



SPORTS ACTIVITY BOOK

Volume 006

Sports Theme: Cricket

Date: Wednesday 13th May 2020

Next Volume date: 20th May 2020

Activity schedule:

Educational section:

- 1) Cricket Wordpuzzle – How many words can you complete in under 10 minutes?
- 2) Spot the difference!
- 3) Maths challenge – Complete the challenges to help the TT coaches count their kit.

Activity section:

- 4) TT Exercises – Meet Tom Lodziak who will help you practise your skills at home.
- 5) Fun challenge – Create your own TT table and challenge your family to a game!
- 6) The Coaches cookbook – What can you make using these simple ingredients.

Wellbeing Section:

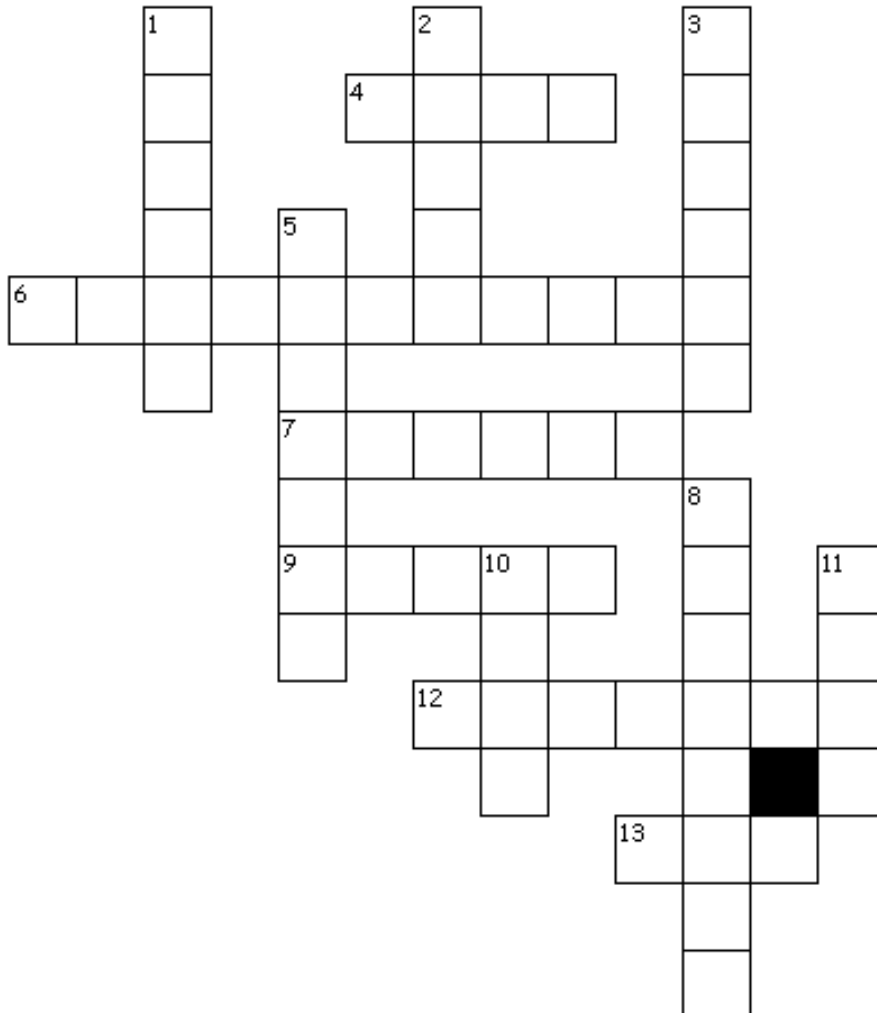
- 7) Reflection – what have you done to be proud of this week...
 - 8) How are you helping other people to feel good in this tough time?
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This weekly workbook is designed to provide some fun content for children and parents to stay active, keep learning and stay strong during these difficult circumstances. Hopefully its of value and your family enjoy taking part. Have fun everyone!

