

Cricket challenge pack

















Thank you for downloading the Cricket Wales cricket challenge pack! We are really excited to release the second challenge pack in partnership with Cricket Wales.

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 Cricket Wales/ Girlguiding Cymru badge.

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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:



- @CricedCymru
 @CricketWales
 @cricketwales
 #CricketWales
 #WeAreWelshCricket
- p@GirlGuidingCymruWalesp @ @GuidingCymru⊕ @girlguidingcymru#GirlGuidingCymru











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Croeso!

Welcome to the Cricket Wales challenge pack

We are excited that you have picked up this pack to find out more about cricket and work through some of the challenges we have set for you.

Our Professional Women's teams are excited to share their stories and for you to find out more about them throughout your journey in this pack.

Enjoy yourselves and we cannot wait to see you with your cricket challenge pack badge!

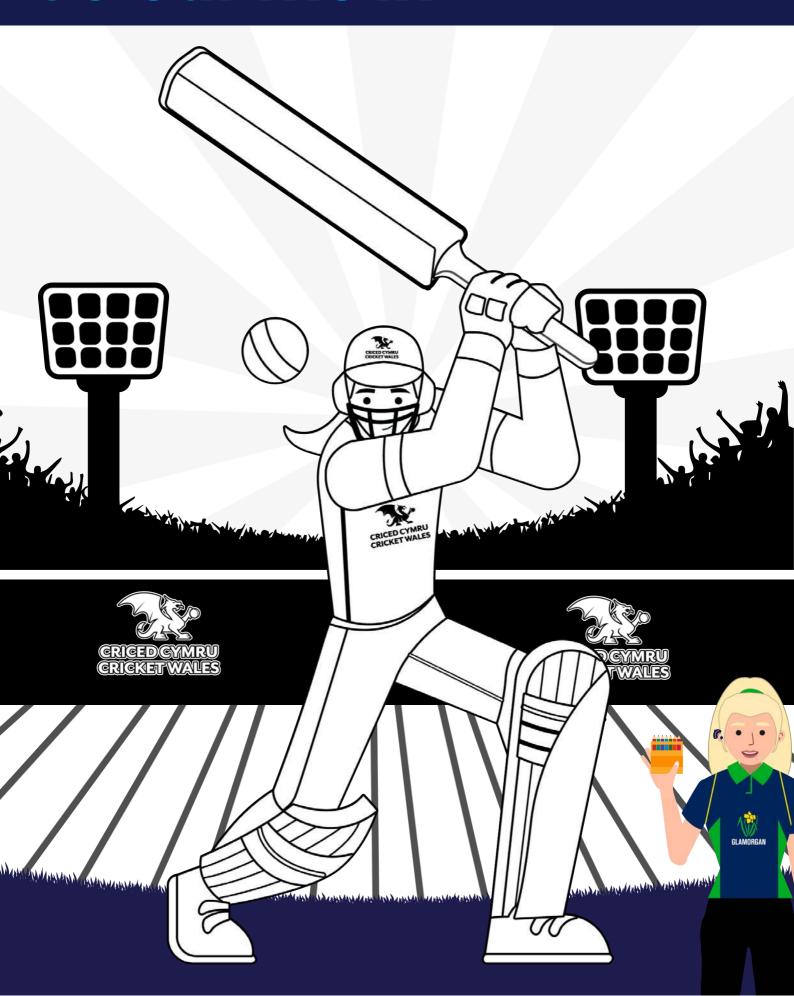








Colour me in



G 🚣

Name the Welsh Fire players









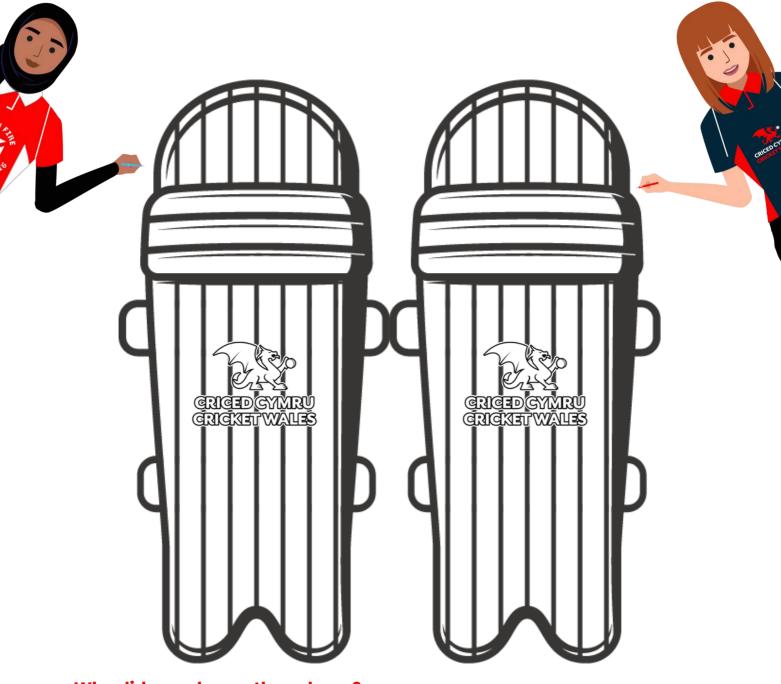
- 2. _____ Beaumont
- 3. _____ Griffiths
- 4. _____ Nicholas







