

DERBYSHIRE SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



The School Games Organiser network and Active Derbyshire are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit the Active Derbyshire [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement.

There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Derbyshire website, in our newsletter, on the Active Derbyshire Facebook, @Active Derbys Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner and to government guidance re COVID-19.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to derbyshireschoolgames@activederbyshire.org.uk

For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

INTRODUCTION TO

CRICKET



30mins

SOME KEY WORDS IN CRICKET

Find out what these words mean and discuss with a member of your household - Run, Duck, How's That!, LBW, Innings, No Ball

THE HISTORY OF THE GAME

Bat-and-ball games (or safe haven games) are field games played by two opposing teams, in which the action starts when the defending team throws a ball at a dedicated player of the attacking team, who tries to hit it with a bat. The best known modern bat-and-ball games are baseball and cricket.

The sport of cricket has a history beginning in the late 16th century. Having originated in south-east England, it became the country's national sport in the 18th century and has developed globally in the 19th and 20th centuries. International matches have been played since 1844 and Test cricket began, in 1877. Cricket is the world's second most popular spectator sport after football.

FIND OUT MORE...

There are many different forms of cricket – how many can you name?

Who are the current Men's and Women's Twenty20 World Champions?

For further resources please visit:



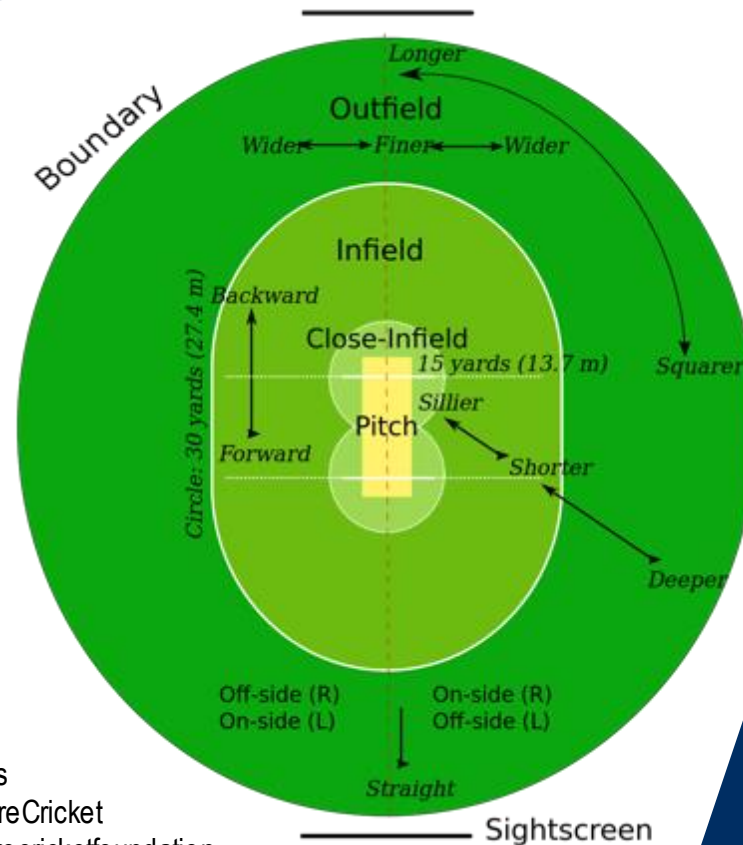
www.dcfcricket.com

twitter: @CricketDerby

Facebook: @DerbyshireCricket

Instagram: @derbyshirecricketfoundation

Here's what a traditional cricket pitch looks like!



HERE ARE SOME FAMOUS ENGLAND PLAYERS, BUT WHICH ENGLISH COUNTY DO THEY REPRESENT?



Ben Stokes



Heather Knight



Jofra Archer

SPORT THEME

CRICKET

PRIMARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive

#stayinworkout

MONDAY MOVERS

! Physical literacy/skills

Activity overview

- Around the Milky Way
- Cool Catcher
- Brilliant Bowler

Equipment needed

Ball, rolled-up socks, scrunched up tin foil in a ball shape.
Wickets, or something similar, e.g.: garden chair, washing basket

School Games value focus

Determination and Teamwork

TUESDAY CHALLENGE

! Personal challenge

Activity overview

- Bat Tap Challenge
- Batting Challenge

Equipment needed

Ball, rolled-up socks or tin foil.
Bat, racket or frying pan

School Games value focus

Self Belief

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

- Hit for Six!
- Between the wickets

Equipment needed

Pencil and paper

School Games value focus

Determination

THURSDAY THINKING

! Problem solving

Activity overview

- Rapid Fire

Equipment needed

Ball, rolled-up socks or tin foil.
Bat, racket or frying pan
Wickets, or something similar, e.g.: garden chair, washing basket

School Games value focus

Respect



FRIDAY FUN

! Virtual competition

Activity overview

Draw an action picture of your favourite sports person or yourself! Make it fun, colourful and imaginative.

