

**Panathlon SEND Cricket Skills**

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| --- |
| **Batting: In the ‘V’** |
| **Fielding: Direct Hit** |
| **Fielding: One Motion** |
| **Bowling: Line and Length** |
| **Fielding: Catches win matches** |
| **Batting: Wagon Wheel** |
| **Batting: Cricketing Nations** |
| **Bowling: Pitch Map** |

Thank you for electing to compete in the Panathlon SEND virtual cricket skills. This pack contains rules, results sheets, video clips and monitoring forms.

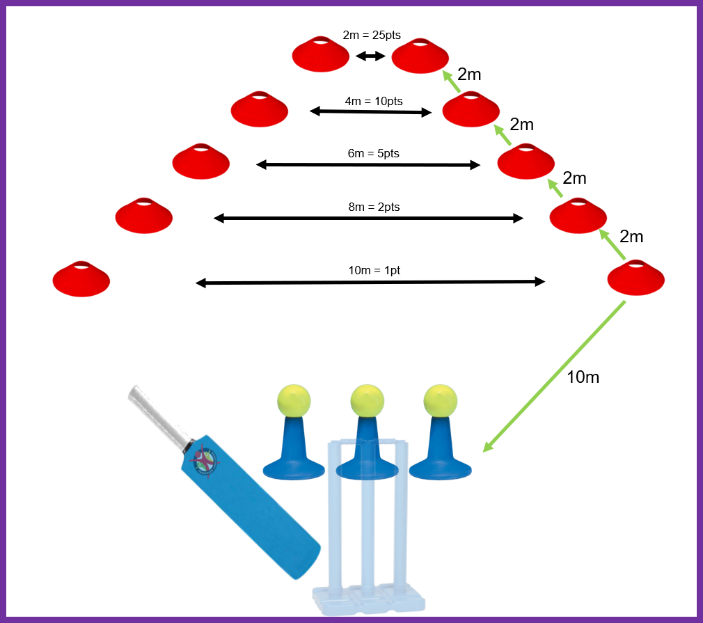
* This activity **can be done in a competition format** across 8 cricket challenges, see menu box above.(A school can take part in four activities one session and the remaining four in another session or across a series of sessions if required) **or done internally within school as individuals**
* **Team event**: Competitors take it in turns to complete each activity and the top 2 scores from the children are recorded for an overall team score for that activity. (*Competitors within the team can only count for max 3 activities to allow others team members to score towards the total)*
* Teachers will need to select their own ‘micro bubble’ sizes **(Preferably min 5 - max 9)** based upon their school risk assessments.
* **Individually in school:** Scores to be kept by the teacher enabling all individuals to “compete” among their school peers
* Upon completion: If schools have chosen as a team event , then they will need to submit their SEN team **results and monitoring forms** to [entries@panathlon.com](mailto:entries@panathlon.com) If the school has done it for individuals then schools supplies monitoring forms only to [entries@panathlon.com](mailto:entries@panathlon.com)
* Schools will then be sent certificates and stickers etc.

At the beginning of each challenge, explain the new activity. Where appropriate players keep their own equipment - or with new clean equipment.

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**Batting – In the ‘V’**

**Equipment**

****1 set of [stumps](about:blank) (optional)  
1 [plastic cricket bat](about:blank)  
3 balls – tennis balls ideal  
3 [tees](about:blank#colcode=85801713&fo_c=3681&fo_k=7e1c41197852ca64425450660653b664&fo_s=gplauk) (or cones) + 10 cones to mark target areas targets

**Set up:**

Batting:Set the 3 tees(cones) in front of the each of the stumps, with a tennis ball on top of each.

Target area: Should resemble a funnel shape.

* Set the closet and widest target positioned 10m from the batter. Place one pair of cones 10m apart.
* The next target is narrower and 12m from the batter. Place the cones 8m apart.
* The third target is 14m from the batter. Place the cones 6m apart.
* The fourth target is 16m from the batter. Place the cones 4m apart.
* The final target is 18m from the batter, Place the cones 2m apart.

**Aim:** Each player hits the 3 balls twice for ‘one over’ (6 balls) to score then joins the end of the queue for their second over (6 balls)

* Each batter should hit the ball out towards target areas and can aim for any target.

