

# Year 5 - Cricket

## Lesson Plan

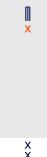
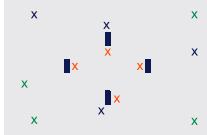
COMPETING  
EDSTART

<b>Lesson Objective</b>	To field the ball in a variety of different ways					
<b>Equipment Needed</b>	Markers, cones, cricket stumps, cricket balls.					
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>Use your foot to back up when fielding a short ball</li> <li>Understand the 'long barrier' technique when fielding a low driven ball</li> <li>Know which type of throw and catch is needed depending on where you are on the field</li> <li>Field with increased accuracy and know where they need to throw the ball back to</li> <li>Understand to 'back up' the fielder in case of overthrows</li> </ul>					
<b>EDSTART KNOW</b>	<b>EDSTART GO</b>		<b>EDSTART SHOW</b>			
<ul style="list-style-type: none"> <li>I can explain what the short barrier and long barrier are</li> <li>I can describe when to use different types of throws</li> <li>I can understand why backing up a teammate is important</li> </ul>	<ul style="list-style-type: none"> <li>I can stop the ball using the short and long barrier</li> <li>I can throw and catch accurately depending on field position</li> <li>I can back up the fielder to prevent overthrows</li> </ul>		<ul style="list-style-type: none"> <li>I can encourage my partner when fielding</li> <li>I can respect others by waiting safely for my turn</li> <li>I can support my teammates in group games</li> </ul>			
<b>Key Questions</b>	<p>How do accurate throwing, safe fielding, and quick reactions work together to help your team be successful in cricket? Accurate throwing helps hit the stumps or move the ball quickly, safe fielding using the short barrier stops runs, and quick reactions allow players to respond to the ball faster, helping the team prevent scores and create wicket-taking chances.</p>					
<b>Warm Up</b>	<p><b>HOWZAT HUSTLE:</b> Pupils jog freely around the playing area, keeping light on their feet and aware of others. When the teacher shouts "CATCH!", pupils stop instantly and show the correct catching position, hands forming a cup, fingers pointing up, and eyes focused forward. When the teacher calls "HOW IS HE?", everyone throws their hands up and shouts "HOWZAT?" with energy before jogging again. This fun warm-up sharpens reactions, listening skills, and catching readiness. Finish with dynamic stretches for arms, legs, and shoulders. <b>PROGRESSION:</b> Add extra calls such as "DODGE!" for quick side steps or "THROW!" to mime a throw to an imaginary teammate.</p>					
<b>Main Activity</b>	<p><b>BARRIER BUILDERS:</b> Demonstrate the short barrier technique — one knee down, hands forming a strong scoop shape, and body positioned directly behind the ball to create a safe stopping barrier. Pupils work in pairs facing each other, taking turns to roll and stop the ball using correct form. Emphasise soft hands to control the ball, head low and over the line of the ball, eyes tracking it all the way into the hands, and stopping the ball in front of the body rather than on the side. Encourage pupils to reset quickly into a ready fielding position after each stop. This builds fielding confidence, consistency, safe catching habits, and quick reactions. <b>PROGRESSION:</b> Add a one-minute timed challenge for clean stops, vary rolling speed, or slightly increase distance to further develop reaction time and control.