



Wiltshire
Cricket

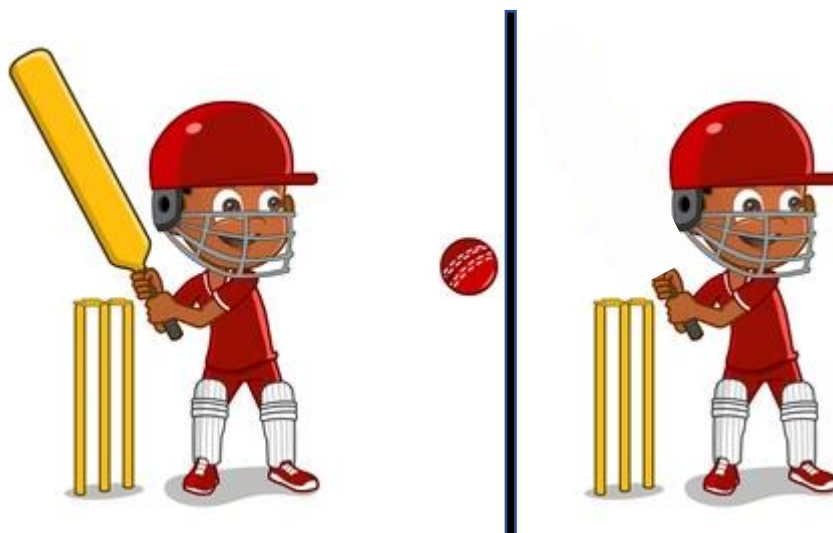
Super 1s Activity Booklet

Name: _____

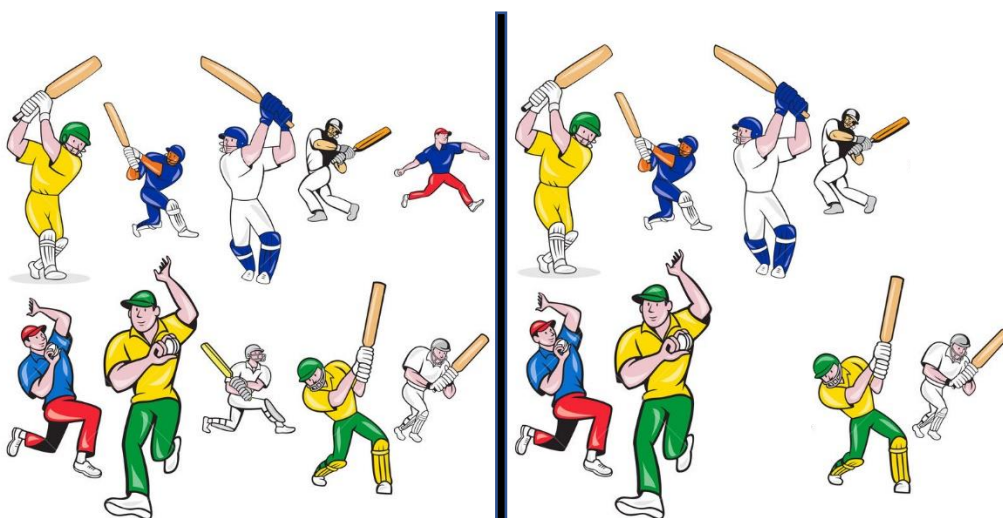
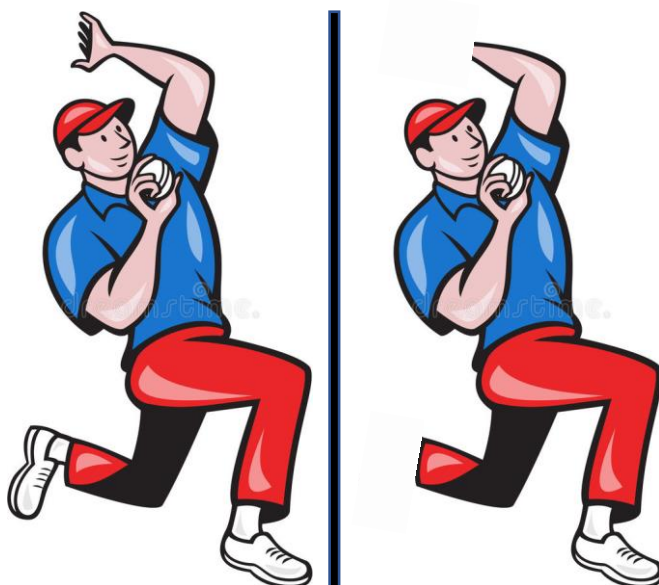
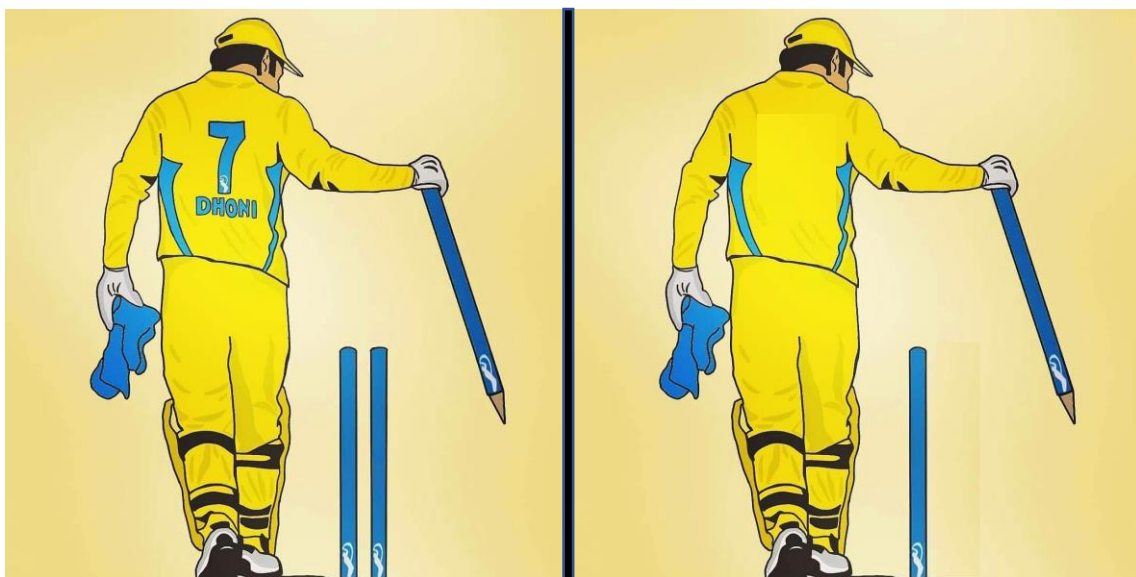
Activity 1: Spot the Difference.

Here are some photos of international cricket.

For this activity there are 5 sets of photos, **with 2 differences in each**, if you can spot a difference make sure you **circle** it!



We would love to see your work, particularly the practical activities, why not record yourself doing some of the activities and send them to us! ***YOU MUST HAVE PARENTAL CONSENT***



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Activity 2: Matching the Mascots

Most Cricket teams have a mascot for their team.



Can you match up the cricket teams with their mascots?

To match up each mascot please draw a line across from the mascot to their team.

(see next page)



Gloucestershire Gorilla



Nottinghamshire Squirrel



Lancashire Giraffe



Sussex Sharks



Essex Eagle



Somerset Dragon



Surrey Lion



Leicestershire Foxes

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Activity 3: Colouring by Numbers

Below is a picture of a cartoon cricketer.

Can you colour them in using the numbers to work out the correct colour to use?