**Scoring:** Points are scored for the narrowest target the ball is hit through. However, 6 x 25 points is possible.

* 1st Target – 1 point  
  2nd Target – 2 points  
  3rd Target – 5 points  
  4th Target – 10 points  
  5th Target – 25 points

Teachers/ helpers record all the scores for each player. Then allocate either team or individual placings.

* **Team:** -Add the top two players scores together (best **set** of 6 balls x top two players)
* **Individual:** Add the total score for the player (best **set** of 6 balls to count)

**Adaptations:** A variation on this for older/more able to children is to “feed” the ball from under the chin so it drops on the ground rather than off of a tee.

* VI: An audible ball can be used, as audible balls will travel differently to a tennis ball, distances may need to vary.
* PI: A ramp can be used to propel the ball and be taken closer to the targets. The ball can be placed on a smaller cone to be delivered lower to the ground, or be hit after a bounce.

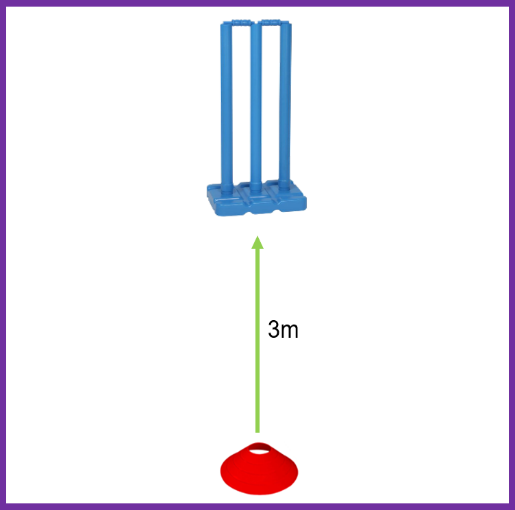
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**Fielding – Direct Hit**

**Video clip -** [https://youtu.be/tUgXuDH47kg](about:blank)

**Equipment: 1 ball per player** (bean bag), **set of stumps** (skittles/cardboard tubes or equivalent) **1 x cone**

**Set-up**

* ****Place one set of stumps/skittles 3 metres from a throw line.

**Aim ‘Hit the stumps’**

* A continuous team relay that gets more difficult.’ (aim at the stumps for points - take stumps away!)
* 1st round: The first competitor stands at the cone and rolls/underarm throws the ball towards the stumps, collect their ball, join the end of the queue. The next competitor takes their turn **until everyone** has had one attempt.
* 2nd round: Take the stump away leaving two. (*Select a designated person to remove stumps*)
* 3rd round: Take one stump away leaving one.
* NOTE: The next competitor does not throw until the previous player has collected their ball & rejoined the queue.
* After 3rd round, re-start the game for a second attempt to beat the score.

**Scoring**

* 1st round: 1 point, if any of the 3 stumps are hit.
* 2nd round: 2 points, if any of the 2 stumps are hit. **(If unable to take away stumps-aim for outside stumps)**
* 3rd round: 3 points, if the final stump is hit. **(If unable to take away stumps-aim for middle stump)**
* No points if the ball hits the base only, rather than a stump.
* **Team**: After two full rounds, add the top two individuals scores together (9 + 12= 21)
* **Individual:** Two full ‘rounds’ (3/2/1 stump) – add both scores together (1+2+3+0+0+3=9)

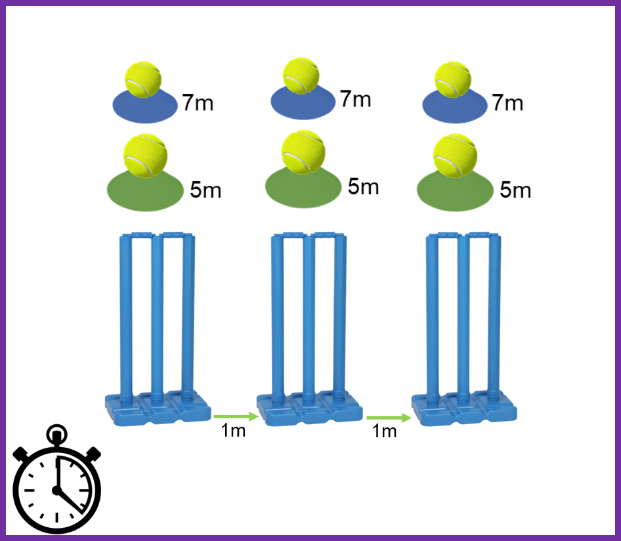
**Adaptations**

* VI: Leader/helper can clap near the stumps. Bell balls can create audio cue.
* Wheelchair users take their shots closer or use ramps to propel the ball

**Fielding – One Motion**

**Equipment:** 3 sets of Stumps   
6 Balls

6 cones  
Stopwatch

**Set up:** Place 3 sets of stumps in a straight line each 1 metre apart.

In front of each set of stumps place a cone at 5 metres then another at 7 metres with a ball on top.

