

Girlguiding Kent counties Cricket Challenge Pack



ACTIVITY BOOK



TOGETHER, WE ARE KENT

Welcome to the Kent Cricket and Girlguiding Kent counties Cricket Challenge Pack

Thank you for downloading the Cricket challenge pack! We are really excited to release the first ever challenge pack in partnership with Kent Cricket.

In this pack there are challenges suitable for each section. This can be completed in your unit or as individuals. Not only will you learn about girls' cricket and complete the activities in the pack, but you can also earn yourself an exclusive Kent Cricket / Girlguiding Kent counties badge.

Our aim is to work together to provide a fun, safe and friendly environment for girls to experience cricket and enjoy the positive effects that playing cricket can give to girls. We want girls to say 'Cricket is a game for me!'

We'd love to see pictures of you completing the challenges! Please upload your pictures on social media and use these hashtags:



@kentcricket
@KentCricket
#KentCricket #Howzat
#GirlguidingKentcounties

@girlguidingGL
@GuidingKentEast
@GGKentWeald
@guidingkentwest

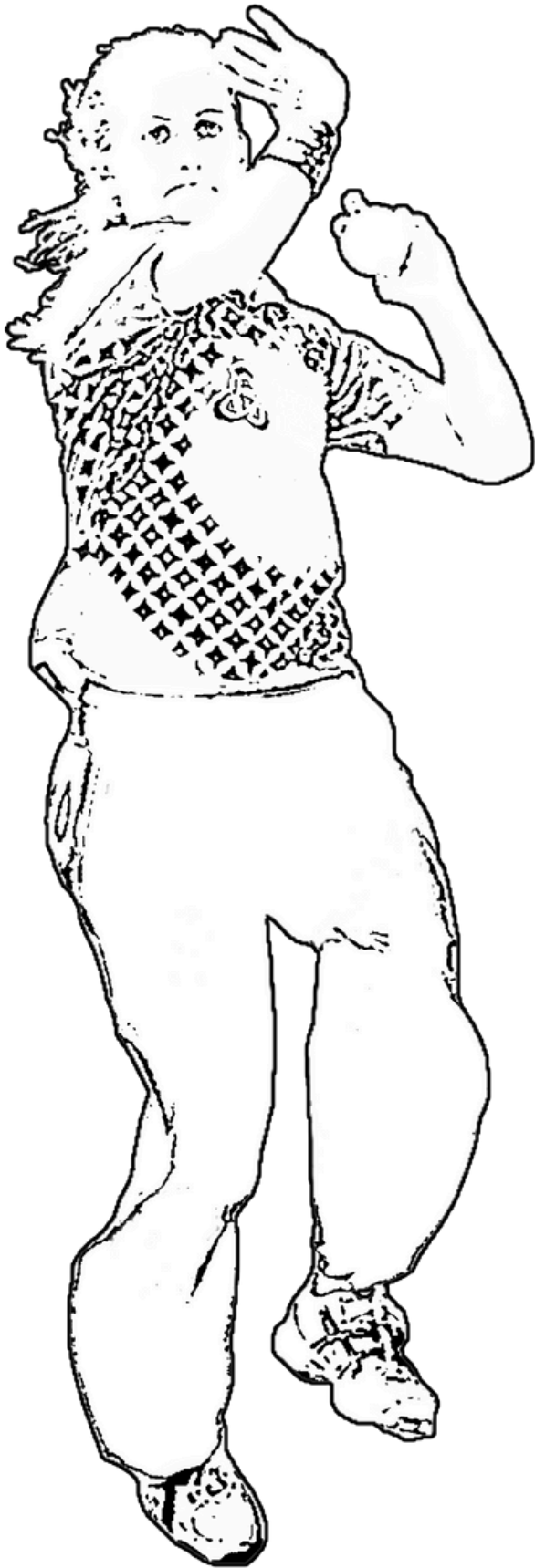


CONTENTS

- 01 ARTS AND CRAFTS
- 03 ABOUT THE GAME
- 07 FAIR PLAY
- 08 RESEARCH
- 10 CRICKET SKILLS
- 12 HEALTH AND FITNESS
- 13 ACTIVITIES
- 15 ANSWERS
- 16 PLAY MORE CRICKET
- 21 CONGRATULATIONS



