★ ACTIVITY / CLEAR YOUR END ZONE

FOCUS:

THROWING, BOWLING, FIELDING

EQUIPMENT:

2 ROPES, NUMEROUS BALLS
OF ALL TYPES

DESCRIPTION:

▶ Two teams.

▶ On 'go' participants from both teams roll, under arm throw, or bowl the balls over to the opposing cricket team's end zone (area behind rope).

▶ Balls are thrown continuously until a whistle is blown to stop the game.

▶ The team with the least amount of balls in their end zone is the winner.

▶ Teams swap sides and another game then starts.

▶ Mix the teams up for greater social interaction and start a new game.

▶ Before each game, allow the participants to speak together as a team and come up with strategies on how they can work collaboratively and win the next round.

▶ After each round allow the participants to briefly review their round and what worked well and how they could improve for the next round.

▶ Add in bowling. Participants who retrieve balls that go behind them generally automatically walk up or run up to bowl.

MAKE IT EASIER:

▶ Change the size of the playing area

▶ Use various ball types to cater for different ages and abilities

MAKE IT HARDER:

▶ After a few rounds participants must bowl only

▶ Increase size of the playing area

▶ Participants must run up and bowl before the front line of their End Zone