



CHILDREN'S ACTIVITY BOOK



FOUNDATION



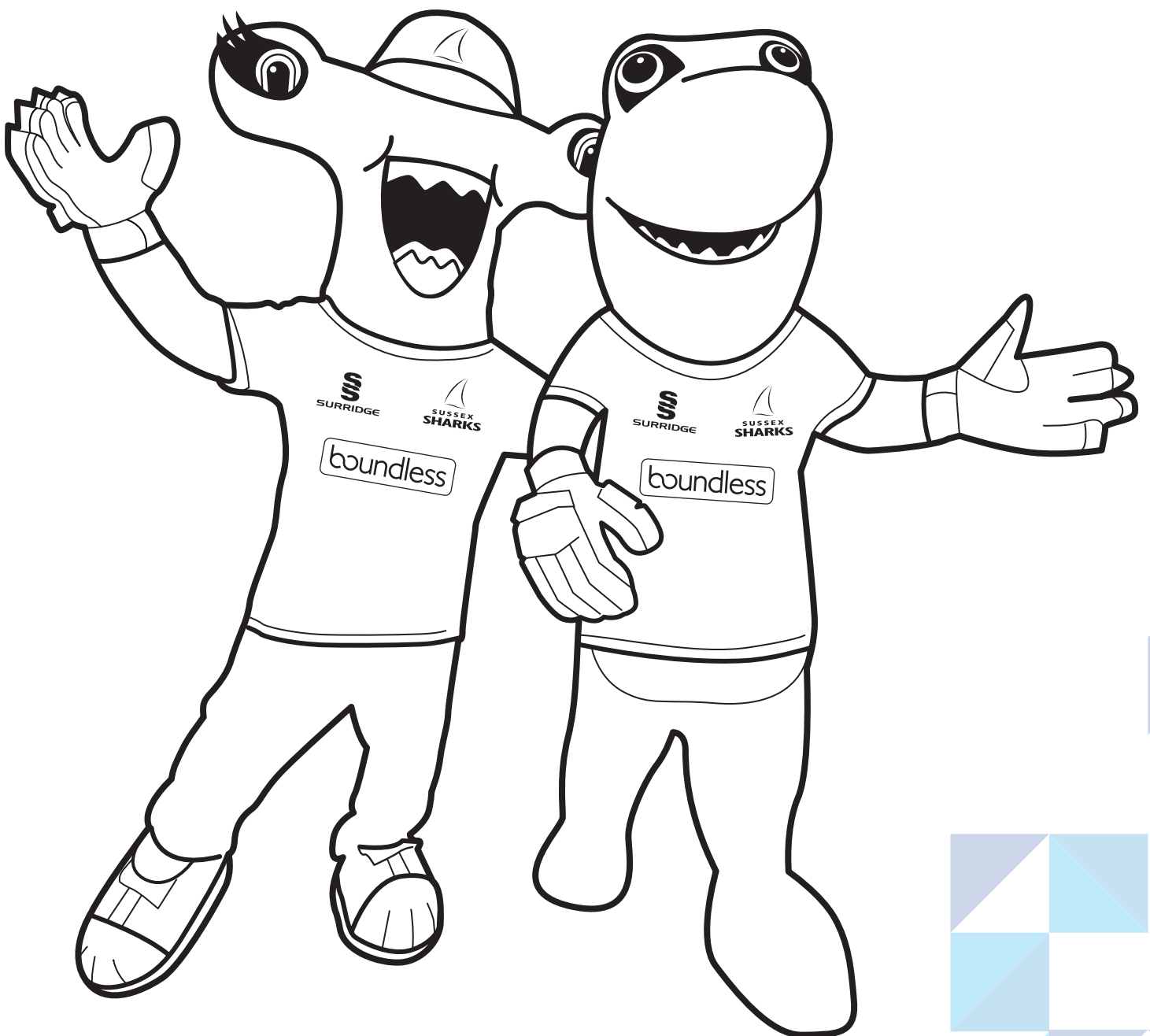
INTRODUCTION

With most of the schools across the country now officially closed, except for those with parents who are key workers and people being urged to stay at home, we are aware that you might need a little assistance in helping to pass the time. Sussex Cricket are here to help! We have put together this little activity book to help keep children informed, entertained and engaged, and to help take the strain off parents, teachers and coaches!

