

Inside Out

in partnership with



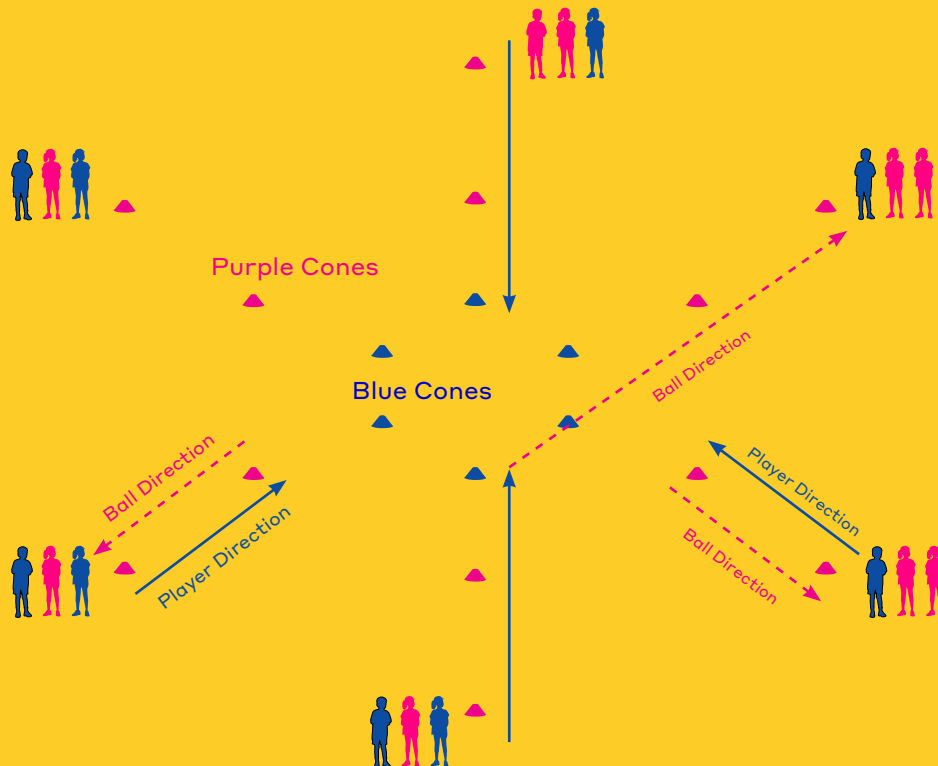
THE HUNDRED

Example Game Structure - 5 Rounds:

1. Bounce ball to your partner
2. Throw overarm to your partner
3. Throw ball at a target (Introduce Stumps to front of line earlier)



Fielding Energiser



▶ Aim:

Develop Throwing Catching and communication skills in larger groups with distraction from other groups. Cognitive Focus on knowing what we are doing well and How to Improve

▶ Equipment:

3 cones per group of 4. All arranged in an interlinking star formation. Ball per group

▶ Organisation:

1. In teams of 4, first person travels to nearest cone, circles cone and throws back to next in queue
2. Players run to first cone, then underarm roll back to next player. Progress to choice of either overarm/underarm/bounce back to next player
3. Players run out to cone, as they turn, next player will underarm roll out. Pick up and throw back, then ball passed to next in line
4. Players can choose to travel to furthest cone if they wish and choose their method of returning the ball (carry, roll, throw, other)
5. Steps 1-4 to furthest cone
6. From Step 4, once player has returned the ball, they will move groups, in a clockwise direction. Additional, once thrown players can choose any new cone to start from
7. Add stumps to the front of the line, roll to hit or throw to keeper

▶ Change it - Easier/Harder

Progressive stages achieve this. Consider choice of balls, size of working area, mixing abilities, changing numbers in groups

Extras:

1. What things did you do well?
2. Why is it useful to know this?

Get the adults involved:

One per group trying it out too. Separate adults groups. Secret Stats - observing for specific behaviours ie Tally of number of times someone helped someone else or supported their team, or carried on when it went wrong. Could be a worksheet for this in the kids books or to print by Activators.