

Year 10/11 Learning Journey – Cricket

Know it!

	Knowledge	Date
Batting	I can prepare to bat by taking: grip, guard, stance and back-lift.	
Batting	I can bat playing forwards and backwards using my feet to get to the pitch of the ball and select an appropriate shot.	
Batting	I can run between the wickets at pace with clear calling, backing up and running in the bat.	
Bowling	I can bowl accurately using a fluent action with: grip, fast run-up, delivery stride, release and follow through.	
Bowling	I can vary the pace of my bowling from medium to fast and consider spin bowling (off spin and leg spin).	
Fielding	I can successfully catch the ball at varying heights, speeds and on the move.	
Fielding	I can stop the ball fluently using both the long and short barrier technique.	
Fielding	I can play in specialist fielding positions to receive the ball and minimise runs for the batting team.	
Fielding	I can chase and return the ball with a long, high, flat and hard throw to the wicket.	

Prove it!

Head Knowledge	I can identify problems with technique and can apply teaching points to correct these mistakes.	
Heart Communication	I can effectively apply methods of communication to different ages, abilities, experiences and situations.	
Hands Technique	I can demonstrate with <i>consistent</i> accuracy and success skills, techniques and tactics in a competitive cricket activity.	

Link it!

I can transfer skills and understanding from Cricket to other striking and fielding activities.
I can transfer aspects of Knowledge and Technique development from one activity to another.
I can communicate well as an umpire, coach or captain to facilitate a successful match.
I am aware of further opportunities to be physically involved in cricket outside of lessons.

Say it!

Vocabulary	
Grip (bat)	The position of my hands to grip the bat for strength and shoot control.
Grip (ball)	The position of my fingers to grip the ball to help bowl different deliveries.
Stance	The position of my body, head, arms, hands, and feet showing balance ready for the ball to be bowled to me is my stance .
Back-lift	Lifting my bat in preparation to hit the ball before it has been released by the bowler.
Using Feet	I move forwards or backwards quickly using my feet to meet the ball and play a better shot.
Spin Bowling	A bowling technique I can use with my fingers or wrist to spin the ball and outwit the batter. (Know the difference between leg-spin and off-spin).
Wicket Keeper	I can field behind the wicket to restrict runs and run batters out.
Barrier	The long or short barrier fielding technique I can use to limit runs scored.
Calls	I can use various calls when batting to communicate well with team mates – Yes, No, Wait! I use communication when fielding as well to limit scoring.