The activities inside the book are designed for children of various ages and we would love it if you as parents, teachers or coaches would share some of the excellent work the children produce with our various social media channels
@SussexCCC!

COLOUR US IN!

Sandy and Sid would love you to colour them in using your favourite colours! We want to see your best designs so make sure to send them in to us on social media @SussexCCC



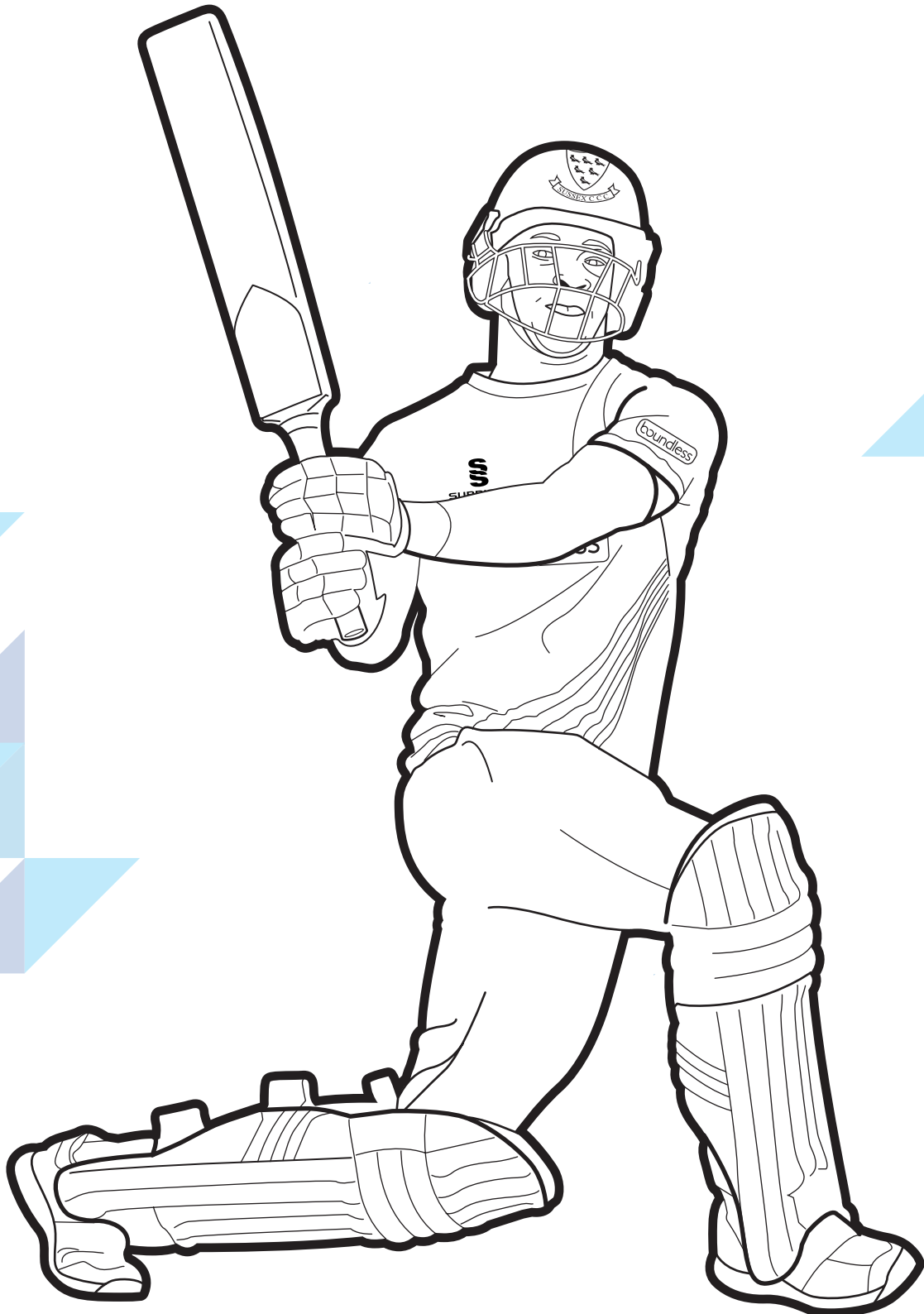
COLOUR ME IN!