Once complete, submit your entry to the competition at www.activederbyshire.org.uk/forms/view/sqvc before 9:00am on Friday 19th June 2020 Earn points for your school and download your certificate.

Equipment needed

Lots of colours, paper and a pencil.

School Games value focus

Passion

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

MONDAY MOVERS

AROUND THE MILKY WAY

! Physical literacy/skills



15mins



How can you demonstrate Teamwork throughout this challenge?

ACTIVITY

- Set up safe points around the house/garden (these are **stars**, you could have them set up in different rooms around the house or points around the garden; decking area, tree or front and back of the house, for example)
- With a partner or someone in your family **visit each star** around the Milky Way. When you get there throw the ball/object to your partner and ask them to throw it back to you
- Once you have received the ball/object back at your first star, **then go to the next star** in your house or next point in your garden
- Give yourself a point each time you make a good throw and a good catch
- Remember to move safely around the Milky Way/your home

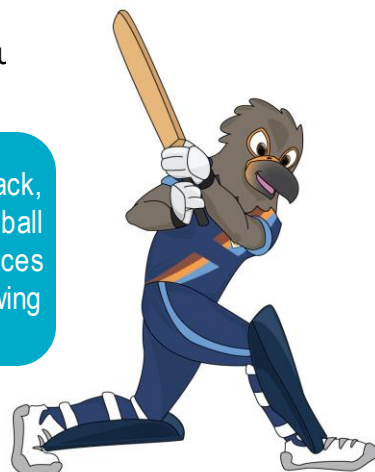
EQUIPMENT NEEDED

- Ball, rolled-up socks, or tin foil
- Stars – something to mark out where you can go around your home, e.g.: you can draw your stars on paper and locate at each point



TOP TIPS

Use an underarm throw; swing your arm back, forward and release your ball
Remember to move safely around your spaces
Aim for your partner's chest/tummy when throwing



Why not try this now?

- Visit '[Chance to Shine](#)' or '[All Stars](#)' for more ideas.

Working with someone in your family/house, can you communicate and give instructions on...

1. When to throw.
2. Which star can we travel to next.
3. Count your total score as a team.

MAKE IT EASIER...

- Roll the ball.
- Throw the ball to yourself
- Use a larger ball

MORE OF A CHALLENGE

- Use a smaller ball
- When you are at the star, can you throw the ball more than once (5, 10, 20 times)

MAKE IT INCLUSIVE

- Throw the ball to yourself, use a larger object/ball, or carry on your knee(s)

LEAD OTHERS

- Get your family involved, tell them how to play the game **YOU'RE THE TEACHER!** Can you think of different ways to play the game?

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- 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

EQUIPMENT NEEDED

- Ball, rolled-up socks or tin foil



15mins



How can you demonstrate Determination throughout this challenge?

Push yourself to...

1. Get more catches
2. Higher throws
3. Try clap-catching

! TOP TIPS

To make the best catch, keep your eyes on the ball at all times

COOL CATCHER

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?

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- Find a target object around your house or garden, that you can use as a wicket, e.g.: washing basket or garden chair.
- Stand away from the object and bowl the ball underarm to hit the wickets <https://youtu.be/PB7APIToAQ4>
- Each time you hit the wicket, can you take a step further back?

EQUIPMENT NEEDED

- Ball, rolled-up socks or tin foil
- Wickets or you could use some sort of target, such as: washing basket or garden chair



15mins



How can you demonstrate Teamwork throughout this challenge?

Ask someone in your family to stand behind the wickets to catch the ball

! TOP TIPS

For underarm bowling, keep your eyes on the wickets to aim and hit the target.

BRILLIANT BOWLER

MAKE IT EASIER...

- Stand closer to the wickets.
- Try rolling the ball, or use a bigger ball

MORE OF A CHALLENGE

- How far away from the wickets can you get.
- Try overarm if you have space <https://youtu.be/gMMBAqFIDLg>

MAKE IT INCLUSIVE

- Use a table-top and roll the ball at objects

LEAD OTHERS

- Can you teach someone else to catch successfully?

Why not try this now? Visit <https://www.chancetoshine.org/teaching-resources> for some free resources.

TUESDAY CHALLENGE

BAT TAP CHALLENGE

! Personal Challenge

ACTIVITY

- 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 <https://youtu.be/8jojxhkxgZU>
- How many can you do whilst moving around the house or garden?

EQUIPMENT NEEDED

- Ball / rolled-up socks or tin foil
 - Bat, tennis/badminton racket, frying pan or even use you hand
- <https://youtu.be/8jojxhkxgZU>



15mins



How can you demonstrate Self Belief throughout this challenge?