COLOUR ME IN

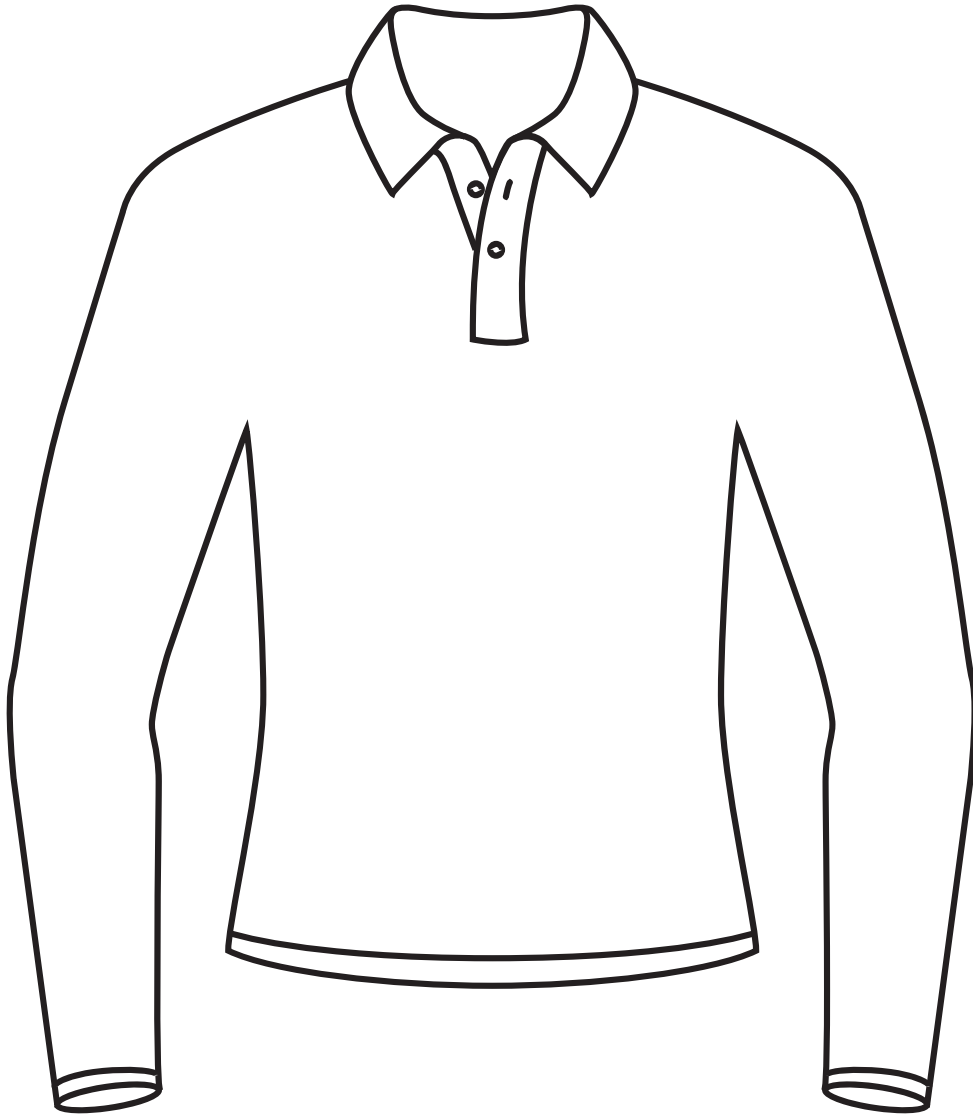


DISCUSS THESE KITS



DESIGN YOUR OWN KIT

Team name:



Why did you choose these colours?

How do you think kit design impacts how the players and fans feel?