Colours:

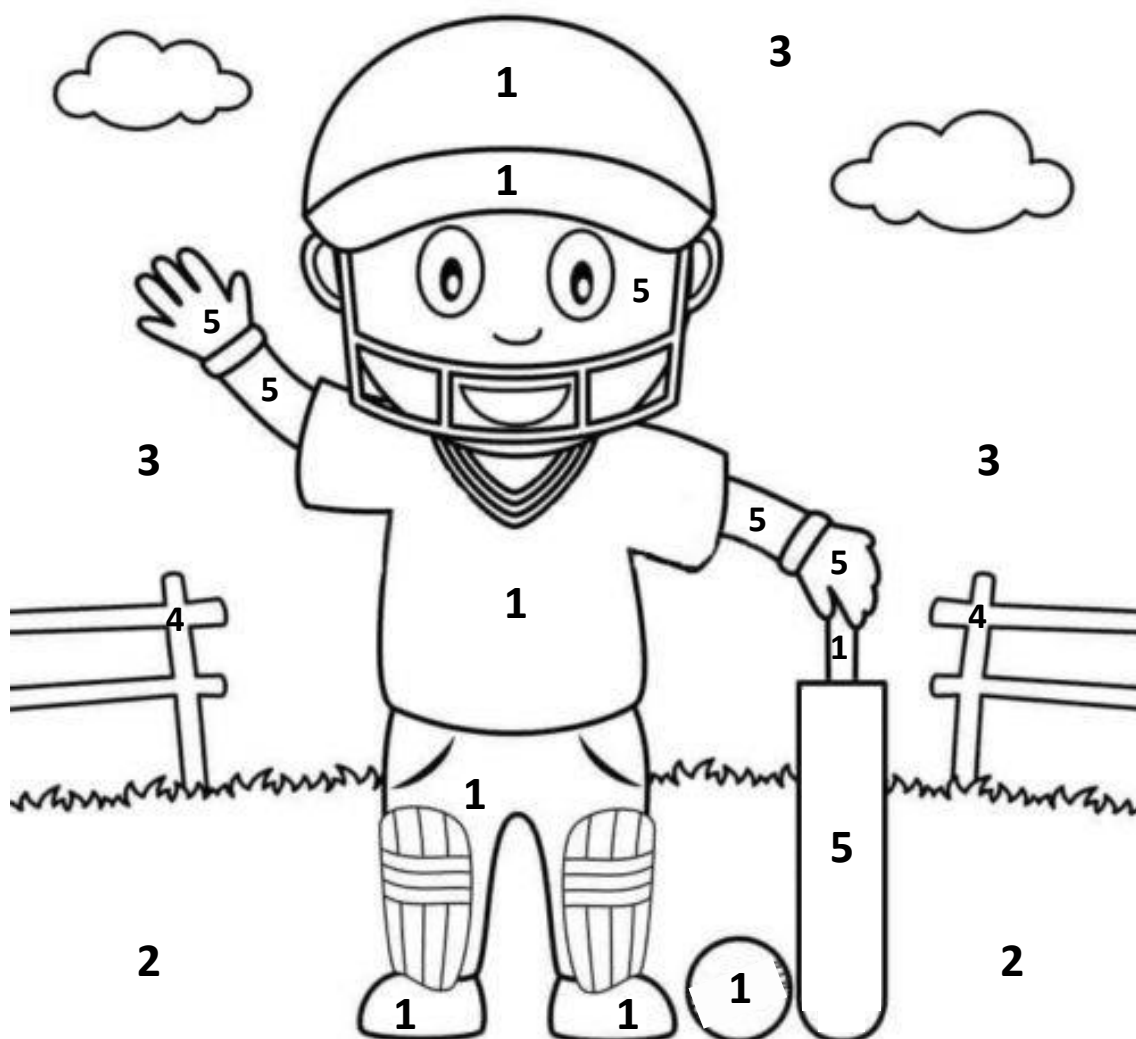
1 = Red

2 = Green

3 = Blue

4 = Brown

5 = Yellow



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Activity 4: Make your Own Cricket Tea

Can you make your own cricket Tea?

You have £10 to make your Cricket Tea.

Please choose, 1 Drink, 1 Starter, 1 Main Course and 1 Desert.