Add some colour this picture of Ollie Robinson.
We want to see your best designs so make sure to
send them in to us on social media @SussexCCC



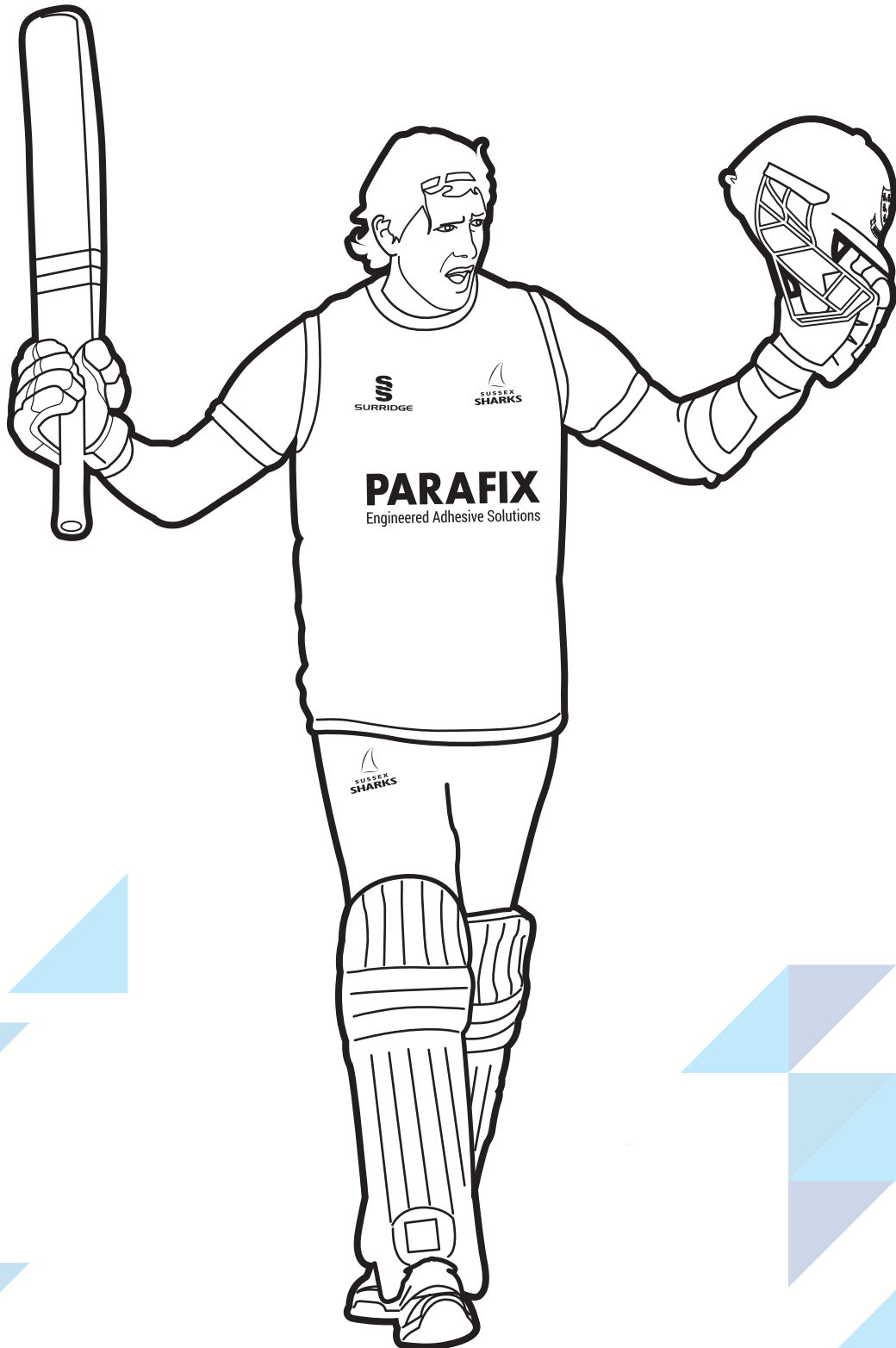
COLOUR ME IN!

