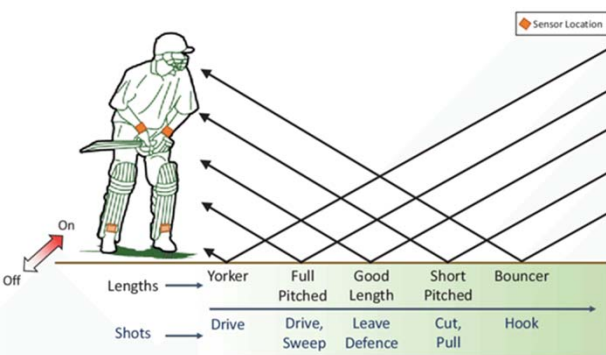


Year 9 PE: Linking skills together to effectively outwit an opponent through Cricket

Basic Cricket Rules and Regulations

Cricket Key Skills and Techniques

Bowling length



A good length or full pitched bowl is the desired length of a bowl. This sees a drive mainly being used but is the most common method for a wicketkeeper to catch a batter out. Batters should aim for the ball to be hitting between the off stump of the batter and “fourth stump” to entice the batter to play a shot.

A bowl bowling “over the wicket” means that the arm that they are bowling with is the one that is closer to the stumps at the bowlers end of the wicket, whilst bowling “around the wicket” is when the bowler’s arm is the furthest away from the stumps.

The Hook Shot

This is played when the ball is short of a length and the line is either on the wickets or on the leg side. This technique sees the batter aim the shot between square leg and mid wicket. The batter swings the bat horizontally in a low to high movement to hit the ball into the air to make it go over fielders or to attempt a six!



The Cut Shot

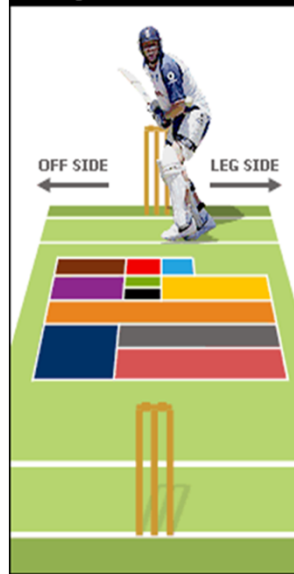
This is played when the ball is short of a length and the line is either on the off side outside of fifth stump. This technique sees the batter aim the shot between gully, point and cover. The batter swings the bat horizontally in a high to low movement to hit the ball into the ground to make it harder to catch for any nearby fielders. This shot is mainly used when a bowl is wide on the off side.



LBW- Leg Before Wicket- this is when the ball hits the batter on the legs and the ball would go on to hit the wickets/stumps if the legs were not in the way. The ball must pitch on the off side and must hit the legs in line with the wickets.

- For a bowl to be legal the bowler’s front foot needs to be on or behind the batting crease line. The ball should be below the waist on the batter if there is no bounce with one bounce being common but a bowl is permitted to bounce twice.
- Batters can only hit the ball once per bowl with their bat however they can be OUT through a range of ways including be caught off the bat or glove, bowled, stumped, ran out and hitting their own stumps.

Batting stroke selection



Off drive	Sweep
Straight drive	Forcing shot
On drive	Square cut
Leave	Pull
Forward defence	Hook
Back defence	

Batting shot select

Depending on the line and length of the bowl, dictates the shot the batter selects.

The Straight Drive

Performed when the ball is pitched full or a good length seeing the batter step forwards with their front foot into a mini lunge then swing with a vertical bat in the direction of the bowl. The ball should then travel to either mid on or mid off fielding position.



The Cover Drive



The same as the straight drive but with the front foot stepping towards the cover fielding position with the bat following in this position. This shot is played when the bowl is full or a good length but is width of the stumps.

The Pull Shot

This is played when the ball is short of a length and the line is either on the wickets or on the leg side. This technique sees the batter aim the shot between square leg and mid wicket. The batter swings the bat horizontally in a high to low movement to hit the ball into the ground to make it harder to catch for any nearby fielders.



Exit Routes: Aston Manor CC, Walmley CC, Highcroft Cricket Club

Wider reading/ videos: [International Cricket Council \(icc-cricket.com\) The Ashes | Latest News & Reaction | BT Sport The cricket straight drive - Cricket - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize](http://International Cricket Council (icc-cricket.com) The Ashes | Latest News & Reaction | BT Sport The cricket straight drive - Cricket - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize)



Year 9 PE: Linking skills together to effectively outwit an opponent through Badminton

Self quiz questions	Self quiz questions	Self quiz questions
1. Identify the each of the three throwing events.	1. Describe how you should hold the shot.	1. Explain the "Set" position in a sprint start
2. What do you need to take off behind for the long jump to count.	2. When is a "foul" called in throwing events?	2. Which letter of the alphabet do you make at the start of "On your marks" in a sprint start?
3. State the three commands given at the start of a sprint race.	3. Describe how you hold the javelin.	3. Explain why you rotate the hips in all throwing events.
4. What jump should you make in the hang phase of the long jump.	4. Describe what happens if a runner leaves their lane in a running race.	4. What do you do with your feet when throwing the javelin?
5. At what degree should you release the shot and javelin?	5. How should the arm be when throwing the javelin.	5. Explain why you should have a staggered stance in the Shot.
6. What happens if the athlete moves before the gun goes off in a running race?	6. How many feet do you take off on in the long jump?	6. Explain why all throws should be released at 45degrees?
7. Identify 2 athletics clubs in the local area.	7. How many feet should you land on in the long jump.	7. Explain the 2 ways a runner can be disqualified.
8. Which leg should you take off from in the long jump?	8. Describe how you should hold the discus.	8. Before the throw where should the shot be placed?
9. Identify the three body parts that need to be in a line before throwing the Shot	9. Describe how you should stand in the discus.	9. Explain the two movements that can be used to add momentum to a throw.
10. Which body part do you need to rotate in throwing events to generate power?	10. Describe the 2 points that are measured between to measure a long jump attempt.	10. Explain the aim of all throwing events.