Key Knowledge
Learn these key facts—key points in red

Body Position /Stance

Batter needs to be sideways on to the ball (if right handed—left foot and shoulder should be closer to the direction of the ball).

Weight slightly leaning forward to the ball.

Eyes watching the ball at all times

Cricket Bat

Using both hands—if right handed—right hand needs to be lower down the grip below left hand and vice versa..

One Handed

Using preferred hand—head of the bat to be pointing up.

Two Handed

Using both hands—if right handed—right hand needs to be higher up the grip below left hand and vice versa. Bat pointed up.

Key Vocabulary
Understand these key words

Word	Definition
Bat	Implement for striking a ball can be held in
Tee	Holds the ball still to be struck
Grip	How to hold the bat—this changes as to
Body Position / Stance	Sideways on to the ball (or where the ball is coming from)
Back lift	Moving the bat Backwards before striking the ball.
Follow Through	Keep the bat moving in The direction you want the ball to go.
Strike	The moment the bat hits the ball.
Aim	Where you want the ball to go

Focus Sports

Cricket

A bat and ball game played on a wicket between two teams of 11 players .

- Played since Medieval times

- Matches played in various forms: 20Twenty, 1-day and Test Match (5-days)

Rounders

- Players try to hit the ball and run around the bases.

- Played since Tudor times

Stoolball

- Combination of cricket and rounders.

- Originated in Sussex from the 15th century .