Add some colour this picture of Delray Rawlins.
We want to see your best designs so make sure to
send them in to us on social media @SussexCCC



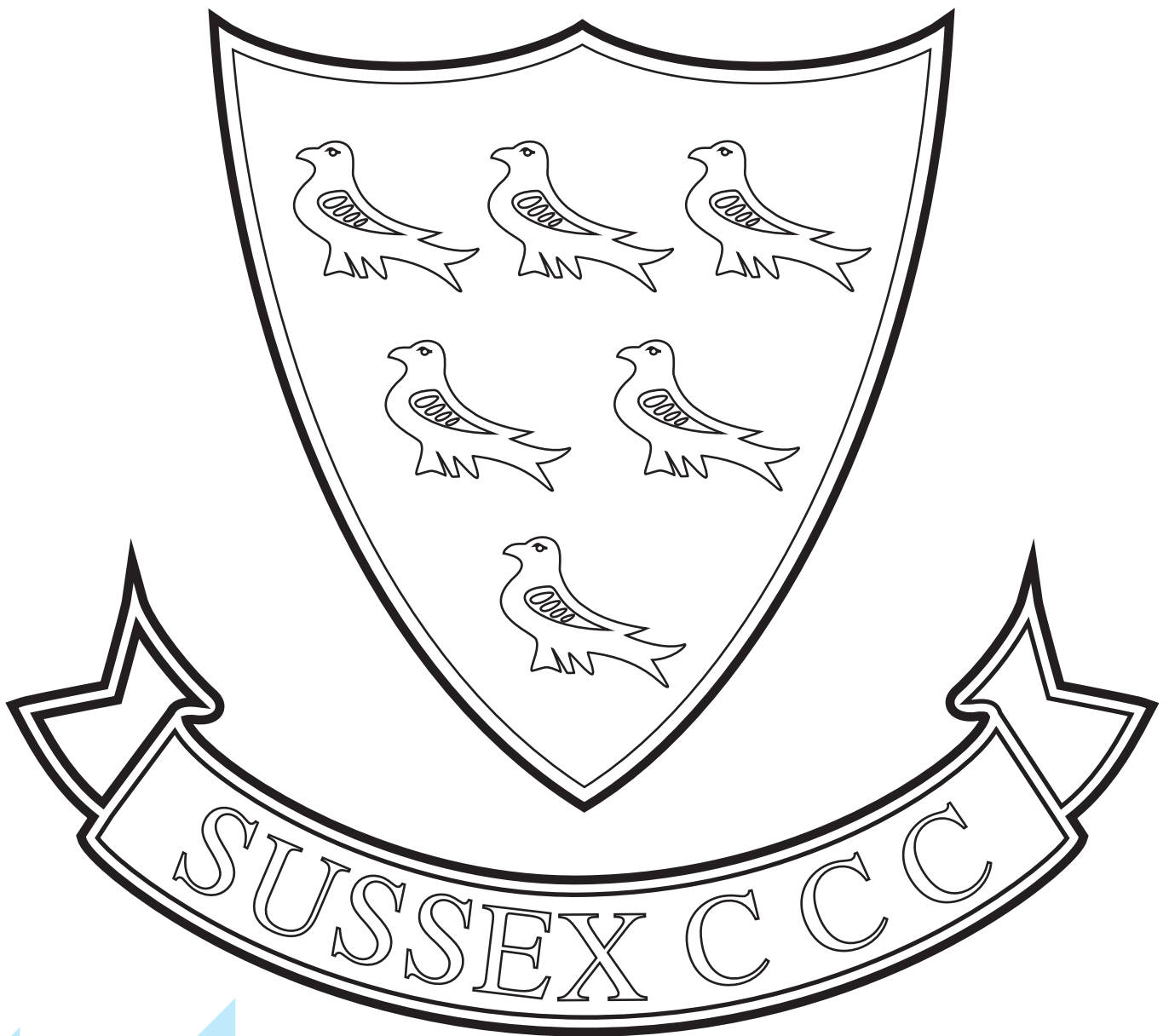
COLOUR ME IN!

