



Prime Sports NW

Kwik Cricket

Key Stage 2



Kwik Cricket is a fun introduction to cricket played with plastics bats and wickets and soft balls. It allows young people to develop cricket skills in a safe and fun environment. It is also played in Australia and New Zealand.

Target: Girls, Boys, disabilities and able bodied aged 7-11.

Background and Aims

- A safe and fun way to introduce cricket, and begin to develop teamworking
- Take pupils from no cricket knowledge to playing mini games and tournaments.

Outline of Activities and Extensions

- This is a perfect activity for outdoors on grass or playground but skills can be practiced indoors
- Week 1: assessment and target setting
- Catching and fielding. Initially using tennis or Kwik Cricket ball and developing towards use of a harder Winball
- Bat safety, control and playing shots. Bowling under and over-arm
- Week 6: evaluation and recommended progression
- Extension: catch and throw to a target. Spin/fast bowling. Wicketkeeping skills.
- Extension: introduction of cricket ball and cricket bats
- Extension: curriculum links (numeracy)

Curriculum Links covered

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Outcomes

- Individual progression of new skills
- Improve teamwork, cooperation, trust and develop discipline.
- Improve hand-eye co-ordination, patience, concentration and control

Progression

- Individual girls and boys joining local cricket teams
local club finder: www.ecb.co.uk/play/find-a-club
- We follow guidelines from
www.ecb.co.uk/play/junior/kwik-cricket

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All equipment is provided

Teamwork - Respect - Enjoyment - Discipline - Sportsmanship