Stay positive and keep trying

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 or knee, can you balance or bounce the ball/object?

LEAD OTHERS

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

Keep your eye on the ball

Keep practicing and try and beat your best score
Try and keep the ball low and close to the end of the bat

! TOP TIPS

Why not try this now? Visit '[Chance to Shine](#)' or '[All Stars](#)' for more ideas.

TUESDAY CHALLENGE

BATTING CHALLENGE

! Personal Challenge

ACTIVITY

- With your bat, pan or hand, ask someone to bowl a ball towards you.
- We are going to try and hit the ball...
 - Keep your eyes on the ball
 - Swing the bat back
 - As the ball arrives, swing the bat forwards.
 - Follow through with your strike.
- Hit the ball back to the bowler with control. Ensure you have enough space <https://youtu.be/fe6AawZh-0>

EQUIPMENT NEEDED

- Ball / rolled-up socks or tin foil.
- Bat, pan or even use your hand with the socks/tennis ball



15mins



How can you demonstrate Self Belief throughout this challenge?

Concentrate on the ball and your swing

MAKE IT EASIER...

- Hit the ball from the floor, or try hitting the ball off a toilet roll cylinder

MORE OF A CHALLENGE

- Set up some targets in the garden <https://youtu.be/HehFz-3VgJg>
- Can you hit the ball into a bucket or bin?

MAKE IT INCLUSIVE

- Use a bigger, softer ball/object

LEAD OTHERS

- Let your family have a go too! Can you share what you have been doing?

Keep your eyes on the prize!

Look at the ball to make contact with the bat

! TOP TIPS

Why not try this now? Visit '[Chance to Shine](#)' or '[All Stars](#)' for more ideas.

WEDNESDAY WORKOUT

HIT FOR SIX!



15mins

Thanks to Nottinghamshire County Cricket Club for these resources

! Links to numeracy/literacy

ACTIVITY

- Using the boxes below, how many different ways can you score six runs without using the number five. Place a '0' where you don't add a number. The first one is don't for you...

0	2	3	0	1	0	=6
						=6
						=6
						=6
						=6

EQUIPMENT NEEDED

- Pen or a pencil



TOP TIPS

You can score big when hitting a four or a six

Why not try this now? Visit <https://www.chancetoshine.org/teaching-resources> for some free resources



How can you demonstrate determination throughout this challenge?

Never give up! Use another piece of paper if you'd like to do more.



MAKE IT EASIER...

- Try scoring one or two runs at a time.

MORE OF A CHALLENGE

- Increase your red box number to 21.
- Try it in the garden. How many runs can you put in your boxes when hitting the ball? Try and score as many runs as you can until the bowler gets the ball back.

MAKE IT INCLUSIVE

- Set your own total to score (red box)

LEAD OTHERS

- Test your family and other people on how you can score runs in cricket.

WEDNESDAY WORKOUT

BETWEEN THE WICKETS



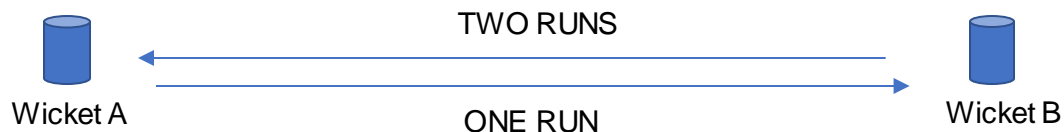
15mins

! Links to numeracy/literacy

ACTIVITY

- Set up two sets of wickets, if you don't have wickets just use two markers, or objects where the wickets would be positioned in a game of cricket.
- Set up the wickets or tins for example about three to five metres apart (use what space you have).
- Ask someone to shout numbers between one and six. Once you hear the first number, make that number of runs. Example below.

1. Run six runs (one run = A to B)
2. 30 seconds rest
3. Run four runs
4. 30 Seconds rest
5. Run two runs
6. 30 seconds rest
7. HOW MANY RUNS DID YOU RUN IN TOTAL?



EQUIPMENT NEEDED

- Two wickets or marker/tins.
- Try running with your bat, pan, umbrella!
- Pencil and paper for tracking your runs.

! TOP TIPS

Keep track of your score whilst you run, use a pencil and paper in your rest periods.

Why not try this now? Visit <https://www.chancetoshine.org/teaching-resources> for some free resources.



How can you demonstrate determination throughout this challenge?



Keep going, even when you get tired.

MAKE IT EASIER...

- Use smaller numbers, maybe between one and three

MORE OF A CHALLENGE

- Take short rests (15 seconds for example)
- Use a larger number range, e.g.: one to ten
- Ask someone in your house to shout random numbers for you.

