

Task Sheet

Entry Level Physical Education:
Unit 6 Striking Games (Level 1/2/3)



Name: _____

Resource Sheet 6.1

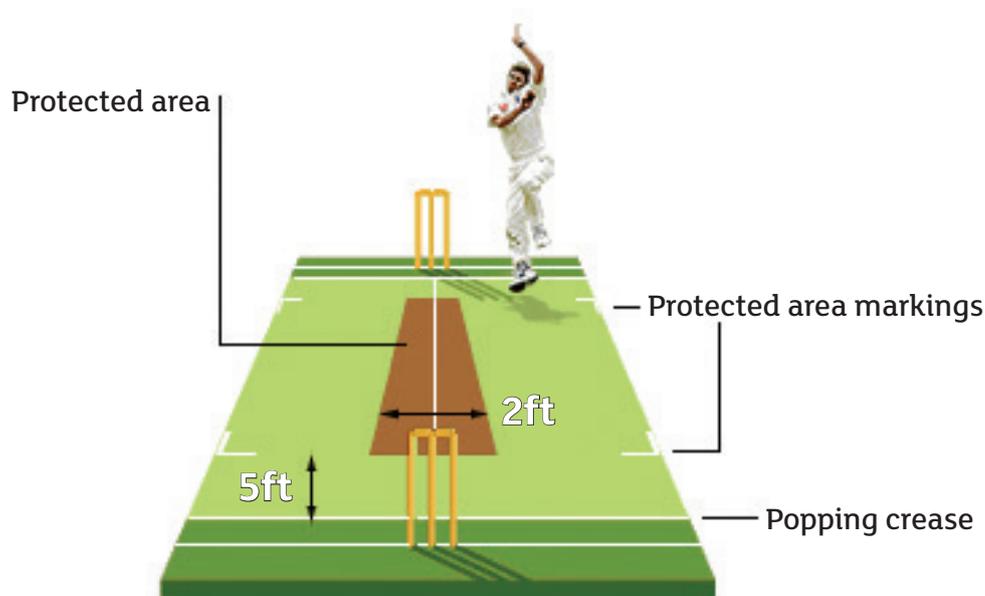
Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

Title: Cricket Fact Sheet (page 1 of 2)



Object Of The Game

The object of cricket is to score more runs than your opponent. There are three variations of the game (Test, One Day and Twenty 20) and each give a certain timescale in which the game must be completed. To score a run you need to hit the ball with a cricket bat made from wood (usually English willow or Kashmir). Whilst one team bats the other bowls and fields.

The aim is to bowl the opposing team out for as few runs as possible or restrict them to as few runs as possible in the allocated time. After a team has lost all their wickets or the allotted time has expired then the teams will switch roles.

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Players & Equipment

Each team consists of 11 players. These eleven players will have varying roles in the team from batsmen, bowlers, fielders and wicket keepers. Whilst each player may have a specialist role they can take up any role should they wish. Pitch sizes vary greatly in cricket but are usually played on a circular grass field with a circumference of around 200m. Around the edge of the field is what's known as the boundary edge and is basically the line between being in play and out of play.

In the centre of the pitch will be the wicket. The wicket will have two sets of three stumps at either end and they must be 22 yards apart. At each end of the wicket is known as the crease and a line is drawn about 2 yards across the wicket from the stumps. The bowler will bowl the cricket ball from one end whilst the batsmen will try and hit the ball from the other end.

Batsmen can wear a host of padding including leg guards, gloves, thigh guards, inner thigh guards, a box, a helmet and a chest guard. All players will wear spiked shoes and will all be wearing white clothing (the only exception is in shorter games where the players may wear coloured clothing). The cricket ball is made of cork and will be either red (test match) or white (one day games).

Scoring

A run occurs when a batsmen hits the ball with their bat and the two batsmen at the wicket manage to successfully run to the other end. The batsmen can run as many times as they like before being given out. If the ball crosses the boundary rope after it has bounced at least once from leaving the bat then 4 runs are given. If the ball goes over the boundary rope without bouncing then 6 runs are awarded to the batting team. Runs can also be scored when the bowler bowls a wide delivery (a ball that is too far away from the stumps), a no ball (where the bowler oversteps the front line on the wicket), a bye (where no one touches the ball but the two batsmen run anyway) and a leg bye (where the ball hits the batsmen's leg or body and a run is taken).