Please make your tea from the list below:

Drink	Price	✓ / ✗
Water	£1	
Orange Juice	£2	
Apple Juice	£2	
Milk	£2	
Starter		
Cheese and Crackers	£3	
Fruit	£2	
Salad	£3	
Main Course		
Ham Sandwich	£4	
Cheese Sandwich	£2	
Tomato Pasta	£3	
Chicken and Rice	£	
Desert		
Brownie	£3	
Ice Cream	£4	
Apple Crumble	£2	
Cake	£1	

Final Menu:

Please add your foods and the costs for your cricket tea:

Food and Drink:	Cost:
	Total Cost:

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Activity 5: Cricket Wordsearch

Find all of the cricket related words in the word search below.

For this activity, there are 2 wordsearches. If you find complete the first, why not try and complete the second, more difficult wordsearch.

W	C	B	U	S	T	U	M	P	Z	I	C
I	G	R	Y	M	H	E	L	M	E	T	P
C	T	Q	M	U	N	V	P	N	D	R	I
K	H	L	T	O	B	A	R	O	R	J	T
E	L	O	B	A	L	L	G	Y	N	B	C
T	D	U	O	F	P	A	D	S	O	Z	H
I	B	L	P	Z	B	A	T	R	B	F	B
G	L	O	V	E	S	L	N	W	U	A	V

Find the following words in the puzzle.

Words are hidden → and ↓ .

BALL

BAT

GLOVES

HELMET

PADS

PITCH

STUMP

WICKET

R	B	O	U	N	D	A	R	Y	O	I	F
I	Z	L	W	Y	Z	S	L	D	A	G	I
O	O	M	E	D	G	E	O	N	P	P	E
X	S	F	N	F	O	U	R	S	R	C	L
A	K	S	B	O	W	L	I	N	G	A	D
C	U	I	M	I	N	N	I	N	G	S	E
O	D	X	N	B	A	T	T	I	N	G	R
G	D	S	V	E	O	U	T	X	A	N	V

Find the following words in the puzzle.
Words are hidden → and ↓ .

BATTING
BOUNDARY
BOWLING
EDGE

FIELDER
FOUR
INNINGS
OUT

SIX

Activity 6: Match up the Pairs

Using the sentences below, match up which picture word you think matches the definition.

To match up the sentence to the picture, use a ruler to draw a straight line across.



The batter uses this to hit the ball



These people make all the hard decisions



The batter uses this to protect their legs



The batter uses this to protect their head



The bowler uses this to bowl



The batter uses this to protect their hands

The bowlers tries to hit these when bowling

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Practical Section

In this section there are several practical activities.

We have created a bank of videos to help you in your learning. You can find them on YouTube, where we walk you through the activities.

These videos also include a number of ways to change up your activities to make them more interesting! Have fun!

To find these videos please head over to the 'Wiltshire Cricket TV' YouTube Channel and find the 'Super 1s Activity Booklet' Playlist.

Or follow this link:

https://www.youtube.com/channel/UCnekqgJ5SczRYu0SDhSzM4g/playlists?view=1&sort=dd&shelf_id=0



Important information: We would love to see your work throughout this Activity Booklet, particularly your practical activities! ***MUST HAVE PARENT/CARER CONSENT***

If you would like to send us videos of you doing these activities, please contact:
harry.mattingley@wiltshirecricket.couk or on Twitter @WiltsCricket.

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Activity 7: Rebound Catching.

The best cricketers always practise hard! In Cricket, catching is a skill that is really important to work on for people who want to be the best!

All you will need for this activity is a ball and a wall!

Time yourself for 1 minute, throwing the ball against the wall and catching it again, keeping score of how many successful catches you make.

You can record your scores below – Try and beat your score each day!

Activity 8: Keepy-up Challenge

The best cricketers in the world practice every day!

Using a bat and a ball, how many 'Keep-ups' can you do? Use the table below to record your best score for each day.

(If it's too easy on the bat-face, why not use the edge of the bat)

Activity 9: Target Throwing

Throwing is a very important skill in the game of cricket. In this activity, practice your throwing and aiming skills by creating different targets around your house. You could use a ball and a bucket or perhaps some crumpled-up paper and a saucepan.

