
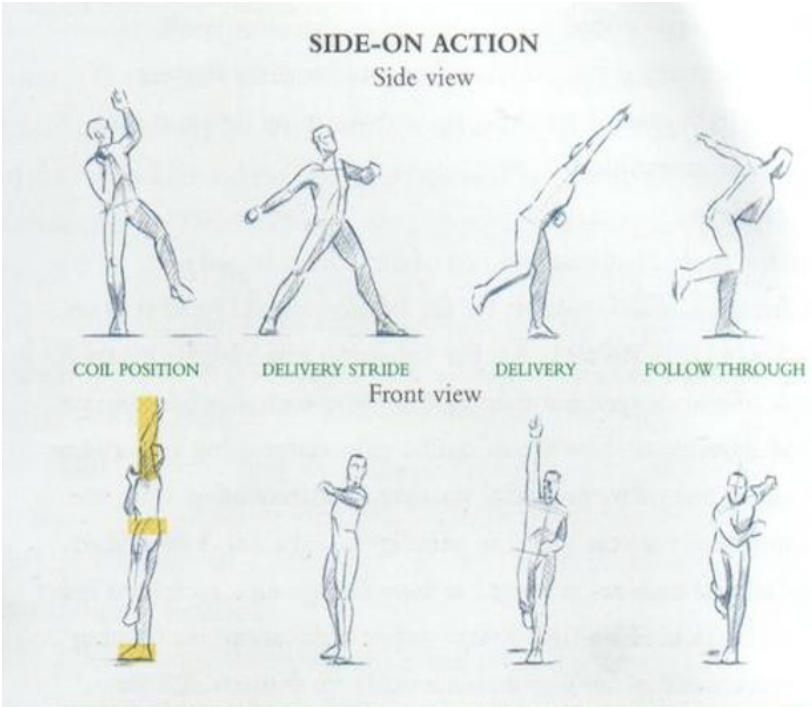
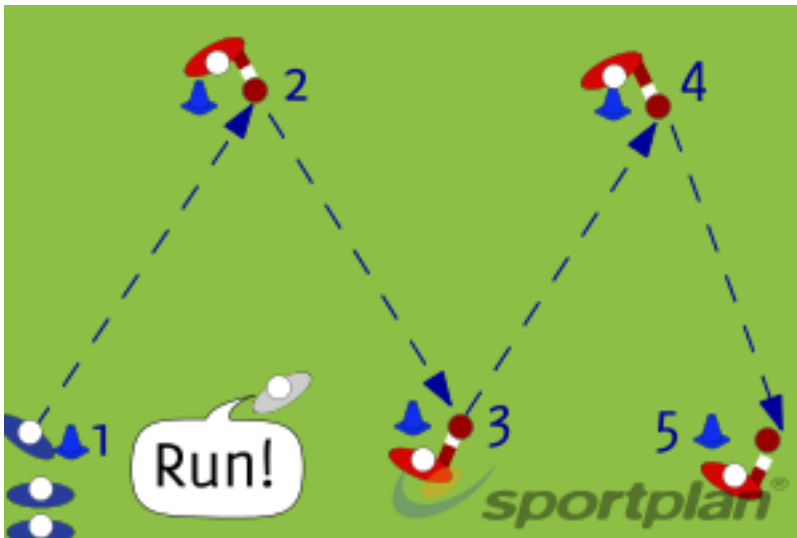


## CRICKET ACTIVITIES

\*Use balled up socks as a cricket ball if you don't have one or a tennis ball

<p style="text-align: center;"><b>Throwing and catching</b></p>  <p>How many times can you throw and catch? Make sure to catch the ball like the picture</p>	30 seconds	45 seconds	1 minute
<p style="text-align: center;"><b>Bowling</b></p>  <p>Practicing bowling using the pictures to help guide you (no need to record down how many times you do this activity)</p>			

### Fielding



How many times can you run from 1 – 5 ?

### Bowling and Aiming

Use a soft object to use to throw at a target like the wickets. See how many times you can hit the target. E.g. at home targets: clothes line pole, a chalk drawn spot on the ground, a rubbish bin (use tape to mark out wickets) stack toilet paper



### Throw and catch with 2 hands

How many times can you throw and catch without dropping the ball