
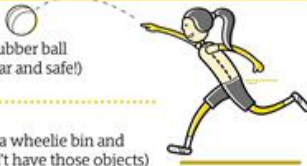














<p>Challenge Tuesday</p>	<p>Chance to Shine – Brilliant Bowler https://youtu.be/ceg-9Y_Odfk</p>	<p>CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER INDIVIDUAL ACTIVITY </p> <p>LEARNING OUTCOMES: Explore different throwing techniques, linked to bowling. Develop accuracy and know where to 'pitch' the ball.</p> <p>EQUIPMENT: - Tennis ball, taped tennis ball or rubber ball - Wheelie bin (or something similar and safe!) - Tape/marker pen</p> <p>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</p> <p>COACHING POINTS - Create a star shape with your body ready to bowl - Keep your bowling arm straight all the way through your delivery</p> 	<p>CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER PARENT & CHILD ACTIVITY </p> <p>LEARNING OUTCOMES: Explore different throwing techniques, linked to bowling. Develop accuracy and know where to 'pitch' the ball.</p> <p>EQUIPMENT: - Tennis ball, taped tennis ball or rubber ball - Wheelie bin (or something similar and safe!) - Tape/marker pen</p> <p>PAIRS CHALLENGE: - Place a hoop or hoop shaped target on the floor, 3 steps away from the stumps - Taking it in turns to bowl at the target, aim to score as many points in two minutes as possible - Scoring = 5 points for the hoop, 3 points for the stumps, 1 point for the wheelie bin</p> <p>COACHING POINTS - Focus the eyes towards the target on the ground - Follow through with the delivery to get more pace and direction</p> 	
<p>Well-Being Wednesday</p>	<p>Chance to Shine – Super Striker https://youtu.be/ceg-9Y_Odfk</p>	<p>CHANCE TO SHINE WEEKLY SESSION: WEEK 3 - SUPER STRIKER INDIVIDUAL ACTIVITY </p> <p>LEARNING OUTCOMES: Develop an effective and consistent striking action for hitting the ball. Develop accuracy and placement for hitting.</p> <p>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)</p> <p>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</p> <p>STRETCH ACTIVITY: - Bounce the ball on your bat as you visit the planets</p> <p>COACHING POINTS: - Watch the ball really closely - Watch where you are going</p> 	<p>CHANCE TO SHINE WEEKLY SESSION: WEEK 3 - SUPER STRIKER PARENT & CHILD ACTIVITY </p> <p>LEARNING OUTCOMES: Develop an effective and consistent striking action for hitting a ball. Develop accuracy and placement for hitting.</p> <p>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) - Two chairs to act as fielders</p> <p>PAIRS CHALLENGE: - Place two chairs 3M in front of you - Get your partner to feed you 6 balls - Try to defend the ball using soft hands to avoid getting out - Scoring = 1 point if the ball bounces before the chair, 5 points if the ball goes beneath the chair</p> <p>STRETCH ACTIVITY: - Create your own version of the game and make up your own rules</p> <p>COACHING POINTS - Let the ball hit the bat and tap it lightly - Create a strong base by getting side on and bending your knees</p> 	

<p>Try-It Thursday</p>	<p>Chance to Shine – Ferocious Fielder https://youtu.be/J9EGTYdl7Es</p>	<p>CHANCE TO SHINE WEEKLY SESSION: WEEK 5 - FEROCIOUS FIELDER INDIVIDUAL ACTIVITY </p> <p>LEARNING OUTCOMES: To apply running, throwing and stopping skills into a competitive situation.</p> <p>EQUIPMENT: - Something to throw with which can be used safely indoors like a soft ball or rolled up socks - 5 targets of varied sizes</p> <p>CONE RAIDERS CHALLENGE: - Mark out the 5 targets in different areas of your space (make some easier, some more challenging) - See how many goes it takes to hit all 5 targets, starting with the easiest and moving up - Experiment with underarm and overarm throws - If you beat your previous score, move back a step to increase the challenge</p> <p>STRETCH ACTIVITY: - Try throwing with your other arm</p> <p>COACHING POINTS: - Use your non-throwing arm to aim towards the targets - Create a strong and stable side on position towards your target</p>  <p> 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</p>	<p>CHANCE TO SHINE WEEKLY SESSION: WEEK 5 - FEROCIOUS FIELDER PARENT & CHILD ACTIVITY </p> <p>LEARNING OUTCOMES: To apply running, throwing and stopping skills into a competitive situation.</p> <p>EQUIPMENT: - Tennis ball or soft ball - Cones - Stumps (or a target to aim at) - A Cricket bat (or something similar)</p> <p>'RUN THEM OUT' PAIRS CHALLENGE: - Fielder: On the call of 'yes' from the batter, run around a cone then pick up a tennis ball and throw at the stumps - Batter: After calling 'yes', try to complete a 'run 2' and get back to the crease line before being run out - Scoring: 10 points for the fielder for every run out, 2 points for the batter for every safely completed run - Swap after 5 attempts and keep track of overall scores</p> <p>COACHING POINTS - Get into a low, balanced position to pick up the ball - Keep your energy moving towards the target throughout</p>  <p> LET US KNOW HOW YOU GET ON! COMMENT BELOW WITH YOUR BEST SCORES AND WE'LL SEE IF YOU MAKE IT ON TO THE LEADERBOARD AT THE END OF THE WEEK!</p>	
<p>Feel Good Friday</p>	<p>Chance to Shine – Creative Cricketer https://youtu.be/JPAEHL1QLMk</p>	<p>Chance to Shine – Creative Cricketer https://youtu.be/JPAEHL1QLMk</p>		
<p>Weekend Work Out</p>	<p>Try to use and develop the skills you have learned and practised this week in mini games being a creative cricketer</p>			