MAKE IT INCLUSIVE

- Use paper or a board to signal the number of runs
- Ask someone to support or help?

LEAD OTHERS

- Other people in your house can get involved in the game.
- You be the teacher!

THURSDAY THINKING

RAPID FIRE



45 mins

! Problem solving

ACTIVITY

- So now we are allowed out a little more, for this challenge we are going to head to an open space, the park for example. Please ensure you always follow government guidance
- Encourage your family and household members to get down the park, find a large space.
- The Game – Rapid Fire
 - Take with you one to three balls or objects to hit with your bat/pan/object.
 - Place all three balls on toilet rolls which should be stood on their ends, place the balls on top (a little bit like a golf tee)
 - Get your family members to spread out, they are the fielders (even if there are only two of you).
 - Hit all three balls as far as you can, once all balls have stopped, the other person has to collect them all up as quickly as possible.
 - While one person is collecting the balls, run as many times as you can between two wickets. Stop running once the balls are back on the toilet rolls.
 - Check out the diagram in the top right corner to help you.

EQUIPMENT NEEDED

- Ball / rolled-up socks or tin foil; bat, tennis/badminton racket, frying pan or even use you hand; some toilet rolls and jumpers or drinks bottles for wickets



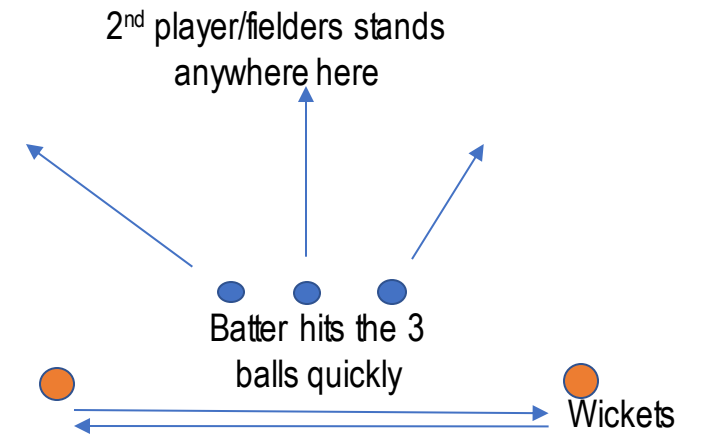
How can you demonstrate Respect throughout this challenge?

Respect yourself, others and the environment when playing this game

! TOP TIPS

- Keep your eyes on the ball.
- Aim for spaces – look around before you hit the ball

Why not try this now? Visit ['Chance to Shine'](#) or ['All Stars'](#) for more ideas.



MAKE IT EASIER...

- If you can't find a big space, use the garden as best you can
- WATCH OUT FOR THOSE WINDOWS!

MORE OF A CHALLENGE

- Try throwing your own ball up in the air to bat, rather than hitting from a tee.
- OR you could try having a bowler to bowl the ball to you if you have multiple players.

MAKE IT INCLUSIVE

- Try focusing on the batting and ask someone else to run for you.
- If you are at home, try hitting the ball around the garden
- Use a tennis racket or softer ball

LEAD OTHERS

- Lead your family or household in this game, organise players into positions and arrange change overs so that everyone can have a turn.

FRIDAY FUN

! Virtual competition

ACTIVITY

Draw an action picture!

- Draw an action picture of a cricketer, sportsperson, or even yourself with a small paragraph stating your passion for sport; why you love sport and what it has given to you. This could also be a memory or positive experience you have had through PE, sport, or physical activity.
- Once complete, submit your entry, download your certificate and earn points for your school – the school with the most entries per children on roll will receive an equipment voucher. Submit your entry to www.activederbyshire.org.uk/forms/view/sgvc before 9:00am on Friday 19th June 2020.

EQUIPMENT NEEDED

- Pen, pencil and crayons
- Anything you feel could help create your action picture

! TOP TIPS

Inspiration for your sports personality could come from something you have seen on TV or experienced yourself.

Why not try this now?

- Visit '[Chance to Shine](#)' or '[All Stars](#)' for more ideas.

Virtual CRICKET Competition



How can you demonstrate Passion throughout this challenge?

In your short paragraph. Let your passion for sport capture your imagination. Express your emotions through different use of colours in your artwork.



Image thanks to www.vecteezy.com

MAKE IT EASIER...

- Use your own photo, one your parents might have, or do some research to find your sportsperson to draw.

MORE OF A CHALLENGE

- Produce your piece of art in the style of a famous artist.
- Use your own imagination to create your own picture from memory.

MAKE IT INCLUSIVE

- Don't be afraid to ask for help or get other people involved in your creation.

LEAD OTHERS

- Get other people in your house involved in a piece of artwork of their own. Who are their inspirational people?