

## Knowledge Organiser: PE Year 7 Cricket

### Skills

Key Words	Description	Coaching Points	Useful Information
Bowling	There three main types of bowlers - spin, swing and seam and both can bowl left or right-handed. Seamers are generally the faster bowlers with longer run-ups while spinners usually only have a few paces before they deliver the ball at a slow pace. Both types of bowlers will use different grips on the ball, more of which is explained in the seam and spin bowling section. Finding the right action depends on how comfortable you feel when you	There are five basic components to bowling. They are: <ul style="list-style-type: none"> <li>• The run-up</li> <li>• Bound</li> <li>• Coil</li> <li>• Release</li> <li>• Follow through</li> </ul>	There are three main types of bowling <ul style="list-style-type: none"> <li>• Seam</li> <li>• Spin</li> <li>• Swing</li> </ul>
Batting	The grip principles are the same for right and left-handers. For a right-hander the left hand should be at the top of the handle - vice versa for a left-hander. Check both your hands are fairly close together on the bat, towards the top of the handle. Form a "V" by pointing your thumb and forefinger down between outside edge and centre of back of bat. The top hand rests comfortably on the inside of the front thigh (left thigh for a right hander). And the back of the top hand should face towards extra cover.	The feet should be approximately a foot length apart either side or on the popping crease. The weight of the batsman should be on the balls of their feet, with the knees slightly bent. This means they can transfer quickly to either their front or back foot depending on the length of the ball The batsman should be side on when the bowler is about to deliver Some batsmen prefer to open their stance to help them see the ball clearer	There are many types of shots a batsman can play: <ul style="list-style-type: none"> <li>• Forward defensive</li> <li>• Back foot defensive</li> <li>• Straight drive</li> <li>• Sweep shot</li> <li>• Leg glance</li> <li>• Hook</li> <li>• Pull</li> <li>• Square cut</li> </ul>

### Effects of exercise

Short term	Long term
<ul style="list-style-type: none"> <li>Increased muscle contractions</li> <li>Increased heart rate</li> <li>Increased rate of breathing</li> </ul>	<ul style="list-style-type: none"> <li>Increased bone density</li> <li>Heart muscle increases in size and strength</li> <li>Increased strength of diaphragm and intercostal muscles</li> </ul>

### Components of fitness

Component of fitness	Definition	Example of use in the game
Power	Combination of strength and speed	Striking a cricket ball for a six
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

### Bowling



### Umpire signals

Event	Description	Umpire Signals
Dismissal	Index finger raised towards the batsman or woman. Out. The umpire has given the batsman or woman <i>out</i> and they have to leave the crease and take the long, lonely walk back to the pavilion.	
Wide	Both arms outstretched. This signal shows that the ball was out of reach of the batsman or woman and has been adjudged a <i>wide</i> . One run goes onto the batting team's <i>extras</i> score, and the ball must be re-bowled.	
Four runs	Right hand and arm swept across the body. Four runs. This signal signifies that the ball has been hit all the way to the boundary. The ball has bounced on its way to the boundary and four runs have been scored.	

### The pitch

