



## Key Knowledge and Concepts

How to throw a ball underarm:

Hold your ball in your writing hand and face your target.

Put your weight on the same foot.

Swing the arm holding the ball back.

Swing your arm forward whilst still holding the ball.

When hand is around waist height, release the ball with force.

Health and safety

The cricket bat must stay below waist height.

Aim to hit the ball away from people.

Word	Definition
Bowl	The action of throwing the ball towards the batsman in cricket.
Underarm	Swinging the arm from back to front and releasing the ball when hand is forward and waist level.
Batsman	The player holding the bat.
Run	A run is the unit of scoring in cricket. 1 run is 1 point.