

Knowledge Organiser: PE Year 7 Cricket

Skills

Key Words	Coaching points
Throwing and catching	<p>Underarm throw- Grip the ball as in overarm throwing. Put weight on you back foot – swing arm backwards. Swing forward – step onto front foot. Release ball with a flick of the wrist. The ball is rolled off the fingers, not the palm</p> <p>Over arm throw Having collected the ball in both hands, stand sideways to the target. The throwing arm is taken back behind the head. Pull the non-throwing arm through. Throwing arm swings forward keeping the elbow at least level with top of throwing shoulder. The wrist should be outside the line of, and behind, the elbow. Release the ball with both feet on the ground and the chest facing the target. Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.</p>
Fielding and positions	<p>Long barrier -Approach the ball at speed and as you get into line with the ball, twist your upper body, leading with the shoulder furthest from the ball. Bend both knees, so that the knee of the leg nearest to the ball touches the ground, but it is also next to the back of the heel of the other leg. With fingers down and head forward, pick up the ball and then stand back up ready to deliver an overarm throw.</p>
Batting	<p>Sideways on . Feet shoulder width apart . Knees bent . Batting arm back straight ,Bat up at 90 degrees to arm .keep head still , Watch the ball at all times . Transfer weight from back to front foot . Follow through in direction you want the ball to go</p>
Bowling	<p>Grip ball with index/middle finger and thumb, 2 steps in to bowl, Bent knees, swing arm by waist, release ball from fingers, aiming to backstop's hands between shoulder and knee height of the batter.</p>

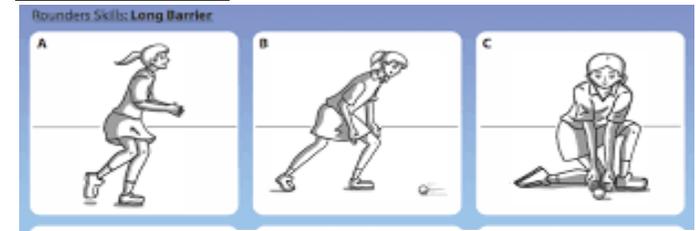
Effects of exercise

Short term	Long term
<p>Increased muscle contractions Increased heart rate Increased rate of breathing</p>	<p>Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles</p>

Components of fitness

Component of fitness	Definition	Example of use in the game
Power	Combination of strength and speed	Striking a rounders ball
Agility	Ability to change direction quickly	Chasing after a ball
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Being able to play well for the entire game

The Long Barrier



Rule:	Description
Teams:	Games are played between two teams. Each team has a maximum of 15 and a minimum of 6. No more than 9 may be on the field at any one time. • Players once substituted may return during the game, but batters only in the position of their original number.
Out when:	Ball is caught , Foot over front/back line of batting square before hitting or missing a good ball , Running inside post (unless obstructed) • The post you are running to is stumped • You lose contact with post during bowlers action when he has possession in the square • You overtake • You obstruct (you have right of way on track only)
Batting:	The batter has only one strike at the ball and must run even if he/she fails to make contact with the ball, unless a no-ball is called. A batter hitting the ball so that its first bounce is behind the batting line may proceed to first base only and wait until the ball crosses the batting line before proceeding further. All play ceases when the bowler holds the ball (this is known as a 'dead ball'). A batter may not leave or pass a base whilst the ball is 'dead', but may continue to the next base, or if less than half-way, have the option of returning to the previous base.

The pitch