Add some colour this picture of David Wiese.
We want to see your best designs so make sure to
send them in to us on social media @SussexCCC



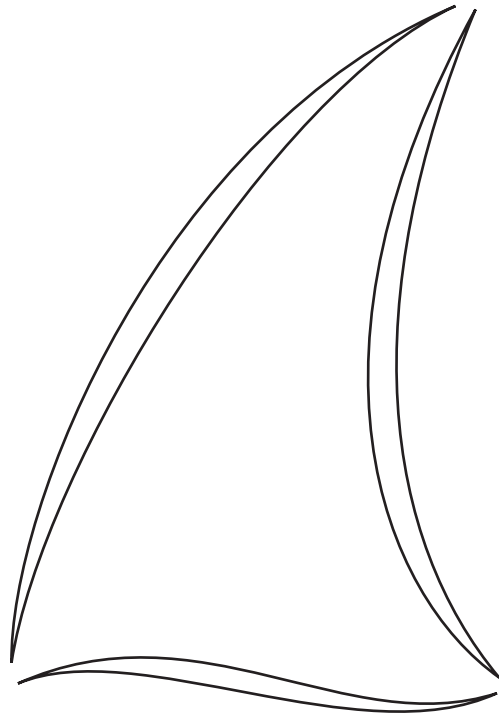
COLOUR US IN!

Add some colour to the Sussex County Cricket logo!
We want to see your best designs so make sure to
send them in to us on social media @SussexCCC



COLOUR US IN!

