

★ ACTIVITY / KNOCK 'EM DOWN BUILD 'EM UP

FOCUS:

BOWLING, RUN UP, ACCURACY

DURATION: 8 MINUTES MAX.

EQUIPMENT:

1 RUBBER BALL OR TENNIS BALL
PER PARTICIPANT, 1 OR 2 SETS
OF STUMPS PER GROUP, 1 ROPE



DESCRIPTION:

- ▶ Participants pair up or get into groups

- ▶ One person bowls while the other wicket keeps.

- ▶ Stumps are set out in a straight line with 3 yards between each set.

- ▶ The line to throw from is marked out by rope.

- ▶ The bowler aims to hit the stumps.

- ▶ If the ball hits the stumps, the wicket keeper takes out a single stump and sits is on the ground.

- ▶ The wicket keeper then rolls the ball back to the bowler for their next go.

- ▶ If the bowler misses the stumps then the wicket keeper leaves the stumps alone.

- ▶ When the stumps are hit for the second time, the wicketkeeper takes out a second stump.

- ▶ When the stumps are hit the third time, the wicket keeper takes out the third stump and then the base is left on the ground.

- ▶ The bowler then needs to hit the base.

- ▶ When this happens the thrower and wicket keeper call out 'howzat' to determine they have finished.

- ▶ The partners then switch places new race/game takes place.

MAKE IT EASIER:

- ▶ Shorten the throwing distance

- ▶ Use a larger target e.g. Two sets of stumps

- ▶ Bowler can roll the ball

MAKE IT HARDER:

- ▶ Increase the bowling distance