**Aim: ‘Run from the stumps to the cone and throw’**

* On the shout of “go” the helper starts the stopwatch and the player runs from the first stump picks up a ball and throws at the stumps
* After each throw, the player runs back and touches the stumps before the run to the next ball.
* Balls can be picked up in any order to finish the player must run back past a set of stumps.

**Scoring:**

* All times are taken and recorded by the teacher/helper.
* For every throw which hits the stumps, 2 seconds are taken off the time and the original time is adjusted.
* **Team score:** The two quickest times from two players are added together. (e.g. 30 sec + 28 sec = 58 sec)
* **Individual score:** The fastest time run by the individual is recorded.( e.g. 40 sec)

**Adaptations**

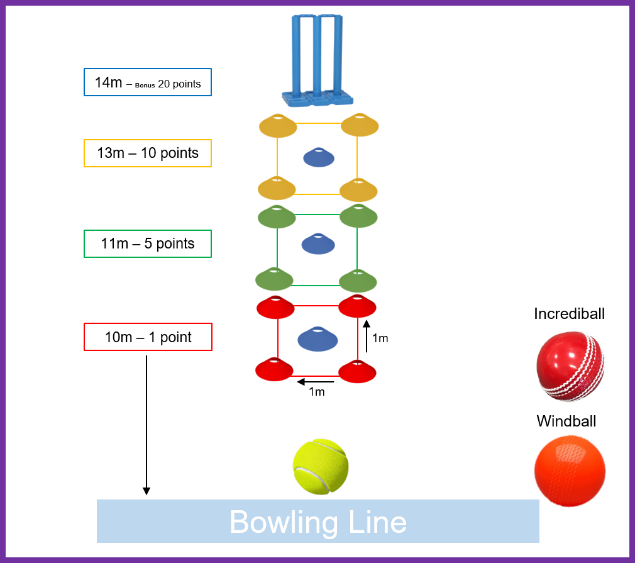
* VI: The player could work with a guide. A helper can clap behind the stumps. Plastic bottles or stumps with bells can be used to make them audible.

**Bowling – Line & Length**

**Equipment**:

1 tennis or ideally, [incrediball](about:blank) or [windball](about:blank)  
Cones or hoops  
Stumps

**Set up:** From a bowling linemeasure 10m then set up 3 adjoining boxes with small cones or hoops.

* Each box is 1m2. (box 1 = 10m, box 2 = 11m, box 3 = 13m) There is a set of stumps at the end of the last box.(14m)
* Place a cone in the centre of each box.

**Aim:** Players must “bowl” the ball aiming for a direct hit in a ‘box’ . Bowling can be underarm or overarm.

* Allow 6 balls, then join the end of the queue for a second go.

**Scoring:** Points are scored based upon where the ball first hits. Player can aim for any box but only score on the first bounce.

* The nearest box is worth 1 point, the next box is worth 5 points and the furthest box, closest to the stumps is worth 10 points.
* In the centre of each box is another cone. If the ball hits the **centre cone** in any box on the **first** bounce, the score for that box is doubled.
* If the stumps are hit – no matter how many bounces have happened before – they score a bonus of 20. ( For example, the ball bounces in box 2 = 5 points then hits the stumps bonus 20. Total for the bowl = 25)
* Teachers/ helpers record all the scores for each player. Then allocate either team or individual placings.
* **Team score**: Add the top two players scores together (adding their best over (6 balls) together e.g. scores 40+ 20= 60)
* **Individual score**: Add the score for the player (adding their best over (6 balls) together e.g. score = 5 + 5+ 1 +0 + 10+ 0 = 21)

