

Summer 2 Week 4 PE activities

Remember to keep as active as possible; this week it is cricket and golf.

Also, remember to check out the Queensgate Website - go to the Children tab and scroll down to PE.

Also, BBC bitesize now has a PE Section.



HAMPSHIRE SCHOOL GAMES MARK MAY
Cricket Challenge - Thursday 28th May



BATTING **KEY STAGE ONE**

- Using a bat/racket/book or whatever you can find, this is a keepy up challenge.
- You have 5 attempts to record your best score.
- For each time you keep the ball using the face of your bat counts as 1, if you use the edge it counts as 3.
- How many can you do?
- Have a few goes and record your highest score
- Send it into your teacher

BATTING **KEY STAGE TWO**

- Using a bat/racket/book or whatever you can find, this is a rebound challenge.
- Using a wall you will see how many times you can hit the ball against the wall without dropping the ball.
- The ball can only bounce once on the floor between shots.
- Record your best result in 5 attempts.

EVERY PERSON WHO RECORDS
THEIR SCORE AND SENDS IT TO
THEIR TEACHER WILL WIN A POINT
FOR THEIR SCHOOL..... WHO WILL
BE THE WINNER OF THE SCHOOL
GAMES MARK MAY CRICKET
CHALLENGE!

Primary and secondary challenge card



Space

- Reduce the distance between first target and hitting position.
- Reduce the distance between the objects.
- This can be played either indoors or outdoors.



Equipment

- If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object you can find.
- If you don't have a ball, get creative and use a crumpled up paper ball, a pair of socks, or any other object you can find.



Task

- Place the smallest objects the closest and the biggest objects as the targets furthest away.
- Stand sideways from the direction of the putt, with your feet about shoulder width apart.



Time

- Play for 1 minute or until all the objects have been hit in order, what's your quickest time?



Place 8 objects (about the size of a cone) in a straight line one behind the other. Standing 3 metres back from the line of targets, try rolling the ball with a putter and hit the nearest target at the front of the line. If you hit it, collect the object. Collect the ball then repeat. How many targets can you hit and collect in 1 minute? Don't reset the cones once collected. Maximum points is 8.

S T E P

Ideas on how to adapt the activity in a national lockdown.

Activity video link:
Golf Foundation TV - Dominoes

www.yourschoolgames.com