Design your kit



Why did you choose the colours?

Why did you chose the design?







Activity 4 Match the skill and position





Stops the ball from getting to the boundary

Tries to score lots of runs

Aims the ball at the stumps

Can use gloves to stop the ball







Activity 5 Find the words



E	K	Ε	В	0	U	N	D	Α	R	I	Ε	S	L
L	R	N	Р	0	W	E	R	F	U	L	I	0	Т
W	D	D	N	R	С	R	I	C	K	Ε	T	0	N
Н	С	Ε	F	U	N	U	G	D	S	U	R	U	S
S	T	C	Н	Α	L	L	E	N	G	E	E	W	L
Н	0	W	Z	Α	T	E	E	S	Α	E	E	L	U
0	T	T	T	S	Ε	В	T	N	G	E	Α	Α	E
С	Ε	T	Α	Z	Ε	E	Z	Α	P	В	E	I	E
Α	Α	U	G	C	K	T	R	K	T	S	G	D	U
0	M	Α	Α	C	Α	U	E	F	M	F	0	T	W
I	W	E	I	D	0	0	0	W	Α	L	E	S	N
T	0	W	W	C	Н	S	T	Α	D	I	U	M	S
Α	R	Н	R	D	Y	N	Α	M	0	S	0	С	R
0	K	0	S	S	T	R	E	N	G	T	Н	R	D

SWEEP CRICKET STADIUM DYNAMOS HOWZAT COURAGE
WALES
POWERFUL
STRENGTH
CHALLENGE

BOUNDARIES
WICKETS
COMPETITION
SOFTBALL
TEAMWORK







See if you can use some words from the wordseach



Activity 7 Give it a go!



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

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 the booklet. Once you've given it a go, write down or tell an adult what you enjoyed about the challenge.

Cricket Wales Challenge	Scores	What I liked most abut this challenge
<u>Clap catching</u>		
<u>High catching</u>		
Reaction catching		
<u>Close fielding</u>		
<u>Cricket bowling</u>		
<u>Cricket batting</u>		











Here are some of our skills to try at home or in your Girlguiding unit with friends. Visit Chance to shine on YouTube

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.

Cricket Wales Challenge	Scores	What I liked most abut this challenge
<u>Cool catcher</u>		
<u>Brilliant Bowler</u>		
<u>Super striker</u>		
<u>Creative cricketer</u>		
<u>Ferocious fielder</u>		
<u>Skilful Scorer</u>		
		:tics to get involved in cricket - All Stars,

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 Cricket Wales Women's and Girls' page









Cricket friends

Sport can be really fun to participate in, especially if you have lots of friends that play! Imagine Maya and Sian who are part of the blue team are joining the school cricket club for the very first time.

Write down 5 things that may encourage them.



Ayesha and Minnie who are in the white team have been playing cricket for a long time, they really enjoy it! Write down 5 activities you think they could do to make sure Maya and Sian learn the basic skills of cricket so they come back next week:









Activity 10 Where are the Welsh players from?





