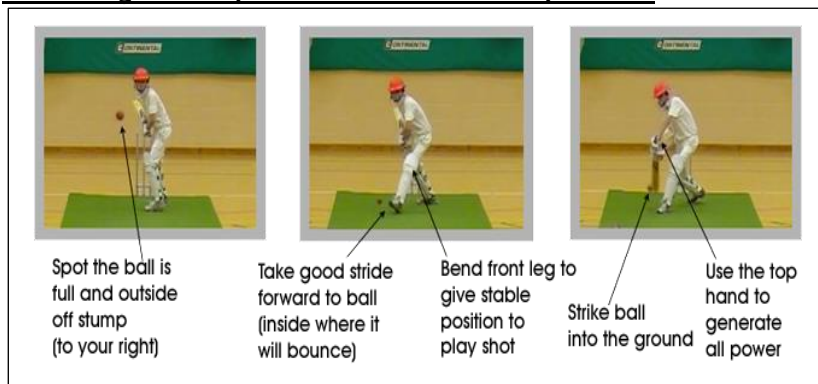
3. Muscles Used In Cricket



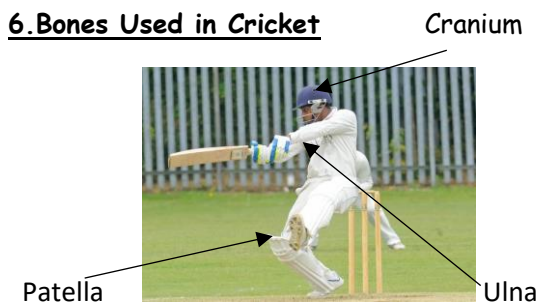
4. Basic Rules

- 11 a side
- 6 balls in an over, must bowl over arm
- Can be out by being bowled, caught, run out, LBW or stumped
- Most runs wins
- To be caught out the ball cannot hit the floor
- To be out LBW the ball must be hitting the wickets when it hits the leg first
- You must bowl from behind the bowling crease
- At the end of each over you bowl from the opposite end.

5. Batting Technique - the off drive and pull shot



6. Bones Used in Cricket



7. Components of Fitness

Speed - You need speed to run between the wickets and to chase a ball when fielding

Agility - To dive and catch the ball or stop it going past you when fielding

8. Fielding Positions