</p> <p><b>TARGET ATTACK:</b> Organise the class into groups of four or five, lining up behind a cone facing a set of stumps. Pupils take turns throwing underarm or overarm at the stumps, aiming for both accuracy and power. Emphasise a side-on stance, stepping forward with the opposite foot, high elbow for overarm throws, and a smooth follow-through toward the target. Encourage pupils to aim before releasing, keep eyes fixed on the stumps, and transfer weight forward to generate controlled power. Use different distance zones so all pupils can succeed and gradually challenge themselves. <b>PROGRESSION:</b> Introduce a scoring system and a timed team competition to increase challenge, motivation, and tactical decision-making.</p> <p><b>DEFEND THE WICKETS:</b> Split the class into four or five groups, each with a circular playing area and stumps in the centre. One player bowls underarm with a smooth swing, stepping forward and releasing the ball low and accurately toward the stumps. Another player defends using their body and bat, focusing on a side-on stance, bent knees, soft hands on the bat, and keeping the bat angled down to block safely. Other pupils field stray balls using quick reactions and short barrier technique. Rotate roles every six deliveries so all pupils experience bowling, batting, and fielding. Emphasise eyes on the ball, balanced posture, and quick recovery after each action. <b>PROGRESSION:</b> Add scoring for bowlers and batters, introduce multiple bowlers, or shorten distances to increase reaction speed and intensity.</p>					
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Increase throwing distance for advanced, reduce for beginners.	<b>TASK</b> Start with rolling/short throws, progress to stumps and live fielding.	<b>EQUIPMENT</b> Use larger/softer balls for beginners, cricket balls for advanced.	<b>PEOPLE</b> Work in pairs for barriers, groups for "Protect the Stumps."		
<b>Cooldown</b>	<p><b>CATCH &amp; CLAP:</b> Pupils pair up and gently toss a soft ball or beanbag back and forth while taking slow steps backward to stretch arms and shoulders. Each time they catch, they take one clap above their head before throwing again. After a few minutes, pupils perform slow leg stretches and wrist rolls to relax. End with a reflection: discuss how the short barrier helps fielders stop runs and how accuracy improves team success. <b>PROGRESSION:</b> Challenge pairs to make five consecutive catches without dropping, gradually increasing distance to test focus and coordination.</p>					
<b>Key Technical Points</b>	<p><b>Long Barrier:</b> <ul style="list-style-type: none"> <li>Lower left leg parallel and close to floor</li> <li>Right foot touching left knee so there is no gap</li> <li>Hands out in front to stop ball</li> </ul> <b>Short Barrier:</b> <ul style="list-style-type: none"> <li>Place foot behind the path of the ball aiming to stop the ball with hands</li> <li>Ball hits foot if missed by the hand</li> </ul> </p>					

