



**Prime Sports NW**

# Kwik Cricket

## Key Stage 1



**Kwik Cricket** is a fun introduction to cricket played with plastics bats, 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 5-7.

### Background and Aims

- A safe and fun way to engage with a new sport
- Develop hand-eye coordination
- Take pupils from no cricket knowledge to playing mini games and ability to progress to playing cricket as a mixed team in a tournament.

### Outline of Activities and Extensions

- This is a perfect activity for outdoors -on grass or playground but skills can also be practiced indoors
- Week 1: assessment and target setting
- Bat safety, control and playing shots
- Catching, throwing and fielding
- Bowling under -arm
- Week 6: evaluation and recommended progression
- Extension: catch and throw to a target.
- Extension: Overarm bowling.
- Extension: curriculum links (numeracy)

### Curriculum Links covered

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending

### 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](http://www.ecb.co.uk/play/find-a-club)
- We follow guidelines from  
[www.ecb.co.uk/play/junior/kwik-cricket](http://www.ecb.co.uk/play/junior/kwik-cricket)

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**All equipment is provided**

**Teamwork - Respect - Enjoyment - Discipline - Sportsmanship**