Winning The Game

One team will bat first and one team will field first. The batting team will try and score as many runs as possible in the allotted time whilst the bowling team will try and contain them by fielding the ball. The teams then swap and the second team batting will try and outscore the runs their opponents scored first. If they fail they lose, if they succeed they win.

(www.bbc.sport)

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Name: _____

Resource Sheet 6.2

Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

Title: Making Decisions in Sport

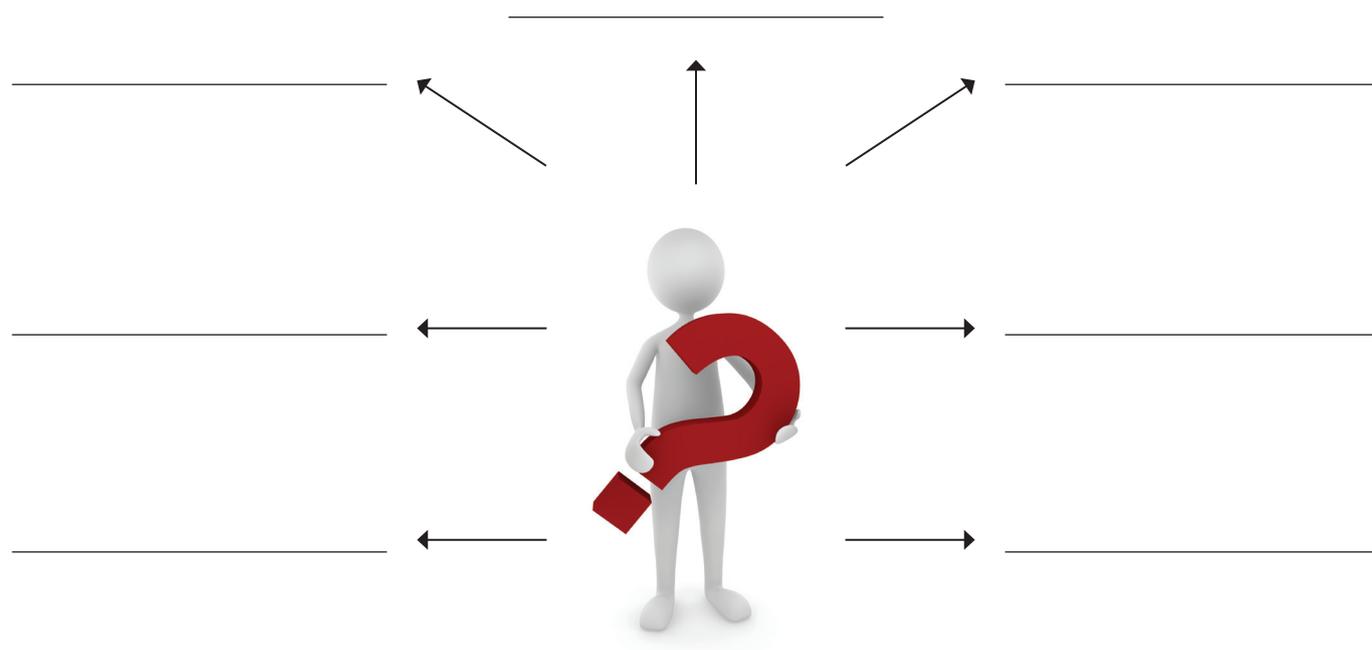
Often you have to make decisions quickly in sport.

Eg. Who will I pass the ball to? Where will I play my next shot? Will I have enough time to make another run?

Task1:

State your favourite sport and then add the most common decisions you have to make in the sport.

My favourite is _____ .



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Resource Sheet 6.3

Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

Title: Your Decisions in Sport

Describe a time when you have chosen the right skill, decision or tactic?

What skill, decision or tactic could you develop that would improve your performance?

Do you make the right decision (please circle)

Not that often

Most of the Time

Sometimes

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Resource Sheet 6.4

Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

Title: Performance Log Book (page 1 of 3)

Name: _____

School: _____

Week 1:			
Skill / Decision	When/Why was this used in the game?	Did you use it correctly?	How often did you perform this skill in the game?

What are your targets for next week? What could you improve?

1. _____

2. _____

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Week 2:			
Skill / Decision	When/Why was this used in the game?	Did you use it correctly?	How often did you perform this skill in the game?

What are your targets for next week? What could you improve?

1. _____
2. _____

Week 3:			
Skill / Decision	When/Why was this used in the game?	Did you use it correctly?	How often did you perform this skill in the game?