# Year 5 - Cricket

## Lesson Plan

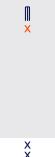
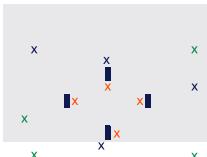
COMPETING  
EDSTART

<b>Lesson Objective</b>	To play correct batting shots from a variety of different feeds	<b>Lesson 2/6</b>		
<b>Equipment Needed</b>	Markers, cones, cricket stumps, cricket balls.			
<b>Success Criteria</b>	Children can: <ul style="list-style-type: none"><li>Hold the bat correctly</li><li>Understand the correct stance when batting</li><li>Have their bat upwards, ready to play their shot when the ball is bowled</li><li>Hit the ball on both sides of their body and direct away from fielders</li></ul>			
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"><li>I can explain how to hold a bat correctly</li><li>I can describe the correct batting stance</li><li>I can understand how to direct the ball into space</li></ul>	<b>EDSTART GO</b> <ul style="list-style-type: none"><li>I can hit the ball using the correct grip and stance</li><li>I can strike on both sides of my body</li><li>I can score runs in batting lane competitions</li></ul>	<b>EDSTART SHOW</b> <ul style="list-style-type: none"><li>I can encourage my partner when batting</li><li>I can respect the bowler and wicketkeeper in practice</li><li>I can support my teammates in small-sided games</li></ul>	
<b>Key Questions</b>	How do accurate throwing, clean catching, quick running, and teamwork help your team score runs and take wickets in cricket games? Accurate throwing and clean catching help the team take wickets and stop runs, quick running helps batters score more, and strong teamwork allows players to support each other, communicate effectively, and stay successful under pressure.			
<b>Warm Up</b>	THROW & GO CHALLENGE: Pupils form groups of around six, creating a circle with one player in the centre holding a ball. The middle player throws to each person around the circle and receives it back, focusing on close-range throwing and catching technique — knees bent, eyes on the ball, hands ready with fingers pointing up or down depending on height. Once everyone has caught the ball, a new player swaps into the middle. After practising technique, turn it into a race to see which group can complete a full rotation first with clean catches. This develops accuracy, quick reactions, and teamwork. PROGRESSION: Introduce two balls into the circle for advanced groups, or set a time limit to see how many successful catches the team can make before switching the thrower.			
<b>Main Activity</b>	 <b>CRICKET LANES CHALLENGE:</b> Pupils work in groups of four, rotating through roles: batter, bowler, wicketkeeper, and fielder. Each batter faces ten deliveries while focusing on good batting technique — eyes on the ball, feet in position, and controlled swing. The bowler practises accurate, underarm deliveries while the fielder and wicketkeeper work on anticipation and clean pickups. After ten balls, pupils rotate roles. Encourage friendly feedback within groups to help one another improve. PROGRESSION: Add a scoring challenge — one point for a clean hit, one for a good delivery, and one for a clean stop or catch to keep everyone engaged.  <b>THE RUN MAKER CUP:</b> Keep pupils in their groups of four but turn the session competitive. Use the same set-up as before and introduce the following points system: <ul style="list-style-type: none"><li>1 point for hitting the ball</li><li>Extra points for runs made</li><li>1 point for the bowler if the batter misses</li><li>3 points for bowling the batter out</li><li>3 points for any catch taken</li><li>1 point for the wicketkeeper if they catch after a miss</li><li>-1 point for a wide or no-ball</li></ul> Each bowler delivers ten balls before rotating, ensuring all pupils have equal opportunities to bowl, bat, and field. This fast-paced format keeps energy levels high and encourages pupils to concentrate on accuracy, controlled power, tactical decision-making, and clear communication within their team. Teams must work together to plan shots, support fielders, and maximise scoring opportunities while staying focused under pressure. PROGRESSION: Add time pressure so each lane has three minutes per round to score as many points as possible, increasing pace, intensity, and competitive focus across the game.			
	 <b>CRICKET CAROUSEL:</b> Split the class into groups of four, with three teams per field — Batters, Bowlers, and Fielders. The bowler always bowls from the same end with a smooth, controlled action. After each shot, all four batters rotate clockwise around the wickets, running to the next base with quick acceleration and safe turning. Fielders must react quickly and can get batters out by stumping the nearest wicket or making a clean return throw. After six balls, swap the bowler; once all players in a team have bowled, rotate team roles so everyone bats, bowls, and fields. This high-energy game develops throwing accuracy, sprinting, fielding reactions, teamwork, and game understanding. PROGRESSION: Award bonus points for direct hits on the stumps or full rotations of all four batters. For extra challenge, make each over a timed round to build pace and excitement.			
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Use smaller pitches for beginners, larger lanes for advanced.	<b>TASK</b> Begin with static feeds, progress to bowled deliveries.	<b>EQUIPMENT</b> Use plastic bats/soft balls for beginners, cricket bats for advanced.	<b>PEOPLE</b> Rotate roles (batter, bowler, fielder, wicketkeeper) for fairness.
<b>Cooldown</b>	<b>CATCH &amp; CHEER:</b> Pupils form a large circle and gently toss a soft ball around, performing slow stretches between catches. Each time they throw, they give a cheer or clap for their teammate's effort. After a few minutes, bring the class together to stretch arms, shoulders, and legs while discussing what made batting, bowling, or fielding most successful in today's lesson. PROGRESSION: Add a reflection challenge — pupils share one skill they improved and one goal for next lesson before leaving the circle			
<b>Key Technical Points</b>	<b>Holding a Bat:</b> Stand side on, knees slightly bent. Weak hand at the top of the grip, holding the bat tight strong hand at the bottom of the grip, holding the handle loosely.			