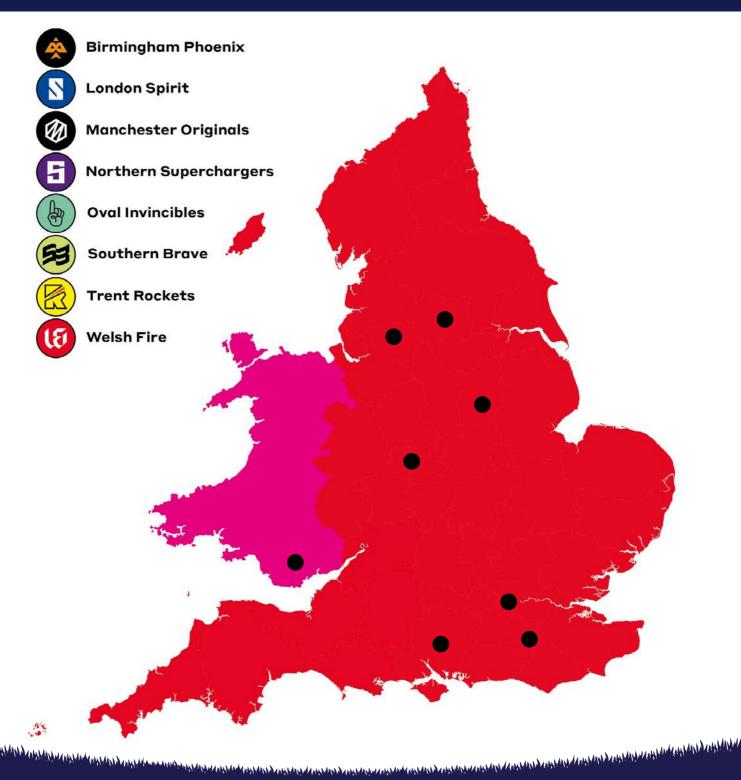






G* 🚣

Guess the location







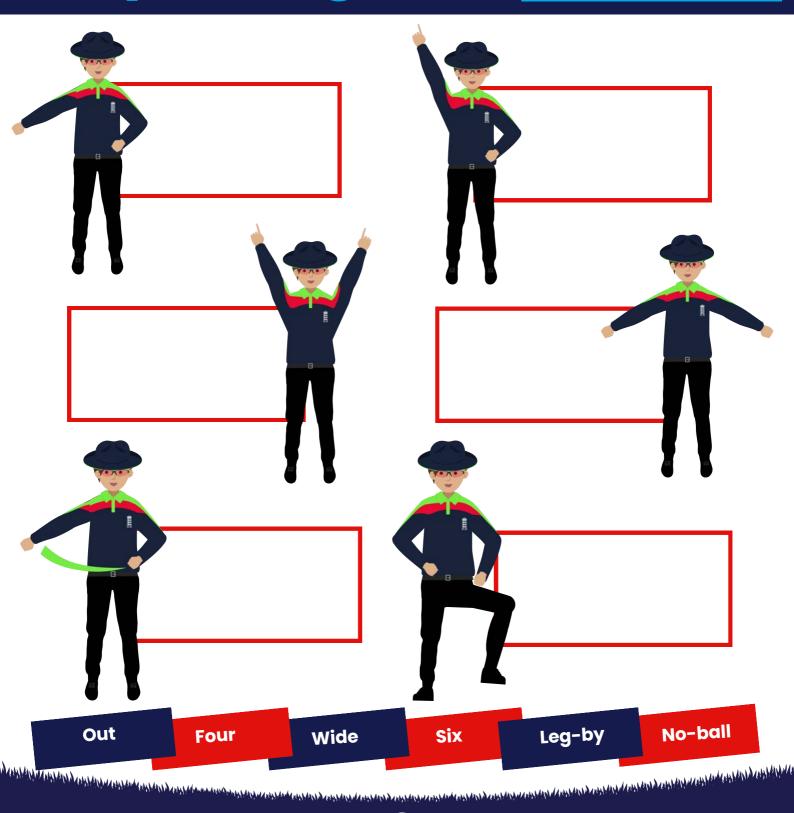


1 Q 4 4

Guess the umpire signals

Take it further..

<u>Click here to learn more about</u> <u>cricket umpire Anna Harris</u>











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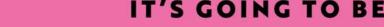


















AGBD 133+

Interested in playing Softball Cricket?

Contact:

SE Wales

Rebecca.Thomas@cricketwales.org.uk

Sorth Wales

Rachel.Warrenger@cricketwales.org.uk

SW Wales

Carl.Holding@cricketwales.org.uk

Activity 13 Did you know?



What colour is the Dynamos T-shirt?

Name 3 ways you can be 'out' in cricket?

What is the colour of the ball women and girls play with?

How many runs do you score for hitting the ball over the boundary without a bounce?

What do the call the protective equipment hardball players wear on their legs?

What is the name of the one professional women's cricket team that play in Wales

What position in a cricket team sounds most fun to you?

Do you enjoy cricket and know where to find out more about cricket?









Activity 14 Did you know?



What is the name of the fielder that stands behind the batter?

How many cricket clubs are there in Wales? 50, 100 or +190

Who is the current Western Storm Captain?

Can you list 3 benefits of playing cricket for each of the following aspects on your life:

> Mental health

Personal skills

Physical health

Social skills









Congratulations!



You have successfully completed the Cymru Cricket Challenge! You are now part of our cricket family!