(Sports development Officer)

Educational section:

Activity 1 – Wordpuzzle



Across

4. what you catch to knock someone out
6. Name of the cricket club who play at Forthill
7. number of players per team
9. when a player bowls to a batsman multiple times
12. the division of a match where one team bats / bowls
13. what you hit the ball with

Down

1. The person who makes decisions and controls the game
2. These go on the stumps
3. hit this to send the batsman out
5. Surname of the new Forfs captain
8. perimeter of the playing field
10. the unit of scoring in cricket
11. the highest (and longest) standard / format of cricket

Activity 2 – Spot the difference

Task: Can you spot the three differences in each of the images below?



Activity 3 – Maths Challenge

Task: Solve the number challenges below to help the Forfarshire cricket club out!

The Forfs interclub cup event

- 1.1 – Forfarshire CC want to host a fun inter-club competition for juniors in Angus. Fixtures will last 40 minutes, with 20 minutes changeover time in-between. There is one field of play. How many fixtures will be played between 9am-5pm?
- 1.2 – If 4 teams of 15 players, 2 coaches and 3 parent helpers all turn up, how many people will there be in total (Excluding spectators)
- 1.3 – The Forfs are selling water bottles at £2 each. They have made £40 by selling 50% of their bottles. How many bottles did they start the day with?

Answer 1.1

Answer 1.2

Answer 1.3

Practise makes perfect

- 2.1 – They say it takes 10,000 hours to “master” a skill. If you practised your bowling 5 days a week for one hour a day – bowling 37 times in the hour – how many bowls would it take you to master the skill?
- 2.2 – If player A makes 84 runs from hitting 6’s, how many 6’s did they hit in total?
- 2.3 – If all 11 players bat a total of 276 runs, with each player hitting an equal number of runs, how many runs are there per player?

Answer 2.1

Answer 2.2

Answer 2.3

Activity section:

Activity 4 – Train like a Forfs player!

Practise your batting at home –

<https://www.youtube.com/watch?v=h3FOijaByU>

Practise your fielding at home –

<https://www.youtube.com/watch?v=hlWldXLArfc>



Activity 5 – Fun challenge

Challenge:

From the ashes to the world cup, Cricket has produced some of the most entertaining and dramatic moments in sporting history. This week's fun challenge is to recreate a famous cricket moment of your choice, and send the video to ross@forthillcsc.co.uk who can share them on social media.

Activity 6 – The Coaches cookbook

At coaches HQ, we have been getting creative with our food items to make sure we are eating healthily while we are not on court. Each week I will post one recipe to help you create something super tasty to try at home!

Recipe: Chicken pasta

Ingredients: Chicken breast, onion, pepper, garlic, pasta, chopped tomatoes, pasta

Method:

- 1) Finely chop your onion and gently brown it over a medium heat in a pan
- 2) Chop your pepper up into small slices, crush your garlic, dice your chicken into small chunks and add them all into the pan, cooking them over a medium heat until the chicken is sealed and not showing any pink colour!
- 3) Once the chicken is cooked, add the chopped tomatoes and reduce to a simmer for around 20 minutes or until sauce thickens
- 4) At the same time as the sauce is cooking, boil a pan of water and add pasta to the pan. After 15 minutes, the pasta should be soft and ready.
- 5) Drain the water from the pasta, add it to the chicken and sauce pan, stir, serve and enjoy!

Activity 7 – Reflective practise

To improve at cricket, or any sport in fact, we need to record our feelings and activity so we can look back and learn from them. It's very important to look back on our activities each day and record what we have done well. Whether a player or a coach, recognising our achievements can make us feel happy and confident, and so we challenge you to write down 7 things you've done well this week that makes you happy – one for each day of the week.

Day of the week	What made you proud this week?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Activity 8 – Your good turn for the week

Task: In the next 7 days, tick off as many of these boxes as you can to help your parents out at home, showing them what an amazing tennis star you really are!

Tidy your bedroom Clearing the dishes Cooking a meal

Exercising once a day Hoovering the floors

You've done it - well done for completing this week's workbook! Look out for next week's edition with more activities and more challenges to keep up the sports fun, and feel free to pass on to friends and family!