# Year 5 - Cricket

## Lesson Plan

COMPETING  
**EDSTART**

<b>Lesson Objective</b>	<b>To bowl the ball overarm towards a batsman</b>				<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Markers, cones, cricket stumps, cricket balls.				
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Have a two fingered grip on the ball when bowling</li><li>Have a straight arm when bowling, and stay away from a throwing action</li><li>Release the ball as high as possible and use front arm as a guide towards the target</li><li>Follow a simple step pattern when approaching the crease to bowl</li></ul>				
<b>EDSTART KNOW</b>	<b>EDSTART GO</b> <ul style="list-style-type: none"><li>I can explain how to grip the ball for bowling</li><li>I can describe why my bowling arm must stay straight</li><li>I can understand how to aim using my non-bowling arm</li><li>I can bowl with a straight arm overarm</li><li>I can release the ball high and follow through to the stumps</li><li>I can use a run-up to improve my accuracy</li></ul>				<b>EDSTART SHOW</b> <ul style="list-style-type: none"><li>I can respect my partner when they are bowling</li><li>I can encourage my teammates during bowling challenges</li><li>I can support others by measuring and scoring fairly</li></ul>
<b>Key Questions</b>	<b>How do accurate throwing, quick reactions, and teamwork help your team succeed in these cricket games?</b> Accurate throwing helps hit the stumps and stop runs, quick reactions improve fielding and catching, and strong teamwork through communication and positioning allows the team to control play, create chances for wickets, and score more effectively.				
<b>Warm Up</b>	<b>BOUNCE BATTLE:</b> Pupils are divided into pairs of small teams, each with their own grid marked out by cones and joined to another team's grid. The aim is to underarm throw the ball into the opposing team's grid and make it bounce three times before it can be caught. Players cannot move when holding the ball, so quick passing, clear communication, and smart positioning are essential to set up throws. This game builds throwing accuracy, reaction speed, catching, and tactical awareness while keeping all pupils fully engaged. <b>PROGRESSION:</b> Add a rule that players must make at least one pass before throwing into the opposing grid.				
<b>Main Activity</b>	 <b>STUMPSTRIKERS:</b> Begin by demonstrating the correct grip and bowling action—straight arm, side-on stance, step forward with the opposite foot, and strong follow-through toward the target. Pupils practise holding the ball correctly before taking turns bowling underarm or overarm towards a set of stumps. Emphasise technique over speed, eyes on the target, and control on release. Once confident, groups compete to hit the stumps for points. This improves coordination, accuracy, focus, and confidence. <b>PROGRESSION:</b> Introduce scoring zones behind the stumps (1 point for the base, 2 for a clean hit, 3 for all stumps). Each team has four minutes to score as many points as possible, with winners crowned the "StumpStrikers."   <b>CRICKET DUEL:</b> Pupils stay in groups of four in the roles of batter, bowler, wicketkeeper, and fielder. Each pupil bowls ten balls before rotating. Use the scoring system: points for runs made, 1 point for the bowler if the batter misses, 3 points for bowling the batter out, 1 point for the wicketkeeper for a clean catch after a miss, and -1 point for a wide or no-ball. Keep the pace fast and positive, celebrating accurate bowling, clean catching, and well-timed batting shots. This reinforces all-round cricket skills, decision-making, and teamwork. <b>PROGRESSION:</b> Add target cones for batters to aim for runs or reward bonus points for consecutive clean bowls.				
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Shorter pitch length for beginners, regulation distance for advanced.	<b>TASK</b> Start with bowling at targets, progress to live batters.	<b>EQUIPMENT</b> Use softer balls for beginners, cricket balls for advanced.	<b>PEOPLE</b> Pairs for technique, groups for "Rotation Cricket."	
<b>Cooldown</b>	<b>FIELDERS' FOCUS:</b> Pupils form a wide circle around a set of stumps. One ball is rolled or lightly thrown between players, who gently field and pass it on using smooth, controlled movements and clear communication. Gradually slow the pace, finishing with stretches for shoulders, arms, and legs. Reflect on the lesson by asking: "What helped your bowling accuracy today?" and "How did communication help your team's success?" <b>PROGRESSION:</b> Introduce a slow-motion challenge where pupils act out their best bowling, batting, or fielding technique while stretching to reinforce correct body positioning.				
<b>Key Technical Points</b>	<b>Bowling Grip:</b> Fingers each side of the seam. Thumb supports the ball. When releasing the ball fingers should point to the wickets.  <b>Bowling Action:</b> Stand side on when starting to bowl. Non-bowling arm brushes ear as you keep arm straight. Finish pointing at middle stump.				