(Note for parents: This activity could start relatively easy by placing the bucket on the floor in front of you. Progress the activity by asking your child to bounce the paper off a wall, add an obstacle in the way or even create a 'golf course' of different targets around the house).

Don't forget to record how many targets you managed to knock down each day!

Activity 10: Target Batting

Cricketers need to be able to find gaps in the field to score runs. So why not try doing it yourself.

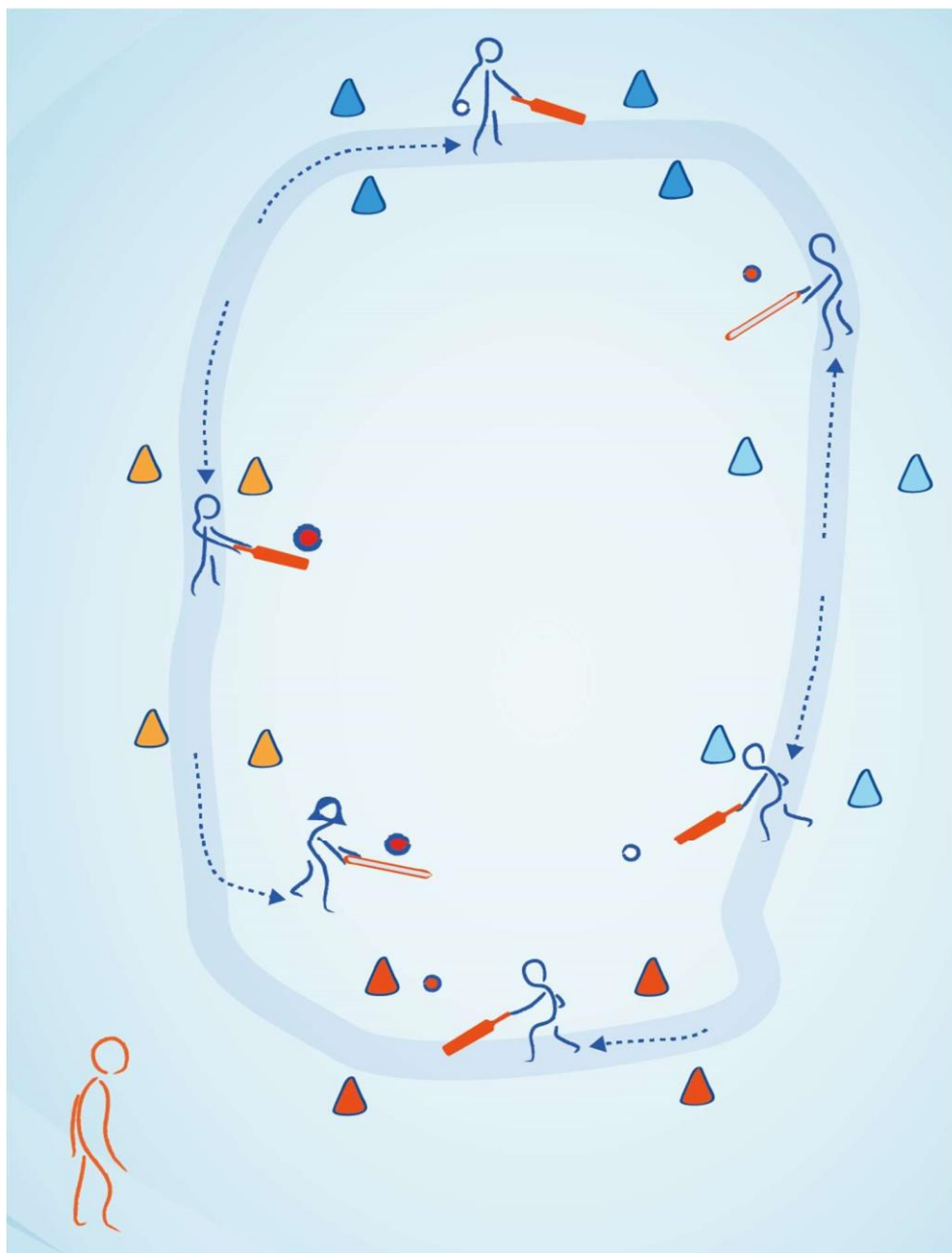
All you will need is a tennis ball, some items to create goals, and a tee to hit off (try using the centre of a toilet roll).