What are your targets for next week? What could you improve?

1. _____
2. _____

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Week 4:			
Skill / Decision	When/Why was this used in the game?	Did you use it correctly?	How often did you perform this skill in the game?

What are your targets for next week? What could you improve?

1. _____
2. _____

Week 5:			
Skill / Decision	When/Why was this used in the game?	Did you use it correctly?	How often did you perform this skill in the game?

What are your targets for next week? What could you improve?

1. _____
2. _____

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Resource Sheet 6.5

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Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

Title: Rounders Rules Made Simple (page 1 of 4)

Rounders is a game played between two teams and the aim of the game is to score the most Rounders.

The basic rules are:

- Teams can be a minimum of 6 players and a maximum of 15 players. 9 players are on the field for each team at any one time.
- One team bats while the other team fields and bowls.
- The bowler bowls the ball to the batter, who hits the ball anywhere on the Rounders pitch.
- The batter runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for.
- Games are usually played over 2 innings.

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Scoring

- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores $\frac{1}{2}$ Rounder.
- If the batter reaches 4th post in one hit, the batting team scores a Rounder.
- A batter is out if the fielding team catch the ball hit by a batter before it touches the ground or by touching the post the batter is running to with the ball before the batter reaches it.
- If the runner reaches the 4th post on a no ball, the batting team scores 1 rounder. The batter cannot be caught out.
- $\frac{1}{2}$ rounder scored if the 4th post is reached without the batter hitting the ball.
- If the ball goes into the backward area the batter must stay at the 1st post until it reaches the outward area. If the 4th post is reached, 1 rounder is scored.
- If 2nd post is reached before the next ball is bowled, the batting team get $\frac{1}{2}$ rounder, but if the batter continues to run and is put out before the 4th post then it is taken off.
- If the batter incurs 2 no balls in a row then a penalty $\frac{1}{2}$ rounder is given to the batting team.
- There is a penalty $\frac{1}{2}$ rounder given to the batting team if the batter is obstructed by a fielder.
- The team with the most rounders wins.

Running around the track

- Batters must always keep contact with the post, either with their hand or bat. If you don't, the fielders can stump you out at the following post.
- You don't have to move to the next post every time a ball is bowled.
- A batter may not remain at the same post as another batter. The umpire shall order the player who batted first to run on and may be put out in the usual ways.
- If two batters are between posts and the batter coming up the rear runs past, then they would be out as the "overtaker."
- If you are at a post you cannot keep on moving to the next post when the bowler has the ball in his square. However, if you are between posts then you can keep on moving until you reach the following post.
- If a post has been previously stumped, you can run on to it but there will be no score if the next post ahead has been stumped.

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Running around the track

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- If you are at a post you cannot keep on moving to the next post when the bowler has the ball in his square. However, if you are between posts then you can keep on moving until you reach the following post.
- If a post has been previously stumped, you can run on to it but there will be no score if the next post ahead has been stumped.

A player is out when:

- A batter runs on the inside of the posts
- The post the batter is running to is stumped
- You overtake a previous batter on the field
- The batter misses or hits the ball and their foot is over the front or back Line of the batting square
- A fielder obstructs a batter
- You deliberately throw a bat
- The batter is caught out
- The batter loses contact with the post when the bowler has the ball

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Batting Rules

- You may use two hands when batting.
- All batters must wait far behind the batting square and well away from the 4th post.
- If a player is out, they must also wait in the backward area well away from the 1st post.
- Each batter will have one good ball bowled to them.
- A batter must hold on to the bat whilst running round the track. If this is a genuine accident then once the game play is at a dead ball situation (ball back with bowler) the umpire should ask the batter to retrieve their bat. However if this is obviously deliberate, then the batter is out.

It is a no ball when:

- The ball is above the head/below the knee
- The ball bounces on it's way to you
- The ball is wide or straight at body
- The bowler's foot is outside of the square when they he bowls
- The bowler does not use a smooth underarm action

