

Cricket Intra School Festival

1. You have been identified to be part of an Intra School team to take part in the Home Cricket Intra School Festival, you and seven other children in your school will make up your team.
2. Each person will have a couple of days to practise the skill stations below and then you will be asked to submit your best score back to the school.
3. Your score will then be added to the other seven members of your team and you will then be sent the results.
4. The schools best team score will be sent to Harrogate School Sports Partnership to see which school team is the Harrogate area School Games Champion.

Station 1: Catching



Catching – How many catches can you complete in 60 seconds.

1. Throw the ball up in the air, before you catch it you must complete 2 claps.
2. If you drop the ball, just pick it up and carry on for the rest of the 60 seconds, continue counting DON'T restart from 0.
3. 1 point for every catch you make. (if you complete 10 catches then you get 10 points)

Station 2: Throwing



Throwing – How many times can you hit the wickets

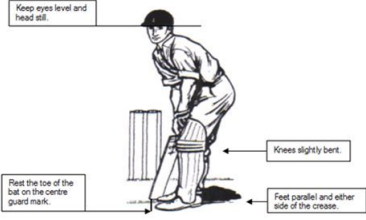
4. Tape some wickets on your wheelie bin or a wall.
5. Then measure 5 meters away from your wheelie bin and mark a throwing line there.
6. You have 10 throws at the wickets, if you hit the wicket you get 3 points every time. (so if you hit the wickets 5 times you get 15 points)

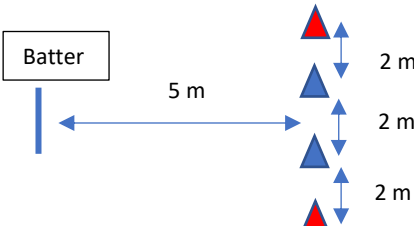
Wickets are 28.5 inches high and 9 inches wide



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person / team win not the best cheat.
Take a photo / video and show us how you are doing via twitter @HarrogateSSP

Station 3: Batting

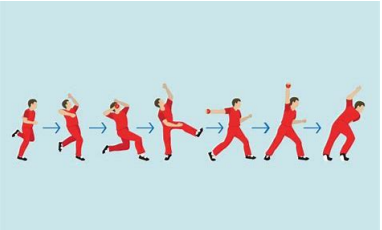




Batting – You have 6 bats, how many points can you get.

1. Set up the area as shown to the side, a batting line and then cones/coats laid down 5 meters away from batting line, then two meters between each of the four cones/coats.
2. Batter has a bat/racket and a ball.
3. Place the ball under your chin and when ready let it drop and bounce and hit the ball between the cones.
4. If you hit the ball between a red and blue cone, you get 4 points, if you hit the ball between the two blue cones you get 1 point.
5. You have six hits to see how many points you get.

Station 4: Bowling



Bowling – You have 6 bowls, how many points can you get.

1. Use the wickets you made for your throwing station
2. Measure your bowling line 12 meters away from the wickets
3. You have 6 bowls and every time you hit the wickets, you get 4 points.

Bowling action:

1. Have the opposite foot forward and toes pointing to the wickets.
2. The make a star with your arms, none bowling arm pointing towards the wickets.
3. Then with the bowling arm, keep it straight and take it back and round touching your ear before you let the ball go just as your arm has passed your ear.

Score card

Child:

Please return to your school by: Friday 5th June

Station	Skill	Time / Points
1	Catching	
2	Throwing	
3	Batting	
4	Bowling	
Total Score of each station		



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