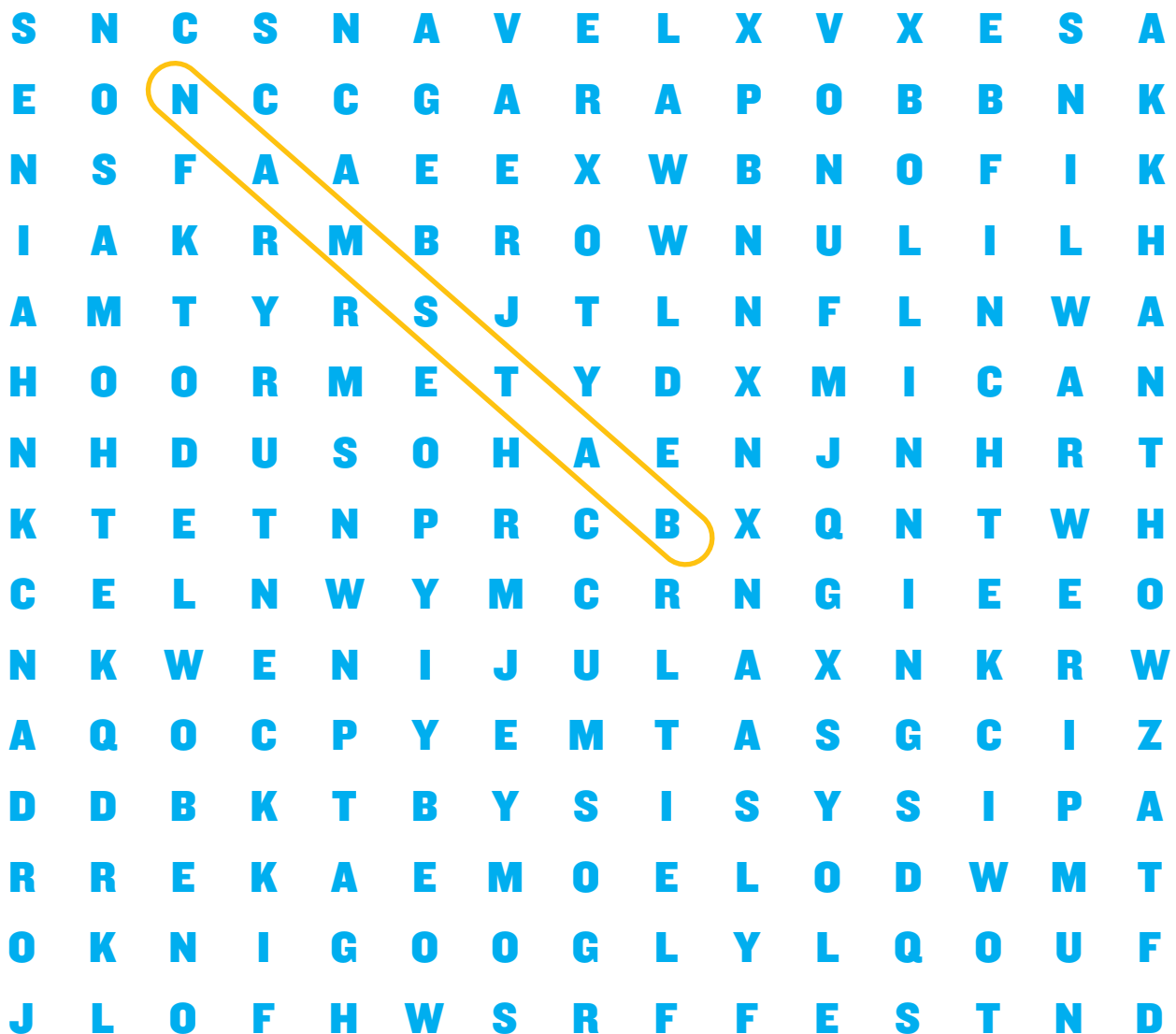
Add some colour to the Sussex Sharks logo!
We want to see your best designs so make sure to
send them in to us on social media @SussexCCC



SUSSEX
SHARKS

WORDSEARCH

We've hidden some of our players names alongside some of the words you would associate most with cricket below. We've started you off, can you find the remaining 24?