Once you have completed a cricket festival or cricket taster session at your local club either on your own or with your unit. Please visit the Girlguiding Cymru on-line shop to order your Cricket Challenge badges - www.girlguidingcymru.org.uk/shop

Download your certificates at <u>girlguidingcymru.org.uk/cricketwales</u>

To contact the Girlguiding Cymru, Active Programmes adviser contact Sarah-Jane <u>deputychief@girlguidingcymru.org.uk</u>



GENERAL ENQUIRES CRICKET WALES

Rachel.warrenger@cricketwales.org.uk – North Wales Rebecca.thomas@cricketwales.org.uk – South East Wales Carl.holding@cricketwales.org.uk – South West Wales

Cricket Wales, Sophia Gardens, Cardiff, CF11 9XR

T: 02920872087 W: <u>www.cricketwales.org.uk</u>







Answers

Wordsearch

E	K	Ε	В	0	U	N	D	Α	R	Ι	Е	S	L
L	R	N	P	0	W	E	R	F	U	L	I	0	T
W	D	D	N	R	C	R	Ι	С	K	Е	T	0	N
Н	С	Ε	F	U	N	U	G	D	S	U	R	U	S
S	T	C	Н	Α	L	L	E	N	G	E	E	W	D
H	0	W	Z	Α	T	Ε	E	S	Α	E	E	L	U
0	T	Т	Т	S	Ε	В	T	N	G	E	A	Α	Ε
С	E	Т	Α	Z	E	E	Z	A	P	В	E	I	Ε
Α	Α	U	G	С	K	T	R	K	T	S	G	D	U
0	M	Α	Α	C	A	U	E	F	M	F	0	Т	W
I	W	E	I	D	0	0	0	W	Α	L	Ε	S	N
Т	0	W	W	C	Н	S	T	Α	D	Ι	U	M	S
Α	R	Н	R	D	Y	N	Α	M	0	S	0	С	R
0	K	0	S	S	T	R	E	N	G	T	H	R	D

Did you know?

Rainbows and Brownies

- 1 What colour is the Dynamos t-shirt? Yellow
- 2 Name 3 ways you can be 'out' in cricket? Bowled, Caught, Run out
- 3 What is the colour of the ball women and girls play with? Pink
- 4 How many runs do you score for hitting the ball over the boundary without a bounce?
- 5 What do the call the protective equipment hardball players wear on their legs? Pads
- 6 What is the name of the one professional women's cricket team that play in Wales? Welsh Fire
- 7 What position in a cricket team sounds most fun to you? Your Choice
- 8. Do you enjoy cricket and know where to find out more about cricket? Cricketwales.org.uk

Guides and Rangers

- 1 What is the name of the fielder that stands behind the batter? Wicket keeper
- 2 How many cricket clubs are other in Wales? 50 100 +190 Answer is +190
- 3 Who is the current Western Storm Captain?





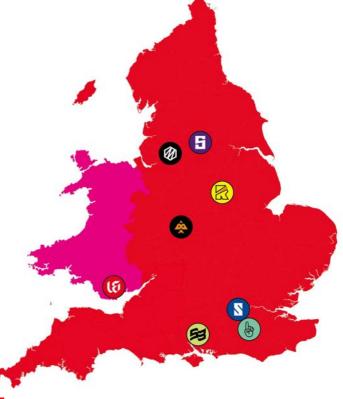


Answers

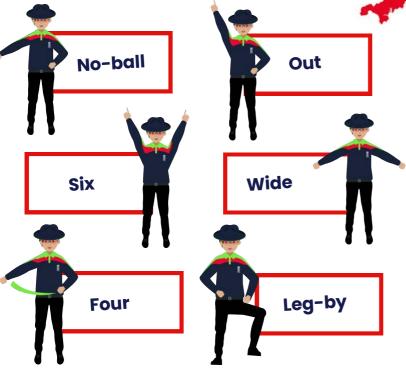
Where are the Hundred teams from?

Name the players

Hayley Matthews Tammy Beaumont Claire Nicholas Alex Griffiths



Umpire Signals



Where are the Welsh players from?

Alex Griffiths – Port Talbot Claire Nicolas – Swansea Sophia Smale – Newport

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All Stars - Girls aged 5-8
Dynamos - Girls aged 8-11
Club Cricket - Hardball and soft ball options - Girls aged 11-12
Women's Softball Cricket - Girls aged 13+

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<u>Rachel.warrenger@cricketwales.org.uk</u> – North Wales <u>Rebecca.thomas@cricketwales.org.uk</u> – South East Wales Wales <u>Carl.holding@cricketwales.org.uk</u> – South West Wales

Cricket Wales, Sophia Gardens, Cardiff, CF11 9XR

T: 02920872087 W: www.cricketwales.org.uk



Girlguiding Cymru, The Coach House, Broneirion,
Llandinam, Powys, SY17 5DE
T: 01686 688652 E: waleshq@girlguidingcymru.org.uk
W: www.girlguidingcymru.org.uk

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