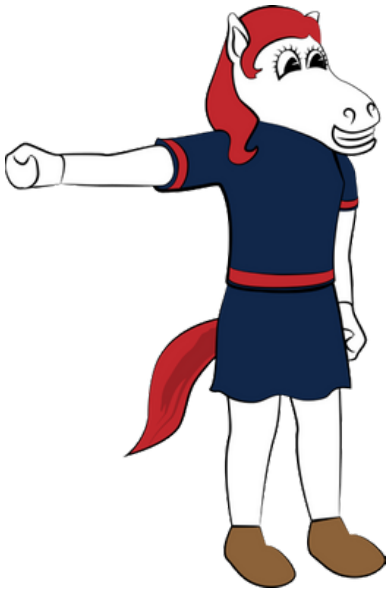
BONUS ACTIVITY

Come up with some background information for your team. You could include; where they play, who are the star players, do they have a mascot?

UMPIRE SIGNALS

We've been practicing our umpiring. Can you match the names to the correct hand signals?

Four, Leg-Bye, No-Ball, Out, Six, Wide Ball.



UMPIRE SIGNALS

See if you can remember the signals and draw them in the box below! Play a game of Simon Says to help you remember.



BONUS ACTIVITY

Write down any other umpire signals you might know. If you can't think of any, do some research, write the name of them and draw the signal.

Do you know who this is?
Find out her name and why she made history!

MATCH THE SKILLS



Wicket
Keeper

Tries to
score lots
of runs



Bowler

Can use
gloves to
stop the ball



Batter

Stops the ball
from getting
to the
boundary



Fielder

Aims the ball
at the stumps

DISABILITY CRICKET

Find out about the different types of disability teams and how they play the game. Including Visually Impaired, physical disability, learning disability and deaf teams.

[youtube.com/watch?v=ET_-6sMcuL4](https://www.youtube.com/watch?v=ET_-6sMcuL4)



[youtube.com/watch?v=USm55YJMc20](https://www.youtube.com/watch?v=USm55YJMc20)

[youtube.com/watch?v=RjoXqIfWpjY](https://www.youtube.com/watch?v=RjoXqIfWpjY)



Now play some cricket like this and see how hard it is!

SCOREBOARD UNDERSTANDING

Write the letters in the correct box on the scoreboard

- (a) Total Runs Scored
- (b) Amount of wickets lost
- (c) Batter currently batting
- (d) How many overs have been completed
- (e) How many overs are left
- (f) The two bowlers currently bowling (one from either end)
- (g) The score when the last wicket was lost.
- (h) How many runs have been scored from things like wides and no balls. i.e. the batter hasn't hit it.



WHAT IS FAIR PLAY?



Watch this video from Chance to Shine for inspiration.



CHANCE TO SHINE
Spreading the power of cricket

Sport can be really fun to participate in, especially if you have lots of friends that play! Imagine there are two new girls joining the school cricket club for the very first time; write down what you would do to make them feel part of the team:

WHAT IS SPORTSMANSHIP?

BONUS ACTIVITY

Discuss how might we show sportsmanship in cricket? How should we treat umpires and other players?

INTERNATIONAL TOURNAMENTS

Mark on the map where each of these cricket competitions take place and find out a famous player from those countries.



