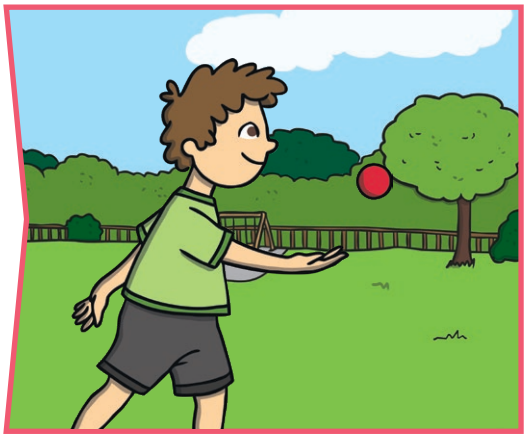
Underarm Throwing

We practised some careful underarm throwing so that we could throw a ball for our partner to hit with their racket.

Try some underarm throwing with someone at home. Aim to land it in your partner's hands.

How many times can they catch the ball without dropping it?

Can you beat your score?



Warming Up

At the start of each of our lessons, we always have an activity to get our bodies ready for exercise.

Can you tell someone at home why it is important to warm up before exercise?

Can you think of your own warm-up activity and teach it to someone at home?

You could use some of the ideas from our lessons to help you.



Rolling

We rolled a ball for a partner to hit with their bat so it is very important that we can roll accurately.

Save some plastic bottles at home and use them as skittles to practise your rolling.

How many skittles can you hit in one go?

Can you improve your score?



Overarm Throwing

In a game of cricket, the fielders often use an overarm throw.

Can you measure how far you can throw the ball overarm?

Can you teach someone at home how to do an overarm throw? Watch them and tell them how to improve.

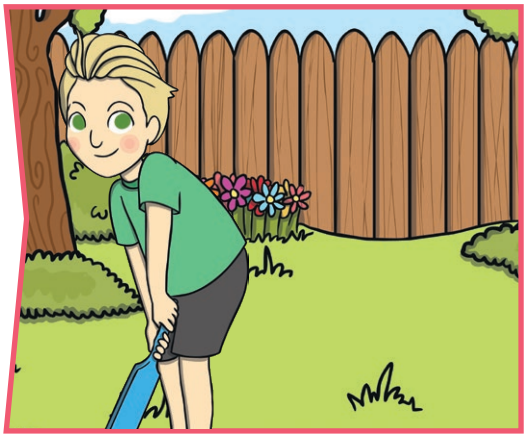


Using a Bat

Practise hitting a ball using one of the bats you have at home. (If you do not have a bat, use a soft ball and hit it with your hand.)

Can you hit a ball that has been rolled or thrown to you?

Can you hit the ball accurately so that someone can catch it?



Target Throw

Can you invent your own target throwing game to improve the accuracy of your underarm or overarm throwing?

What could you use as the target?

Can you beat the score of someone at home?

How far can you stand away from the target and still be successful?

