

SPORTS & GAMES · GRADES 3–5

Cricket — Batting

45-minute lesson plan

Lesson at a glance

Equipment	Plastic / soft cricket bats, tennis balls (or soft cricket balls), wickets (or cones), cones
Space	Outdoor, large hall
Aim	Stand, grip, and hit an underarm slow ball.

Lesson structure

<p>Warm-up (5 min)</p> <p>Jog round, dynamic stretches. Then partner throw-and-catch with a tennis ball — soft underarm, gradually faster.</p>	<p>Skill 1 — Stance and grip (5 min)</p> <p>Stand sideways to the bowler. Bat held in both hands, top hand slightly twisted. Knees bent. Eyes forward. Coach the position; have everyone hold it for 10 seconds while you check.</p>
<p>Skill 2 — Hit a stationary ball (10 min)</p> <p>In pairs. Ball on a small cone (like a tee). Batter hits the ball forward. Build awareness of the bat hitting through the ball.</p>	<p>Skill 3 — Hit an underarm bowl (10 min)</p> <p>Switch to a partner bowling underarm slowly. Batter tries to hit it FORWARD (not in the air). 10 balls each, then swap.</p>
<p>Game (10 min)</p> <p>Pairs cricket: one bowler, one batter, one wicket-keeper. Bowler aims at wickets; batter hits and scores 'runs' by tapping a cone behind them. Rotate every 6 balls.</p>	<p>Cool-down (5 min)</p> <p>Walking lap. Equipment back to the side. Reflection.</p>

