

# ACTIVITY PLAN – SESSION 12

<b>Session</b>	12
<b>Theme</b>	International Twenty20 activity
<b>Title</b>	Fit for cricket
<b>Curriculum area</b>	PSHE, Technology, Science

## Where has this session come from...

In the cricket time line activity we have looked at the game of cricket taking a long time, the players can be fielding for a long time.

This activity gives that context for planning healthy meals.

## Learning objectives

To plan a healthy menu.

## Room layout and preparation

Initially as normal group work in classroom, but then the ability to make a sandwich.

## Starter activity

Watch some highlights of a cricket game, from the ECB website ([www.ecb.co.uk](http://www.ecb.co.uk) link to videos) identifying different players and what they do during a game.

i.e. Fast Bowlers, Batters, Wicket keepers, fielders etc.

Ask groups to make suggestions on the activity that each type of player does in terms of speed, stamina, flexibility etc.

## Main activity

Choose one type of player and devise a menu for a cricket game day. Use resources to suggest different types of food and how they are linked to strength, stamina, speed etc.

Spectators are often there for a whole day watching cricket. What sandwich could they bring, plan out an interesting savoury sandwich and gather ingredients to make that sandwich.

(Note: Please be aware of any food allergies present in people involved in this activity and take necessary precautions in line with your school's Health and Safety Policies).

## Opportunities for differentiation

For younger pupils, write some instructions for making a simple sandwich, they can follow instructions to make a particular sandwich.

## Where the session is leading...

The session 'Pick your team' looks at different qualities of players, which could include fitness and diet challenges.

## Assessment opportunities

Technology Statements.

Develop ideas and explain them clearly, putting together a list of what they want their design to achieve.

Plan what they have to do, suggesting a sequence of actions and alternatives.



**ASHES**  
**SCHOOLS**  
**CHALLENGE**

**INSPIRING LEARNING THROUGH CRICKET**  
PRIMARY & SECONDARY SCHOOLS PROGRAMME

# ACTIVITY



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# **FIT FOR CRICKET**

## STRENGTH

Batters need to be strong in arm and back muscles to hit the ball a long way in a controlled manner.

Bowlers and fielders need strong arm and back muscles to throw the ball fast and accurately.

### **Food Type**

Protein helps to build strong muscles and repair muscles where needed.



## STAMINA

Bowlers will often run for 4 miles during the course of a day.

They run in short bursts during the day, but it all adds up to a long day in the field.

Cricket games can last for 5 days - more stamina needed.

### **Food Type**

Carbohydrates (pasta, rice) give a source of energy that can last for a long time. The energy is released slowly through the day.



## **SPEED**

Cricket needs short bursts of speed to either bowl, run between the wickets or run to field the ball.

### **Food Type**

Protein will help muscles to help the cricketer to run fast. They can use certain amount of fatty foods to give the body something to make muscles from.



## **FLEXIBILITY**

All cricketers need to have good flexibility. They need to be able to dive to catch balls above their heads and at their feet.

### **Food Type**

Protein allows muscle fibre to grow and help the muscles work effectively.



## REACTIONS

Bowlers bowl balls at up to 90mph. Batters have about 0.5 seconds to play a shot from the release point. Reactions are really important to be able to hit the ball in that small time.

Fielders also need reactions to catch the ball when it is hit hard from the batter.

### **Food Type**

Vitamins to let the nerves work effectively.

