

Activity Card



Practise your batting skills, progressing from a large ball to a tennis / cricket ball.



Bowl at a set target either from a seated or standing position.

Striking & Fielding: Cricket

Use equipment safely and always be aware of people around you when batting.

Refine your skills and bowl at a target with increasing accuracy.

Work together as a team in a game of kwik cricket.

Show an awareness of changes in your body when you are exercising.



Play a game of kwik cricket and see how many runs you can score.



Use the 'long barrier' to prevent the ball going past you.

