



## Key Knowledge and Concepts

How to throw overarm:

Hold ball between first and second finger and thumb.



Stand side on and point non-throwing arm at target.

Lift your throwing arm up and bend at elbow.

Rock backwards then forwards and release ball quickly.

How to get a batsman out:

Catch the ball after the batsman has hit it.

Hit the ball on the stumps before the batsman gets back to the stump— stumped.

If the batsman is out of their area at any point, the ball can be hit on the stumps—run out.

Health and safety

The cricket bat must stay below waist height.

Aim to hit the ball away from people.

Word	Definition
Stumps	The three vertical posts of the wicket.
Bails	The two horizontal posts balanced on the stumps. If these are knocked off, the batsman is out.
Strategy	An agreed plan of action to achieve an overall aim.
Overarm	A backward-forward swing of the arm to release an object above the head.