# Year 5 - Cricket

## Lesson Plan

COMPETING  
**EDSTART**

**Lesson Objective** To play correct batting shots from a variety of different feeds **Lesson 4/6**

**Equipment Needed** Markers, cones, cricket stumps, cricket balls.

**Success Criteria** Children can:

- Have the correct stance when batting
- Have their bat upwards, ready to play their shot when the ball is bowled
- Hit the ball on both sides of their body

### EDSTART KNOW

- I can explain why I should place shots into space
- I can describe how to adjust my feet when batting
- I can understand how to use different areas of the pitch

### EDSTART GO

- I can strike the ball into specific zones when instructed
- I can adjust my stance and footwork for different deliveries
- I can work with a partner in paired cricket

### EDSTART SHOW

- I can respect my bowler and fielders during batting practice
- I can encourage my partner when they score runs
- I can play fairly during batting games

### Key Questions

How do teamwork, accurate throwing, and smart shot placement help your team score runs and prevent runs in cricket? Teamwork helps players support each other and move the ball quickly, accurate throwing helps hit targets and stop runs, and smart shot placement allows batters to score by finding space away from fielders, giving the team a greater chance of success.

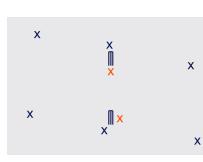
### Warm Up

**BOUNCE BATTLE:** Pupils work in small teams, with two grids of cones joined together to create opposing zones. The aim is to underarm throw the ball into the other team's grid and make it bounce three times before they can catch it. Players cannot move when holding the ball, so they must rely on teamwork and quick, tactical passing to set up good throws. Emphasise safe, controlled underarm throws and strong catching positions, knees bent, eyes on the ball, and hands ready. This fast-paced game encourages teamwork, strategy, and communication while sharpening hand-eye coordination. **PROGRESSION:** Add a rule where each team must make at least two passes before attempting a scoring throw or introduce bonus points for clean catches without a bobble.

### Main Activity



**TARGET HITTER:** Split the class into as many groups as you have sets of stumps and divide the playing area into four clearly numbered zones. Before bowling, the bowler calls out "1, 2, 3, or 4," and the batter must aim to direct their shot into the named zone. Emphasise side-on batting stance, eyes fixed on the ball, soft hands on the bat, and a controlled swing with full follow-through toward the target zone. Encourage batters to adjust bat face angle and power depending on distance. Bowlers focus on smooth run-up or step-in, straight bowling arm, consistent release point, and follow-through toward the target for line and length accuracy. Fielders adopt a ready position with bent knees, weight forward, quick first step, and two-handed clean pickups, anticipating the ball from the call. Rotate roles regularly so every pupil experiences bowling, batting, and fielding. This activity develops shot selection, directional control, technique under pressure, anticipation, and team communication. **PROGRESSION:** Add scoring — 1 point for hitting the correct area, 2 points if the ball reaches the zone cleanly without interception, and bonus points for strong controlled direction or well-judged power.



**CRICKET PAIRS CUP:** Pupils pair up to form eight teams, creating four mini-competitions across different areas of the field. Each pair faces two overs (12 balls) and aims to score as many runs as possible through smart shot selection and quick running between wickets. Every wicket costs the pair 1 run, reinforcing the importance of controlled batting and decision-making. Fielding teams also score points — a clean catch on the first attempt earns 50 points, while successfully fielding a ball within their zone and completing a full team return (each player must touch the ball before it is returned) earns 10 points. Rotated roles so all pupils experience batting, bowling, and fielding responsibilities. This format builds teamwork, tactical awareness, pressure handling, and all-round cricket skills. **PROGRESSION:** Add a time limit per over to increase pace and focus, or introduce bonus zones where batters can score double runs for well-placed, controlled shots.