WBBL



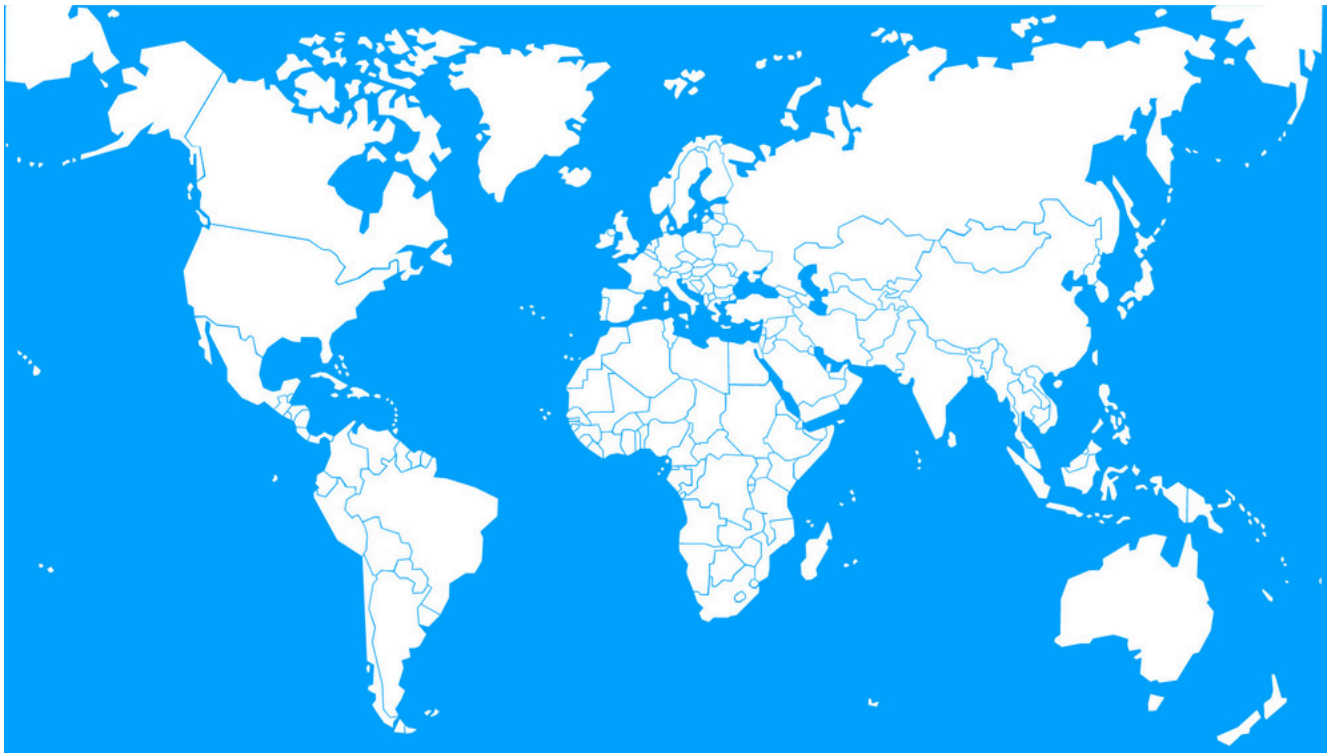
WPL



The 100



CPL



NAME THE PLAYER

Read the clues to find out where some of our players are from!
Write their names at the right location on the map.

Alice Davidson-
Richards



I made my England debut in March 2018. I am an allrounder with a highest batting score of 173.

Bryony Smith



I have played for the Welsh Fire, the Trent Rockets and the Hobart Hurricanes.

Emma Jones



I played club cricket for Bishop's Stortford and Hong Kong Cricket Club.

Alexa Stonehouse



I was selected to play for England in the U19 World Cup in 2022.



PLAY CRICKET

Here are some of our Fun Cricket Challenges to try at home or in your Girlguiding unit with friends.

Click on the challenges in blue if you are completing this booklet online OR visit and Subscribe to the Chance to Shine Youtube if you print off the booklet. Once you've given it a go, write down or tell an adult what you enjoyed about the challenge.

KENT CRICKET CHALLENGE	SCORES	WHAT I LIKED MOST ABOUT THIS CHALLENGE
CLAP CATCHING		
HIGH CATCHING		
REACTION CATCHING		
CLOSE FIELDING		
CRICKET BOWLING		
CRICKET BATTING		

<https://www.youtube.com/@Chancetoshinecricket>



PLAY CRICKET

Here are some of our some more advanced cricket challenges to try at home or in your Girlguiding unit with friends.

Click on the challenges in blue if you are completing this booklet online OR visit and Subscribe to the Chance to Shine Youtube if you print off the booklet. Once you've given it a go, write down or tell an adult what you enjoyed about the challenge.

KENT CRICKET CHALLENGE	SCORES	WHAT I LIKED MOST ABOUT THIS CHALLENGE
COOL CATCHER		
BRILLIANT BOWLER		
SUPER STRIKER		
CREATIVE CRICKETER		
FEROCIOUS FIELDER		
SKILLFUL SCORER		

Did you know? There are many opportunities to get involved in cricket – All stars, Dynamos and Softball from ages 5 upwards. Find out more about girls' cricket teams in your area by visiting the Kent Cricket Women's and Girls' Page.

DRILLS

Here are some fun fitness related challenges that you can do for overall wellbeing.

Think about doing these with friends in your unit or at home by yourself to improve your fitness and your coordination.

