 **Cricket**











**Cricket Challenges**

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| **Challenge 1**QRCodeWall Toss TestThis will test your co-ordination which is vital in Cricket.Scan the QR code and follow the instructions in the video. | **Challenge 2**Dustbin Stump ShyTake 10 attempts to hit the dustbin from 5m and record your results.+Increase the distance and use a smaller target++ Use non-dominant hand |
|  **Challenge 3**Practise your diving catches. Start off at 2m and try to increase the distance after each successful catch.+Use non-dominant hand | **Challenge 4**Garden Fork Bowling. Bowl one over (6 Balls) and see how many times you hit the fork from 10m. Increase distance to 15m if possible. |
|  **Challenge 5**Take a look at England bowling their super over in the 2019 World Cup Final. Would you have held your nerve?!QRCode | **Challenge 6**Picture yourself completing one of the Cricket challenges and tweet @jhighHWB with the image/video! |