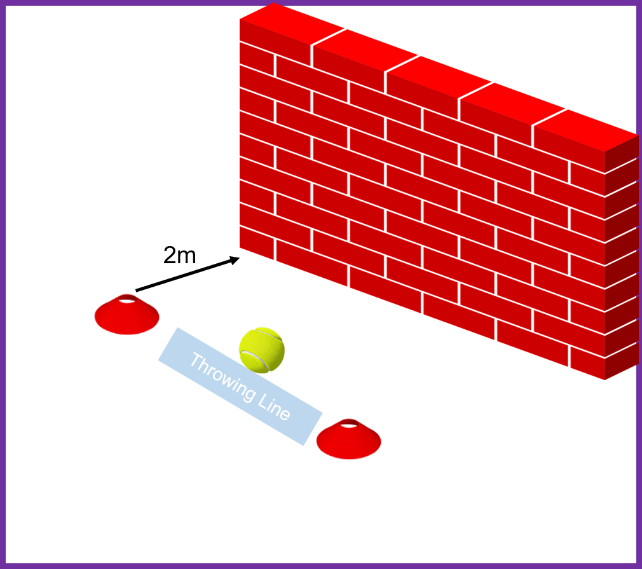
**Adaptations** This can be run as an underarm or proper overarm bowling game.

* VI: An audible ball can be used; the boxes could be marked out with ‘newspaper for sound. The ‘cone’ can be a plastic bottle with pasta in to make it audible.
* PI: A ramp can be used to propel the ball. Shots can be taken closer if needed.

**Fielding – Catches win matches**

**Equipment:**

1 tennis ball  
1 x wall  
2 cones

If a wall is not available, players can throw a tennis ball in the air and catch the ball as an individual.

**Set up**: Place a cone two metres from the wall to mark a throwing distance.

**Aim:** Each player must throw the ball onto the wall (if available) or in the air and catch it as many times as possible in a minute.

* Teacher/ helper has a stopwatch and shouts ‘go’. Players can work in pairs counting for each other.

**Scoring:**

* All catches are recorded by the teacher/helper at the end of one minute.
* If the ball is dropped, start throwing and catching again but keep your score- (Do not start from 1 again)
* Allow three goes to try to improve the players score.
* **Team score**: Add the top two players scores together (highest score in 1 minute e.g. 60 + 55= 115)
* **Individual Score:** The players highest score from three attempts ( e.g. 38)

**Adaptations**

* VI: An audible tennis ball can be used. The ball can be on a string to ease retrieval of a dropped ball.
* PI: Players can sit closer if needed and an extra bounce can be added for ages/abilities.

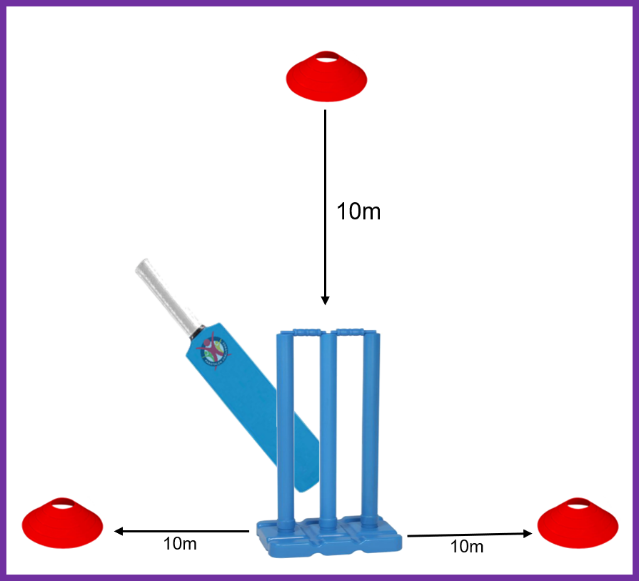
**Batting – Wagon Wheel**

**Equipment**:

1 tennis or ideally, [incrediball](about:blank) or [windball](about:blank)  
Cones  
Stumps

Cricket bat

**Set up:** Place the stumps on a batting line, mark 10 metres to the right with a cone and 10 metres to the left, mark with a cone.

Place another cone 10 metres in front of the stumps as a bowling line.

**Aim:** To hit the ball with the bat and run to a cone either side of the wicket. The player can select which direction to run. (Right or left)

* Select a bowler, batter, wicket keeper and fielders.
* The bowler bowls from the 10 metre line, crease (Primary- underarm)
* Each batter has three balls bowled, and once hit runs to a cone and back if possible and continues until the ball returns, back to the bowler.
* Batter **stops** running when the ball returns, back to the bowler.
* After three bats they then join back in the team rotation, to help field or bowl.
* Allow each player a total of two bats. (6 balls)

**Scoring:** Points are scored each time the player reaches a cone. (2 points if they get there and back)

Teachers/ helpers record all the scores for each player. Then allocate either team or individual placings.