~~BATSMAN~~
EVANS
CENTURY
GARTON
BOUNDARY

JORDAN
GOOGLY
BOPARA
HOWZAT
RAWLINS

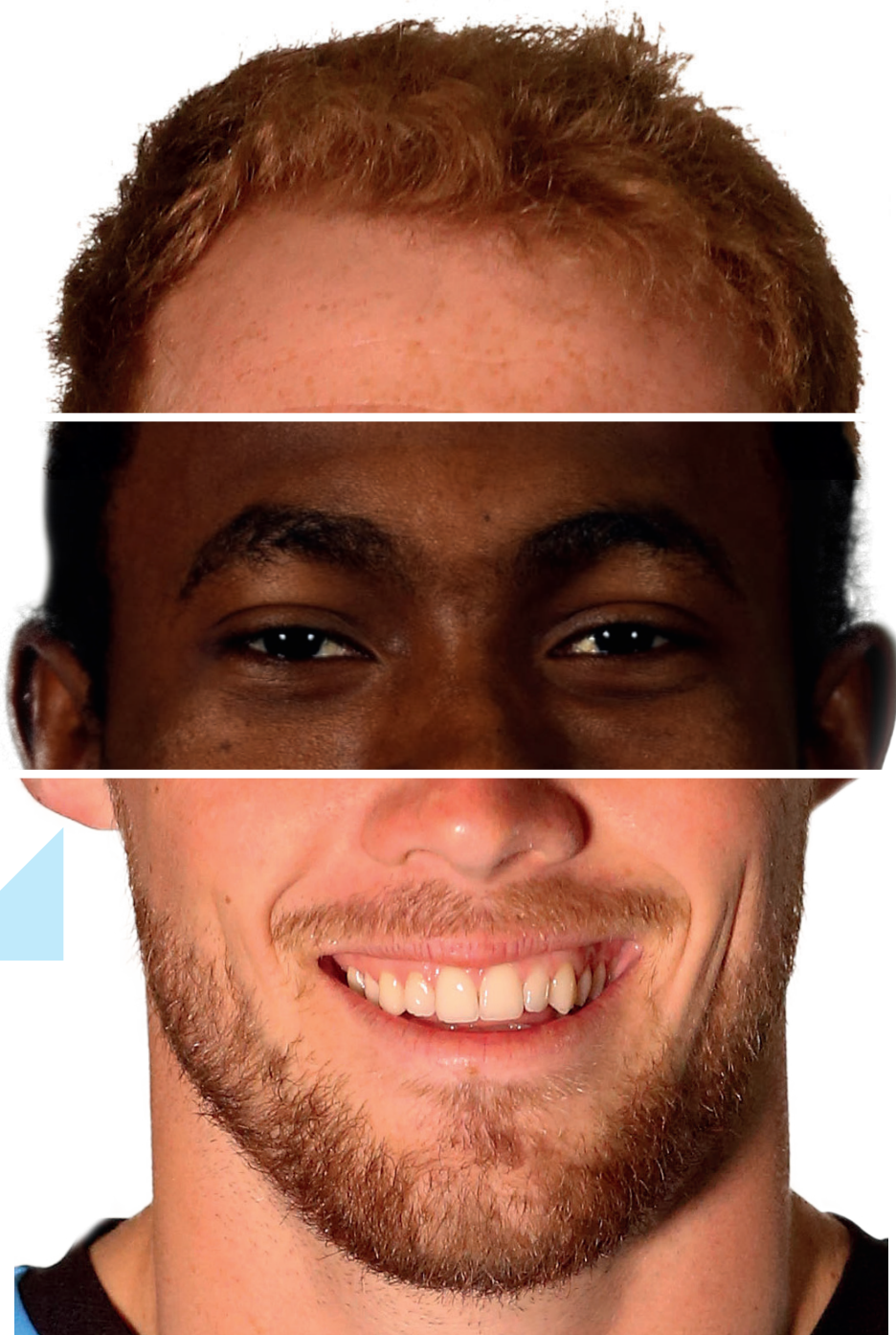
INNINGS
MEAKER
KHAN
UMPIRE
CLAYDON

WICKET
ARCHER
FINCH
THOMASON
WIESE

BOWLED
STUMP
BROWN
HAINES
MILLS

GUESS THE PLAYER!

It's not a new star signing!
It's actually a combination of three Sussex favourites.
Can you guess who they are?



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Can you guess who they are?



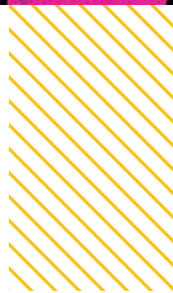
SPOT THE DIFFERENCE

Find the five differences in these two Championship images (the background doesn't count!)



SPOT THE DIFFERENCE

Find the five differences in these two One-Day Cup images (the background doesn't count!)



SPOT THE DIFFERENCE

Find the five differences in these two T20 images
(the background doesn't count!)



DESIGN A T20 SHIRT!

We know you are all waiting for our brand-new 2020 T20 shirt, but we want to see your best designs so make sure to send them in to us on social media @SussexCCC



HOWZAT?!

Who gets the wicket? Follow the lines...





Chance to Shine have created a powerful bank of free resources for Primary and Secondary schools, so teachers (and parents) can lead their own cricket sessions with confidence. Visit www.chancetoshine.org/staying-active-during-the-covid-19-outbreak for more information. Here are a few weekly challenges for you to try!



