

Physical Education Lesson on Kwik Cricket

Grade: 4—6

Topic: Kwik Cricket

Objectives: By the end of this lesson the students will be able to:

1. Identify the safe zone when playing the game.
2. Demonstrate bowling the ball to hit the wicket.
3. Demonstrate protecting the wicket by hitting the ball away from it.
4. Practice running with the bat in hand around the cone and back to the crease.
5. Practice stumping the runner out by touching the wicket with the ball.

Notes:

Kwik cricket is a high-speed version of cricket aimed mainly at encouraging children to take part in the main sport, with an emphasis on participation and enjoyment.

Many of the rules are adapted from cricket, but kwik cricket is played with a plastic bat and ball and plastic cones to mark the maximum width of a legally bowled ball. The rules can be altered so that virtually any number of children can play in the time available. The length of the pitch can also be changed to suit the level of the students.

For example, continuous kwik cricket can be played by two groups of ten or 12, with each batting for a set period of time.

Equipment:

- 2 bats
- 1 plastic cricket ball
- 2 sets of stumps

- 3 cones
- 1 scoring sheet

Cones are used to mark the batting zone. One cone on the right of the crease for right-handed players and one to the left of the crease for left-handed players. The third cone is placed opposite the crease about 40 feet away. The area from the crease to this cone is called the pitch; this is where the batter runs after hitting the ball.

Activity Quiz

1. What is the advantage of running with the bat in our hand when playing kwik cricket?
2. Why do we protect the wicket?
3. How can we get the player out?