**Team score**: Top two individual scores from (6 bats)

**Individual score**: The number of points scored from two goes. ( 3 bats then another 3 bats)

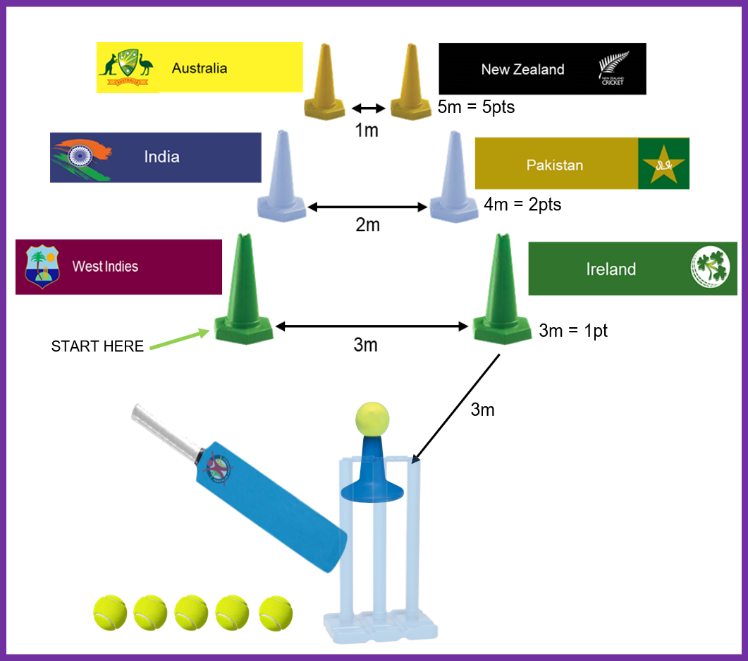
**Adaptations:** VI: The player could work with a guide. Bell balls can create audio cue.

**Batting: Cricketing Nations**

**Equipment**:

6 x tennis or ideally, [incrediball](about:blank) or [windball](about:blank)

Cricket bat  
Cones

**Set up:**

Batting:Set one(cone) in front of the of the stumps, with a tennis ball on top.

Target area: Should resemble an inverted ‘V’ shape with each cone representing a country/area.

* Set the closet and widest target positioned 3m from the batter. Place one pair of cones 3m apart.
* The next target is narrower and 4m from the batter. Place the cones 2m apart.
* The third target is 5m from the batter. Place the cones 1m apart.

**Aim:** ‘To hit the cones’

* Each player hits 6 balls to score then joins the end of the queue for their second over (6 balls) .
* Each batter should hit the first ball out towards the nearest left target cone then continue **in a clockwise order**.
* West Indies, India, Australia, New Zealand, Pakistan, Ireland
* If the player misses the cone, they aim for the next one.

**Scoring:** Points are scored when the ‘cone’ target is hit.

1st cones = 1 point  
2nd cones = 2 points  
3rd cones = 5 points

Max points - 1+ 2 + 5+ 5+ 2 + 1 = 16

**Team:** -Add the top two players scores together (best **set** of 6 balls x top two players)

**Individual:** Add the total score for the player (best **set** of 6 balls to count)

**Adaptations:**

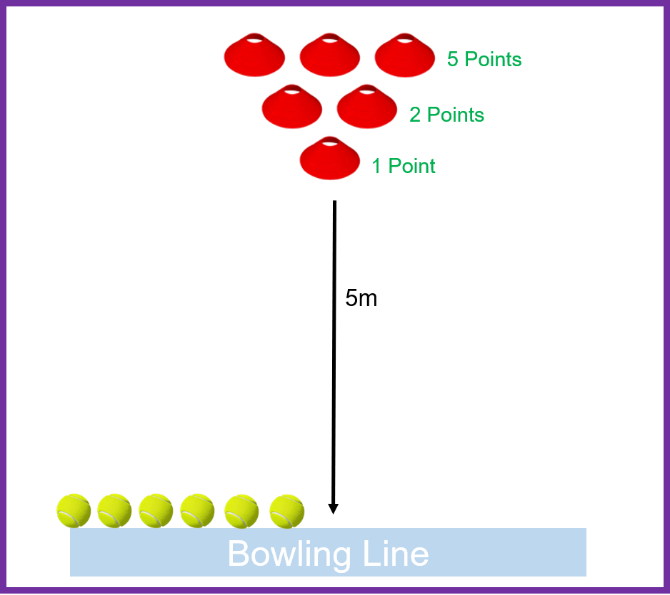
* VI: Leader/helper can clap near the cones. Bell balls can create audio cue.
* Wheelchair users take their shots closer.