CHANCE TO SHINE LEARN SESSION: CRAZY COMMENTATOR



LEARNING OUTCOMES:
Participate in presentations, performances, role play and improvisations

STARTER:

- Watch the video of the final ball of the 2019 Cricket World Cup Final: <https://bit.ly/2w7eOXP>
- Look closely at the players and write down any actions you can see
- Watch the video again and write down what you can see, hear and feel

MAIN ACTIVITY:

- Imagine you are on the radio, commentating on the final ball
- Write a short script or paragraph and record yourself commentating over the clip from the Cricket World Cup Final

BBC TMS COMMENTATOR ALISON MITCHELL'S TOP TIPS:

- Tell the audience exactly what is happening
- Convey the emotion and feeling of the moment
- Be yourself!



CHANCE TO SHINE WEEKLY CHALLENGE: WEEK 1 - COOL CATCHER

INDIVIDUAL ACTIVITY



LEARNING OUTCOMES:
Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

EQUIPMENT:

- tennis ball (or if you don't have one, try a balled-up pair of socks or something else, be creative!)

HEADS, SHOULDERS, KNEES CATCH! CHALLENGE:

- Throw the ball in the air
- Touch your head, shoulders, tummy and toes then take the catch!
- Start with just your head & catch, then head, shoulders & catch etc



COACHING POINTS

- Watch the ball all the way into your hands
- Keep a big surface area to catch (think about having your hands like an open book)

CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER

INDIVIDUAL ACTIVITY



LEARNING OUTCOMES:
Explore different throwing techniques, linked to bowling.
Develop accuracy and know where to 'pitch' the ball.

EQUIPMENT:

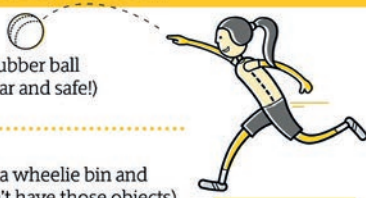
- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe!)
- Tape/marker pen

HIT THE TARGET CHALLENGE:

- Mark out a set of wickets using a wheelie bin and some tape (be creative if you don't have those objects)
- Bowl the ball and try to hit the target!
- Scoring = 1 point for hitting the bin, 3 points for hitting the wickets

COACHING POINTS

- Create a star shape with your body ready to bowl
- Keep your bowling arm straight all the way through your delivery



CHANCE TO SHINE WEEKLY SESSION: WEEK 3 - SUPER STRIKER

INDIVIDUAL ACTIVITY



LEARNING OUTCOMES:
Develop an effective and consistent striking action for hitting the ball.
Develop accuracy and placement for hitting.

EQUIPMENT:

- A bat (or if you don't have one, try a broom or a frying pan, be creative)
- Tennis ball or rubber ball (of any size)
- Cones to make the planets (or any objects you have around your house)

SPACE RACE CHALLENGE:

- Mark out the planets by placing sets of cones on the floor
- Visit as many planets as you can by dribbling the ball with the bat (you can visit the planets in any order!)
- See how many planets you can visit in one minute

STRETCH ACTIVITY:

- Bounce the ball on your bat as you visit the planets

COACHING POINTS:

- Watch the ball really closely
- Watch where you are going



CHANCE TO SHINE
Spreading the power of cricket



@chance2shine



@chance_to_shine



/chancetoshinecricket

LET US KNOW HOW YOU GET ON! SHARE A VIDEO OF YOU COMPLETING THE SESSION ON OUR SOCIAL MEDIA CHANNELS!

GET INVOLVED!



What is All Stars Cricket?

All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 weeks of jam-packed fun, activity and skills development. The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.

More information at
www.ecb.co.uk/play/all-stars

What is Dynamos Cricket?

Dynamos Cricket provides a fantastic next step for all those graduating from All Stars Cricket and the perfect introduction for all 8-11 year-olds new to the sport! Complementing junior cricket, Dynamos provides children with a more social offer focused on developing fundamental movement skills and applying them in an exciting game of countdown cricket.

More information at
www.ecb.co.uk/play/dynamoscricquet



Sussex Cricket

The 1st Central County Ground
Eaton Road, Hove
East Sussex, BN3 3AN

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www.sussexcricket.co.uk
www.sussexcricket.co.uk/community-cricket