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Resource Sheet 6.6

Can be used to meet

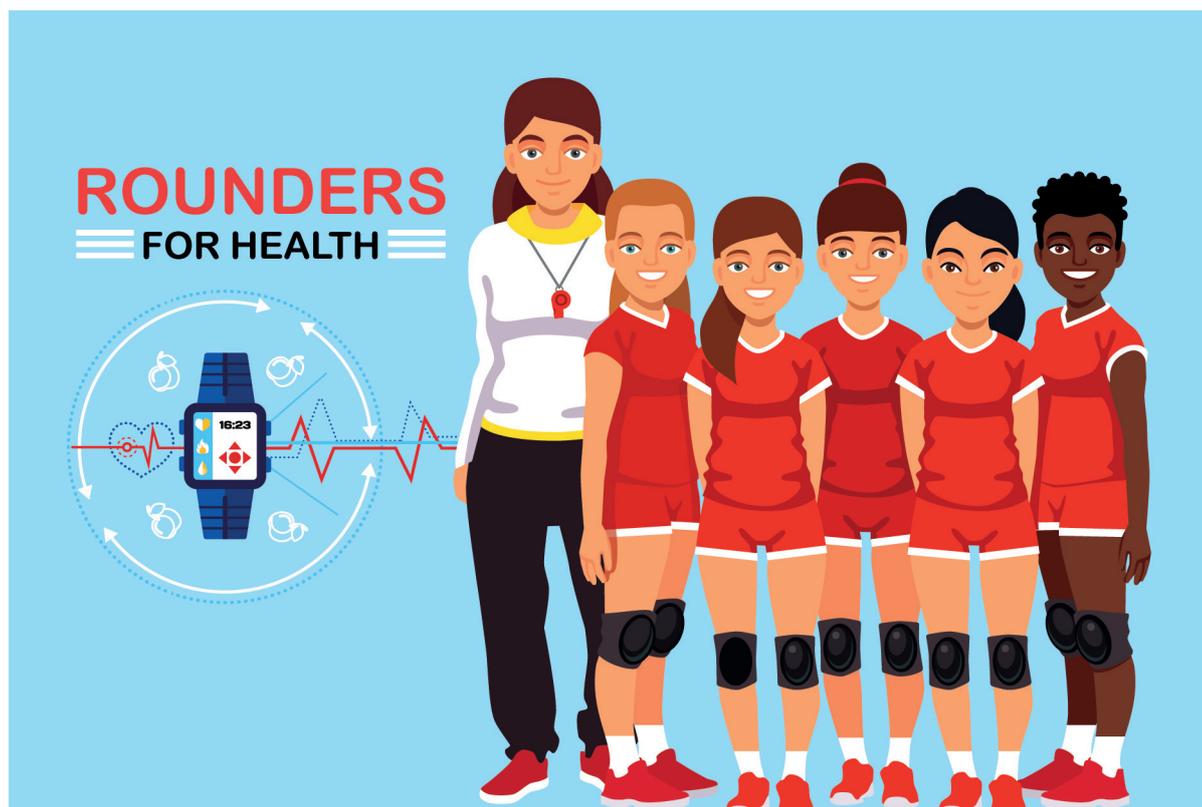
Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

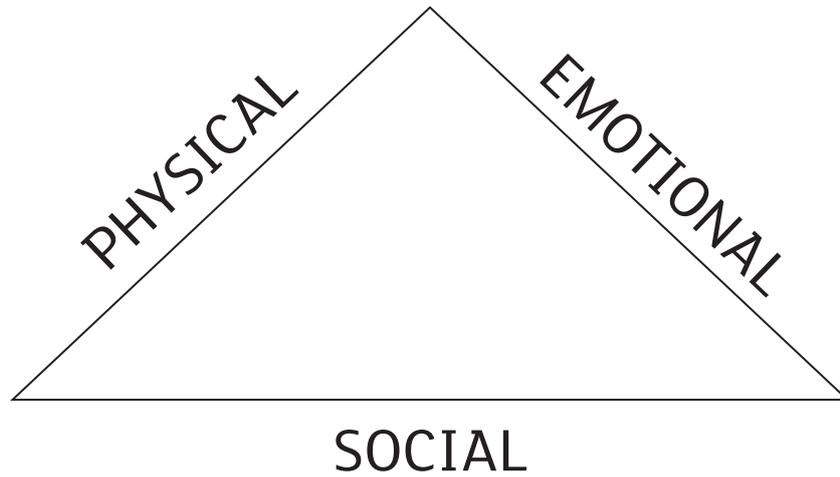
Title: Rounders For Health (page 1 of 2)

Look at the HEALTH TRIANGLE on next page Using the three sides of the triangle, describe in the spaces provided, how rounders would be a good game to help you to maintain a healthy lifestyle.



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Physical Health	
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Mental Health	
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Social Health	
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