

# Physical Education

Term 1

Week 10 – Year 6

Cricket Skills

*Confident Cricketer*

## Skill Explanation

Watch the link below for this week's task of being a confident cricketer, playing rocket fuel batting. Do as much as you can!

(Markers can be any item)

[Link](#)

## Skill Practice

### CHANCE TO SHINE WEEKLY SESSION:

### WEEK 7 – CONFIDENT CRICKETER

PARENT & CHILD ACTIVITY



#### LEARNING OUTCOMES:

Select and apply the appropriate batting, running, bowling, throwing and catching techniques. Demonstrate the social skills of fair play.

#### EQUIPMENT:

- A cricket bat (or something to strike with)
- 3 balls (or something to hit)
- Markers to place the ball on and run between
- Something to note down the score on



#### ROCKET FUEL BATTING:

- The bowler should bowls 3 balls to the batter who will strike them into the playing area
- After the third ball is struck, the batter should complete as many runs as possible between the markers, keeping count whilst they do so
- Meanwhile, the bowler should return the three balls to the starting point and shout 'Stop' when they are done

#### ADAPT THE CHALLENGE:

- Alternate between bowling underarm and overarm
- Add wickets for the bowler to aim at
- Add in a bonus target zone for the batter



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



@chance2shine



@chance\_to\_shine



/chancetoshinecricket

## How to show us!

Please create a video of yourself playing a part of the game and upload it to your class dojo portfolio.

Remember – ask you parents/guardians for some safety rules if you're doing this inside. We suggest going out into the backyard for this activity, if you can.

Send Mrs Bastick or Miss Stumpf (whoever teaches you for PE) a dojo message to let us know that you have completed it.

# Year Six

## Week Ten

# Online Learning Materials

Timetable and worksheets available from:

<https://westbyfordprimaryschool.wa.edu.au/flexible-online-learning>

### **Student Login Details:**

Australian History Mysteries

Username: WestByfordPS

Password: Quenda

Soundwaves (Spelling)

[www.fireflystudents.com.au](http://www.fireflystudents.com.au)

Login code: card325

## Weekly Spelling Test

Name:
Date:
Soundwaves words:
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
Words from writing:
1.
2.
3.
4.
5.
Subject words:
1.
2.
3.
4.
5.

**Score:**

# SPEAKING AND LISTENING WEEK TEN

Watch the video: A Pep Talk from Kid President to You  
(Scan the QR code.)

After this, plan and record your own video. Choose a message you want to share with your peers. Think about how you will get their attention and motivate them to believe in your cause. There are no rules or topics for this one, choose something you are passionate about or know a lot about and go for it!

When completed, send your video to your teacher on Class Dojo.