**Bowling: Pitch Map**

**Equipment**:

6 x tennis or ideally, [incrediball](about:blank) or [windball](about:blank)

Cricket bat  
Cones

**Set-up**: Cones are set out in an inverted triangle 5 metres from the bowling line (Crease)

**Aim**: Players must “bowl” the ball aiming for **a direct hit** on **any** cone. Bowling can be underarm or overarm.

* If successful, the player collects the cone and brings it back to the throw line.
* Allow 6 balls for a score then join the end of the team queue.
* Repeat if time allows within the lesson.

**Scoring:** Points are scored when a ‘cone’ target is hit.

* 1st cone = 1 point
* Middle cones = 2 points
* Back row cones = 5 points
* Max points - 1+ 2 + 2 + 5+ 5 + 5 = 20

**Team score**: Add the top two players scores together (adding their best over (6 balls)

**Individual score**: Add the score for the player (adding their best over (6 balls) together e.g.

**Adaptations:** VI Players**:** Leaders clap in direction of cone.

Wheelchair users can deliver their shot slightly closer if required.



***EXAMPLE - Cricket Team Results***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Team Results:  Top two individuals in the team added together. | Batting:  In the ‘V’  (Highest scores) | Fielding:  Direct Hit  (Highest scores) | Fielding:  One Motion  (Fastest times) | Bowling: Line and Length  (Highest scores) | Fielding:  Catches win matches  (Highest scores) | Batting:  Wagon Wheel  (Highest scores) | Batting:  Cricketing Nations  (Highest scores) | Bowling:  Pitch Map  (Highest scores) | Overall Points  Total *Lowest number of ‘Overall Points’ wins* | Finishing  Position |
| *Team*  *Yellow Class* | 60+ 90= 150 | 6 + 6= 12 | 32 + 28 = 60 | 42+ 20= 62 | 30 + 30= 60 | 4+ 5= 9 | 16 + 16 = 32 | 10 + 15=25 |  |  |
| *Position/Overall Points* | ***1st*** | ***4th*** | **2nd** | ***3rd*** | ***1st*** | **3rd** | ***1st*** | ***3rd*** | ***18pts*** | ***2nd*** |
| *Team*  *Red Class* | 75+ 60= 135 | 12 + 12= 24 | 30 + 28 = 58 | 40+ 20= 60 | 30 + 25= 55 | 4 + 4 = 8 | 14 + 14 = 28 | 20 + 20=40 |  |  |
| *Position/Overall Points* | ***2nd*** | ***1st*** | **1st** | ***4th*** | ***2nd*** | **4th** | ***2nd*** | ***1st*** | ***17pts*** | ***1st*** |
| *Team*  *Blue Class* | 75+ 50= 125 | 9+9=18 | 34 + 28 = 62 | 40+ 24= 64 | 30 + 18 = 48 | 5 + 5= 10 | 14 + 6 = 20 | 15 + 15=30 |  |  |
| *Position/Overall Points* | ***3rd*** | ***3rd*** | **3rd** | ***2nd*** | ***3rd*** | **2nd** | ***3rd*** | ***2nd*** | ***21pts*** | ***3rd*** |
| *Team*  *Green Class* | 50+ 60=110 | 12+9=21 | 36 + 28 = 64 | 40+25= 65 | 15 + 20 = 35 | 6 + 5= 11 | 6 + 6 = 12 | 10 + 5=15 |  |  |
| *Position/Overall Points* | ***4th*** | ***2nd*** | **4th** | ***1st*** | ***4th*** | **1st** | ***4th*** | ***4th*** | ***24pts*** | ***4th*** |



