

VIRTUAL CRICKET

This virtual Cricket is made up of 1 event:

- Paper Smash

Record your score on the results table.



This challenge is linked to the School Games value of Honesty

How can you demonstrate Honesty throughout this challenge?

Be realistic and honest in what your score was. Set yourself a target to reach. Give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to a member of your household the event
- Teach another member of your household how to take part in this activity and challenge them to a mini competition

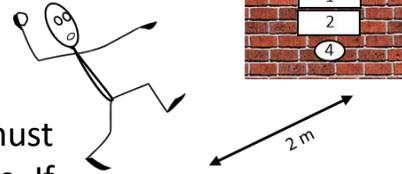
HERTFORDSHIRE



VIRTUAL CRICKET

ACTIVITY: PAPER SMASH

- Stick the 4 targets onto your wall. With 6 at the top, 1 underneath, 2 under 1 and 4 at the bottom. Then mark out 2 meters away from the wall.
- Your aim is to see how many runs/ points you can get in 2 minutes.
- If you hit a 6 you must take a step back. If you hit a 4 you must take $\frac{1}{2}$ a step back. Hit a 1 or 2 you must stay where you are. If you mis, you must take a step forward.



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles

EQUIPMENT NEEDED

- Tape measure
- Tennis ball
- Stopwatch
- Target sheets

BUT WHAT ELSE CAN I USE?

- 30cm Ruler – 6 x to make 2m
- Socks
- Watch or phone timer

MAKE IT EASIER

- Move closer to the wall
- Use a bigger ball
- Throw the ball under arm

MORE OF A CHALLENGE

- Move further apart
- Use a smaller ball

MAKE IT INCLUSIVE

- Place the targets on the floor and roll the ball.

SCORING

- Record your runs into the score sheet

VIDEO

- Link to video can be found [here](#)

HERTFORDSHIRE



VIRTUAL CRICKET

HAVE A GO AND TRY THIS: BAT TAP

- How many times can you hit the ball with the bat by keeping it up! How many can you do in 30 seconds?
- Start with using both hands and then try each hand separately
- How many can you do whilst moving around the house or garden?

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Tennis ball
- Cricket bat

BUT WHAT ELSE CAN I USE?

- Rolled-up socks or tin foil
- Badminton racket, frying pan, tennis racket or even use you hand

MAKE IT EASIER

- Try dribbling the ball (like a hockey dribble)

MORE OF A CHALLENGE

- Use the side of the bat OR a smaller surface of the object

MAKE IT INCLUSIVE

- Using, your hand, can you balance or bounce the ball?

Lead Others

- Can you challenge a family member to do more than you?

HERTFORDSHIRE



VIRTUAL CRICKET

HAVE A GO AND TRY THIS: COOL CATCHER

- How many catches can you make on your own?
- Throw the ball underarm up into the air and catch
- Try and throw the ball a little higher each time
- If indoors, can you throw the ball up to your head and catch it again

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Ball (Cricket or Tennis)
- Stopwatch

BUT WHAT ELSE CAN I USE?

- Rolled up socks or tin foil
- Watch or phone timer

MAKE IT EASIER

- Use a big ball.
- Throw and catch the ball with two hands

MORE OF A CHALLENGE

- Use one hand, if that's too easy, can you throw and catch with your weaker hand.

MAKE IT INCLUSIVE

- Use a bigger ball, or use your arms to help catch the ball

LEAD OTHERS

- Can you teach someone else to catch successfully?
- Can they do it with one hand?

HERTFORDSHIRE



VIRTUAL PENTATHLON RESULTS

SCHOOL NAME:

CHILDS FIRST NAME:

YEAR GROUP:

EVENT	RESULT
PAPER SMASH	

HERTFORDSHIRE

