

## Key Knowledge and Concepts

### How to hold a cricket bat:

You should hold your cricket bat on the same side of your body as your writing hand.

Hold the bat with both hands—your writing hand should be at the bottom of the grip.

The flat side of the cricket bat should face out towards the person throwing the ball.

### Health and safety

The cricket bat must stay below waist height.

Aim to hit the ball away from people.

Word	Definition
Throw	Send through the air using force from the arm.
Catch	To get control of something that has been thrown or hit into the air.
Cricket bat	