***EXAMPLE - Cricket Individual Results***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Individual Results | Batting:  In the ‘V’  (Highest scores) | Fielding:  Direct Hit  (Highest scores) | Fielding:  One Motion  (Fastest times) | Bowling: Line and Length  (Highest scores) | Fielding:  Catches win matches  (Highest scores) | Batting:  Wagon Wheel  (Highest scores) | Batting:  Cricketing Nations  (Highest scores) | Bowling:  Pitch Map  (Highest scores) | Overall Points  Total *Lowest number of ‘Overall Points’ wins* | Finishing  Position |
| *Name* | 90 | ***3*** | 32 | **20** | 30 | 4+ 5= 9 | 16 | 10 |  |  |
| *Position/Overall Points* | ***1st*** | ***4th*** | **2nd** | ***3rd*** | ***1st*** | **3rd** | ***1st*** | ***3rd*** | ***18pts*** | ***2nd*** |
| *Name* | 75 | 12 | 28 | 11 | 25 | 4 + 4 = 8 | 14 | 20 |  |  |
| *Position/Overall Points* | ***2nd*** | ***1st*** | **1st** | ***4th*** | ***2nd*** | **4th** | ***2nd*** | ***1st*** | ***17pts*** | ***1st*** |
| *Name* | 60 | 6 | 34 | 40 | 18 | 5 + 5= 10 | **12** | 15 |  |  |
| *Position/Overall Points* | ***3rd*** | ***3rd*** | **3rd** | ***2nd*** | ***3rd*** | **2nd** | ***3rd*** | ***2nd*** | ***21pts*** | ***3rd*** |
| *Name* | **50** | 9 | 36 | 42 | 15 | 6 + 5= 11 | **6** | 5 |  |  |
| *Position/Overall Points* | ***4th*** | ***2nd*** | **4th** | ***1st*** | ***4th*** | **1st** | ***4th*** | ***4th*** | ***24pts*** | ***4th*** |

***Result Sheet- For Team or Individual***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Team/Individual Name* | Batting:  In the ‘V’  (Highest scores) | Fielding:  Direct Hit  (Highest scores) | Fielding:  One Motion  (Fastest times) | Bowling: Line and Length  (Highest scores) | Fielding:  Catches win Matches  (Highest scores) | Batting:  Wagon Wheel  (Highest scores) | Batting:  Cricketing Nations  (Highest scores) | Bowling:  Pitch Map  (Highest scores) | Overall Points  Total *Lowest number of ‘Overall Points’ wins* | Finishing  Position |
| *Team/Individual Name* |  |  |  |  |  |  |  |  |  |  |
| *Position/Overall Points* |  |  |  |  |  |  |  |  |  |  |
| *Team/Individual Name* |  |  |  |  |  |  |  |  |  |  |
| *Position/Overall Points* |  |  |  |  |  |  |  |  |  |  |
| *Team/Individual Name* |  |  |  |  |  |  |  |  |  |  |
| *Position/Overall Points* |  |  |  |  |  |  |  |  |  |  |
| *Team/Individual Name* |  |  |  |  |  |  |  |  |  |  |
| *Position/Overall Points* |  |  |  |  |  |  |  |  |  |  |

**Panathlon Cricket Monitoring Form** 

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **School Name:**  **County/Borough:** | | | | **Disability – Number disabilities that apply  *Key below*** | | | | | | | | **Ethnic Code  *Key below*** |
| **Total Number** | **Year Group** | **Leaders**  **(Age & No)** | **Gender M / F** | **PI** | **HI** | **VI** | **SLD** | **MLD** | **AS** | **ManW/C** | **Pow W/C** | **Code  *e.g. 4 students x 1***  ***2 students x 4*** |
| **Pre-season** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Game Day** |  |  |  |  |  |  |  |  |  |  |  |  |

**KEY  
Disability** Physical Impairment (**PI**), Hearing Impairment (**HI**), Visual Impairment (**VI**), Severe Learning Disability (**SLD**)  
 Mild Learning Disability (**MLD**), Autistic Spectrum (**AS**), Manual Wheelchair (**Man W/C**), Power Chair (**Pow W/C**)

**Ethnicity** For each athlete, enter the code in the box provided (i.e. 1).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Ethnicity Code** |  |  |
| **1 = White** | **2 = Mixed** | **3 = Asian or**  **Asian British** | **4 = Black or**  **Black British** | **5 = Chinese or**  **Other Ethnicity** |