### Adapted Learning (Differentiation) (Challenge)

**SPACE**  
Use wide zones for beginners, smaller zones for challenge.

**TASK**  
Start with "Pick Your Spot," progress to paired cricket.

**EQUIPMENT**  
Cones to mark zones, full bats and balls for challenge.

**PEOPLE**  
Pairs for batting, groups of 4-8 for games.

### Cooldown

**CATCH & REFLECT:** Pupils form a large circle and gently toss a soft ball or beanbag around, focusing on smooth, accurate throws and catches. Each time a pupil catches the ball, they share one skill they improved today — for example, accuracy, teamwork, or positioning. Finish with light stretches for arms, shoulders, and legs, linking movements to the bowling and batting actions practised in the lesson. **PROGRESSION:** Add a challenge where the ball must travel around the circle without being dropped, encouraging concentration and teamwork right to the end of the session.

### Key Technical Points

Children can adjust their feet as the ball travels, and plant their forward foot towards the ball and direct into an area of the pitch where there are no fielders.

# Year 5 - Cricket

## Lesson Plan

COMPETING  
**EDSTART**

<b>Lesson Objective</b>	To understand the rules of Kwik Cricket and follow them in small games			<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Markers, cones, cricket stumps, cricket balls.			
<b>Success Criteria</b>	Children can: <ul style="list-style-type: none"><li>Understand the basic rules of the game</li><li>Understand how a batter is deemed 'out'</li><li>Bowl and field in order to get the batter 'out'</li></ul>			
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"><li>I can explain the rules of Kwik Cricket</li><li>I can describe how a batter can be 'out'</li><li>I can understand how to rotate roles in games</li></ul>			<b>EDSTART GO</b> <ul style="list-style-type: none"><li>I can bat, bowl, and field in small Kwik Cricket games</li><li>I can follow the rules for scoring and dismissals</li><li>I can work as part of a team to win points</li></ul>
<b>EDSTART SHOW</b>	<ul style="list-style-type: none"><li>I can respect referees and teammates during games</li><li>I can encourage my team whether we win or lose</li><li>I can show fairness by rotating roles</li></ul>			
<b>Key Questions</b>	How does accurate shot placement and good communication between batters help your team score more runs in cricket? Accurate shot placement helps find space away from fielders to score runs, while clear communication between batters ensures safe, quick running between wickets and reduces the risk of getting out.			
<b>Warm Up</b>	<p><b>TARGET HITTER:</b> Split the class into as many groups as you have sets of stumps and divide each pitch into four clearly numbered zones. Before bowling, the bowler calls out "1, 2, 3, or 4," and the batter must aim to hit the ball in that direction or into the matching zone. Emphasise a side-on batting stance, eyes fixed on the ball, soft hands on the bat, stepping into the shot, and a controlled follow-through toward the target area. This develops control, accuracy, and tactical placement rather than just power, encouraging pupils to choose where to score runs. Bowlers focus on consistent line and length with a straight arm and smooth follow-through, while fielders adopt a low ready position, quick first step, and two-handed clean pickups, anticipating the ball based on the call. Rotate roles regularly so everyone experiences batting, bowling, and fielding. <b>PROGRESSION:</b> Add scoring, 1 point for hitting the correct area, 2 points if the ball reaches the zone cleanly without interception, and 3 points for a controlled shot that stays grounded in the target zone.</p>			
