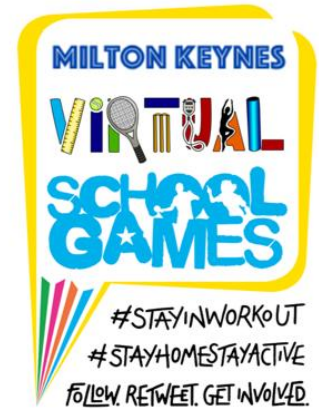


CRICKET



Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to:

www.yourschoolgames.com/sgo/mk-north/

Challenge 1 – Wall Clap Catch

Equipment –

- A tennis ball
- a tape measure/ruler to measure the distance away from the wall that you should stand
- something to mark your standing position

Make sure you have a suitable space and avoid windows for this challenge!

Video support – <https://www.youtube.com/watch?v=AzSo-V8KUEc>



- Place a marker **3 metres** away from a wall.
- Standing behind the marker, throw the ball at the wall, clap your hands and then catch it when it rebounds.
- Each time you successfully catch the ball you score 1 point. If you drop the ball you carry on with your score, but the dropped effort doesn't count towards your score.

MAKE SURE YOU DON'T THROW TOO CLOSE TO ANY WINDOWS!

Recording your score -

You have 60 seconds to make as many successful catches as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds count how many catches you make.

Challenge 2 – Target Practice

Equipment –

- A tennis ball
- A4 piece of paper
- a tape measure/ruler to measure the distance away from the wall that you should stand
- something to mark your standing position

Make sure you have a suitable space and avoid windows for this challenge!

Video support - <https://www.youtube.com/watch?v=taBH7SyZD8I>

- Stick the A4 paper roughly head height to a wall using blue tac or sticky tape.
- Place a marker **3 metres** away from a wall.
- Standing behind the marker, throw the ball at the wall, clap your hands and then catch it when it rebounds.
- Each time you successfully hit the piece of paper you score 1 point.



Recording your score –

You have 60 seconds hit the target as many times as possible. Set up a timer, or ask someone to time you. During the 60 seconds, count how many times you can hit the piece of paper on the wall.

**SUBMIT YOUR
SCORE**

Make sure you
join us again next
week for the next
**Virtual School
Games
competition...**

Take your final scores from both challenges, and add them together to get your result.

Wall Clap Catch + Target Practice = TOTAL SCORE

Submit your **TOTAL SCORE** via the link –
[Add link](#)

**Entries must be submitted by 1pm on
Friday 3 July**

**#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW. RETWEET. GET INVOLVED.**