- Cone Challenge: Can you, in a push up position, put a cone/bean bag on your back with one hand and then take it off with the other hand and put it on the floor?
- How many sideways jumps can you do over a hurdle/cone in 30 seconds?
- Come up with your own games/activities and run it for 2/3 minutes.
- Can you come up with a game that includes cricket equipment?
- Create your own warm up/dance using the umpire signals we have learnt.

BONUS ACTIVITY

Why do we need warm ups? Can you create your own using motions that you would use in a game of cricket? Eg catching, stopping a ball, hitting a ball, bowling a ball.

ACTIVITIES

Only one of the balls in each picture is real. Can you guess which?



WORDSEARCH

Z K W B I F O Y X T S Q U S N
S P Y D L R H N X S I S A W R
H N S K X A D K I B X W F E F
K J Q P Z D S T Y O E I L E O
R D I I I B R T N U W T O P U
R F K L L T P C G N H C O O R
A A Z R R H F T L C D H D E H
E U M K H T I I U E I H L M H
R S K P R Y R M R R V I I G M
J U M U B T E N Q E E T G O M
U P N K X J W W N V S M H O Z
V M M O I A O U M H A K T G E
X S L K U R R K J J J O B L A
Q X V H D T K L U J X R I Y O
M M K F R M S I T Y O R K E R

BLAST
BOUNCER
DIVE
FIREWORKS
FLOODLIGHT
FOUR
GOOGLY

RAMP
RUNOUT
SIX
SPITFIRES
SWEEP
SWITCHHIT
YORKER

EXTENSION

WRITE A CRICKET STORY USING THE WORDS FROM THE WORD SEARCH.

ANSWERS

NAME THE SIGNALS

(L-R top line) No Ball, Leg-Bye, Out
 (L-R bottom line) Six, Wide, Four

WORDSEARCH



WHICH BALL?



PLAY MORE CRICKET

Find out where your local girls cricket club is and draw their badge.

My local club is...



Find out what your local regional professional women's team is.



You can find your local club at:

www.ecb.co.uk/play/find-a-club

www.kentcricket.co.uk/girls-cricket-clubs/



ALLSTARS 5-8 YEARS OLD

Big Moments of summer fun!



For all 5 – 8 year-old boys and girls

Give your little star a summer of big moments, making new friends, learning new skills and creating new memories.

Every participant receives their very own personalised kit bag including bat, ball, cap and t-shirt!

Sign up today at

allstarscricket.co.uk or at the centre





This is our game.

Calling all 8-11 year-olds!

Dynamos Cricket is the next step for All Stars graduates or the perfect intro to the sport for those new to the game.

Get involved this summer for 8 weeks of skills, games of Countdown Cricket and fun with friends.

Sign up today, at: dynamoscricicket.co.uk



AGED 13+

Interested in playing Softball Cricket?

CONTACT

W&G MANAGER

helen.fagg@kentcricket.co.uk

W&G COMMUNITY COACH

sandra.hepple@kentcricket.co.uk



@kentcricket



@KentCricket



Kent Cricket



www.kentcricket.co.uk



CONGRATULATIONS

CONGRATULATIONS

YOU HAVE SUCCESSFULLY COMPLETED THE CRICKET CHALLENGE PACK!
YOU ARE NOW A PART OF OUR CRICKET FAMILY!

Once you have completed this booklet, you may wish to run a cricket festival or cricket taster session at your local club (either on your own or with your unit).

Please contact christian.rice@kentcricket.co.uk to help set this up.

Please contact your area's Girlguiding commissioner to order your badges.

To contact the Girlguiding contact
kenteastprogramme@gmail.com (Kent East)
ggkentwestcc@gmail.com (Kent West)
kentwealdcc@gmail.com (Kent Weald)
glkcountycomm@yahoo.co.uk (Greater London Kent)

GENERAL ENQUIRES KENT CRICKET

helen.fagg@kentcricket.co.uk- Women and Girls Manager
christian.rice@kentcricket.co.uk- South East London Manager

Kent Cricket, The Spitfire Ground St Lawrence, Dover Old Road,
Canterbury, CT1 3NZ
T: 01227456886 W: www.kentcricket.co.uk

Kent Cricket, The County Ground Beckenham, Worsley Bridge Road,
BR3 1DR
T: 0208 051 9808