<b>Main Activity</b>	<p><b>CRICKET PAIRS CUP:</b> CRICKET PAIRS CUP: Pupils pair up to form eight teams, creating four mini-competitions across different field areas so multiple games run at the same time. Each pair bats for two overs (12 balls), aiming to score as many runs as possible through smart shot selection, clear calling ("Yes, No, Wait"), and quick, controlled running between wickets. Rules: Batters score one run each time they safely complete a run between the wickets after a hit. If the ball is caught cleanly on the full, the batter is out and the pair loses 1 run. If the stumps are hit by a fielder before the batter reaches the crease, the batter is also out. No batters may run outside the clearly marked playing area. Fielding teams earn 50 points for a clean catch and 10 points for completing a "perfect field," where every player in their quarter must touch the ball before it is returned to the bowler or wicketkeeper. Emphasise quick backing up, accurate throwing, strong communication, and supportive teamwork. After each round, rotate roles so all pupils gain equal experience of batting, bowling, and fielding, ensuring a wide range of skills are practised under game conditions. <b>PROGRESSION:</b> Add bonus points for hitting a specific target cone or for successfully completing two quick runs in succession. For advanced groups, shorten the over time to increase intensity, pace, decision-making demands, and tactical thinking under pressure.</p>			
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Reduce pitch size for beginners, extend for advanced.	<b>TASK</b> Start with simplified games, progress to full Kwik Cricket rules.	<b>EQUIPMENT</b> Plastic equipment for beginners, full equipment for challenge.	<b>PEOPLE</b> Small teams of 6-8 for inclusive gameplay.
<b>Cooldown</b>	<p><b>RUN THE WICKETS RELAY:</b> Set out two wickets or markers about 10-15 metres apart. In small teams, pupils take turns jogging or lightly running between the wickets, calling "Yes!", "No!", or "Wait!" as they would in a real cricket match. Each run back and forth equals one "safe run." This fun cool down keeps pupils active while reinforcing communication and running technique. After a few rounds, slow the pace and transition to stretches focusing on legs, shoulders, and wrists. <b>PROGRESSION:</b> Turn it into a quick reaction challenge—pupils only run when the coach claps or calls "Run!" helping them practise alertness even during cooldown.</p>			
<b>Key Technical Points</b>	<p>Rules:</p> <ul style="list-style-type: none"><li>Two wickets 16m apart, two batters, one bowler, one wicket keeper, and four fielders</li><li>Batters bat in pairs for two overs (Twelve balls)</li><li>Bowler bowls six balls, over or under arm</li><li>Two runs are scored every time the batsman run</li><li>After twelve balls the players swap round</li><li>Repeat until every player has taken up every role</li></ul>			