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Next place goals of different sizes in different places throughout the playing area. Every time you get the ball through the goals, give yourself a point and record your scores in the table below.

Activity 11: Active Assault Course

Some Cricket matches are played over a 5-day period. This means that cricketers need to be really fit and agile. Using some items from around your house, create an obstacle course and dribble a ball around the course using your bat.



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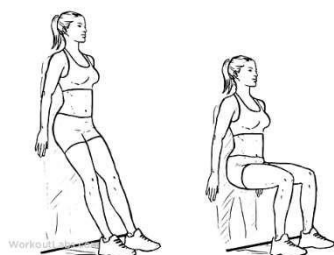
Activity 12: Fitness Challenge

Are you as fit as Jos Buttler or Tammy Beaumont?

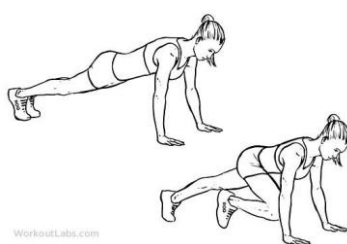
This fitness challenge can be completed everyday whilst you are at home. Using two dice or a 'Random Number Generator' (2-12), find out which fitness activities you will be doing today!

Below are some exercise ideas you could use, but don't be afraid to use some of your own!

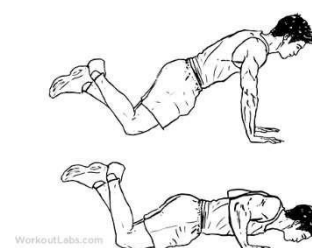
*The first dice will decide what exercise you do, with the second dice deciding how many times you do the exercise.



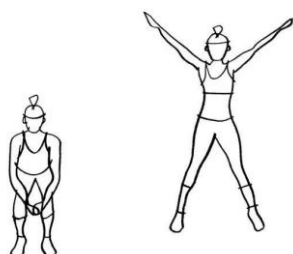
1. Wall Sit



2. Mountain Climbers



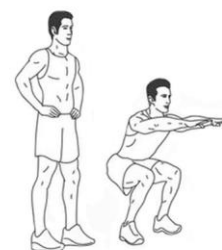
3. Knee Push Ups



4. Star Jumps



5. Catching



6. Squats

Activity 13: Head, Shoulders, Knees, Ball

Cricketers also need to practice their reaction times. This activity needs 3 people. Firstly, put a ball on the floor between person 1 and person 2. Person 3 then calls out instructions for Person 1 and 2 ("Head, Shoulders, Feet, Nose, BALL). As the instructions are called, the players should use both hands to touch the correct body part. When 'BALL' is called, it is a race to pick the ball up.

Keep a score to see which player is the fastest!

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Activity 14: Batting Bingo

This activity is for the whole family! Follow the instructions below and have fun playing a cricket variation of BINGO!

1. print the list of cricket pictures below onto paper, fold each of them separately and place them into a bowl or hat.
2. Using a sheet of paper for each player, draw the grid below on each sheet.
3. Choose 3 pictures from the list below, put one in each box of the grid.
4. Nominate a 'Bingo Caller' who will randomly pick pictures out of the bowl or hat. If he/she shows your picture, cross it off.
5. The winner is the first person to cross off each of their cricket words.

Here are your pictures:



Here is an example bingo grid:

Complete a row to win!

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Activity 15: Hide and Seek

For this activity, you will need two objects of similar size. Ideally, this would be two tennis balls or cricket balls. With a partner, start in the same location in the house and shout “GO”.

You then have 30 seconds to hide the ball or object somewhere in your house. Once hidden, you must race your partner to find their ball/object. Why don't you keep a score to see who is best?