# Year 5 - Cricket

## Lesson Plan

COMPETING  
**EDSTART**

<b>Lesson Objective</b>	To play small, modified games of cricket				<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Markers, cones, cricket stumps, cricket balls.				
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>Play the games using the techniques shown throughout the term</li><li>Understand the scoring system, and how players can be played 'out'</li></ul>				
<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>			
<ul style="list-style-type: none"><li>I can explain how to set up a small game of cricket</li><li>I can describe how to score runs and get batters out</li><li>I can understand how to use skills from previous lessons</li></ul>	<ul style="list-style-type: none"><li>I can bat, bowl, and field in a cricket match</li><li>I can rotate roles so everyone gets a turn</li><li>I can apply tactics to help my team</li></ul>	<ul style="list-style-type: none"><li>I can respect opponents, referees, and rules</li><li>I can encourage teammates throughout the game</li><li>I can play fairly whether I win or lose</li></ul>			
<b>Key Questions</b>	<p><b>How can accurate bowling and strong teamwork help your team score more points and prevent runs in a game?</b>: Accurate bowling puts pressure on the batters by limiting where they can hit safely and increasing chances of hitting the stumps. Strong teamwork through quick fielding, clear calling, backing up throws, and supporting each other helps prevent runs, create run-out chances, and keep the game flowing effectively.</p>				
<b>Warm Up</b>	<p><b>STUMP STRIKERS:</b> Begin by clearly demonstrating the correct bowling grip and technique, fingers placed on top of the seam, thumb underneath for control, front shoulder and arm pointing toward the target, and the bowling arm kept straight throughout the action. Pupils first practise the grip without throwing, then in pairs rehearse the stepping and arm action slowly to build confidence. Pupils then move into groups facing their set of stumps and take turns bowling underarm or overarm (depending on confidence and ability), focusing on smooth rhythm, balanced run-up or step-in, accurate release point, and strong follow-through rather than pure power. Emphasise watching the target throughout the action and transferring weight forward to generate control. Once technique is secure, introduce a group competition using the scoring system — 1 point for clipping a stump, 2 points for a direct clean hit, and 3 points for knocking all stumps over. Each group has four minutes to score as many points as possible, encouraging focus, accuracy, and consistency under pressure while teammates retrieve balls quickly to maintain game flow. <b>PROGRESSION:</b> Add targets around the stumps (cones or markers) for bonus points, or challenge pupils to hit specific stumps ("left", "right", or "middle") to further develop precision, control, and tactical decision-making.</p>				
<b>Main Activity</b>	<p><b>EDSTART MINI MATCHES – GAME / COMPETITION:</b> Split the class into small groups of eight, carefully balancing ability levels so each game is fair, competitive, and inclusive. Each group sets up their own pitch with two wickets placed approximately 16 metres apart. Every game features two batters, one bowler, one wicketkeeper, and four fielders, ensuring active involvement for all players. Batters work in pairs for two overs (12 balls), scoring two runs for every successful completed run between wickets. The bowler delivers six balls per over using either underarm or overarm bowling as appropriate to ability, while the wicketkeeper focuses on clean collects and quick returns. Fielders spread out and work on anticipation, quick pickups, accurate throws, and backing up teammates. After two overs, roles rotate so every pupil has equal opportunities to bat, bowl, and field, supporting all-round skill development. Throughout the matches, reinforce calling between batters ("Yes", "No", "Wait"), supportive teamwork, fair play, and positive communication, ensuring that every pupil remains engaged even when they are not directly involved with the ball. <b>PROGRESSION:</b> Add a clearly marked "bonus run zone" on the pitch where any shot that reaches it earns an extra run. For advanced groups, award bonus points for clean catches, run-outs, or hitting specific fielding targets, increasing tactical awareness and game intensity.</p>				
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Use smaller modified pitches for beginners, regulation for advanced.	<b>TASK</b> Start with pairs cricket, progress to full team games.	<b>EQUIPMENT</b> Softer balls for beginners, cricket balls for advanced.	<b>PEOPLE</b> Groups of 8 for matches, rotate roles for fairness.	
<b>Cooldown</b>	<p><b>CRICKET CIRCLE CATCH:</b> Pupils form a large circle with one soft ball being passed around using gentle, accurate underarm throws. As they throw and catch, pupils jog lightly on the spot to keep the body warm while focusing on soft hands, eyes on the ball, and smooth controlled releases. Gradually reduce the jogging pace until everyone is standing still, helping to lower the heart rate safely. Lead a series of calm stretches for the shoulders, arms, wrists, hips, and legs, clearly linking each stretch to the bowling and batting actions practised during the lesson. To finish, bring pupils into a reflection by asking: "What helped your accuracy when bowling today?" and "How did communication improve your teamwork in the match?" <b>PROGRESSION:</b> Add a second ball into the circle to increase focus and coordination, or require pupils to call out the next player's name before throwing to reinforce awareness and quick thinking.</p>				
<b>Key Technical Points</b>	<p>Two wickets are set up 16 metres apart with two batters, one bowler, one wicketkeeper, and four fielders in each game. Batters work in pairs for two overs (twelve balls in total), with the bowler delivering six balls per over using either an overarm or underarm action. Two runs are scored every time the batters complete a successful run between the wickets. After twelve balls, all players rotate roles, and this process is repeated until every player has experienced batting, bowling, wicketkeeping, and fielding.</p>				