



SMASHING BOUNDARIES Challenge

In partnership with
Essex Cricket in the Community



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Introduction



Girls enjoy taking part in sport and being active but often feel the sports they have access to at school is limited in comparison to boys. In the Girlguiding Girls' Attitude Survey, cricket was listed as one of the sports that girls would like more opportunities to play.

We think all girls should be encouraged to try new activities, discover new skills and be given an equal offering in terms of sports available to them.

Girlguiding Anglia has worked in partnership with the Essex Cricket to put together this 'Smashing Boundaries – Cricket Challenge' which Essex North East are now delighted to host.

To get your 'Smashing Boundaries Cricket Challenge' badge, we ask that you complete one activity from each section: Arts and Crafts, Cricket Skills, Fair Play, About the Game and health & fitness.

The variety of activities mean that girls can find out about different aspects of cricket in a fun and informative way and it also means that everyone from Rainbows to Rangers and beyond can take part! Why not bring together other units and put on a cricket festival? More details on this are available in the Leader's Guide.

Have fun!

Essex Cricket are excited to continue their Girlguiding partnership by working with Girlguiding Essex North East to bring you 'Smashing Boundaries'. With the continued success of the England Women's Cricket Team, the growth of T20 and The Hundred Cricket Tournament, girls can now truly aspire to amazing sporting achievements. We hope this badge gives them a taste of what cricket can offer; a fun, friendly activity that can be played by anyone of all abilities. Girlguiding Essex North East provide great opportunities to their members and we are honoured to be working with such an organisation.

This challenge is open to all members of Girlguiding



Arts & Crafts



Find out what is in a typical cricket tea and then come up with your own ideal cricket tea

Design a cricket shirt / kit that bests represents your unit (inspiration on [page 8](#)):

- Rainbows - Colour in a sketch
- Brownies - Draw design then colour
- Guides - Design on a plain t-shirt

Design adverts / posters for women's cricket. If you are holding a festival you could design a poster advertising this event.

Come up with a catchy cricket team name and design a team mascot or logo

Design a banner or poster that supports your unit's cricket team

Make and decorate some cricket themed cakes or biscuits





Cricket Skills

Catching 1:

- With a partner, throw a ball to each other as many times as you can without dropping it – both you and your partner start with a tennis ball, both throw at once to each other, how many catches can you do without dropping one?
- Have three balls between you and your partner, how many times can you throw without dropping

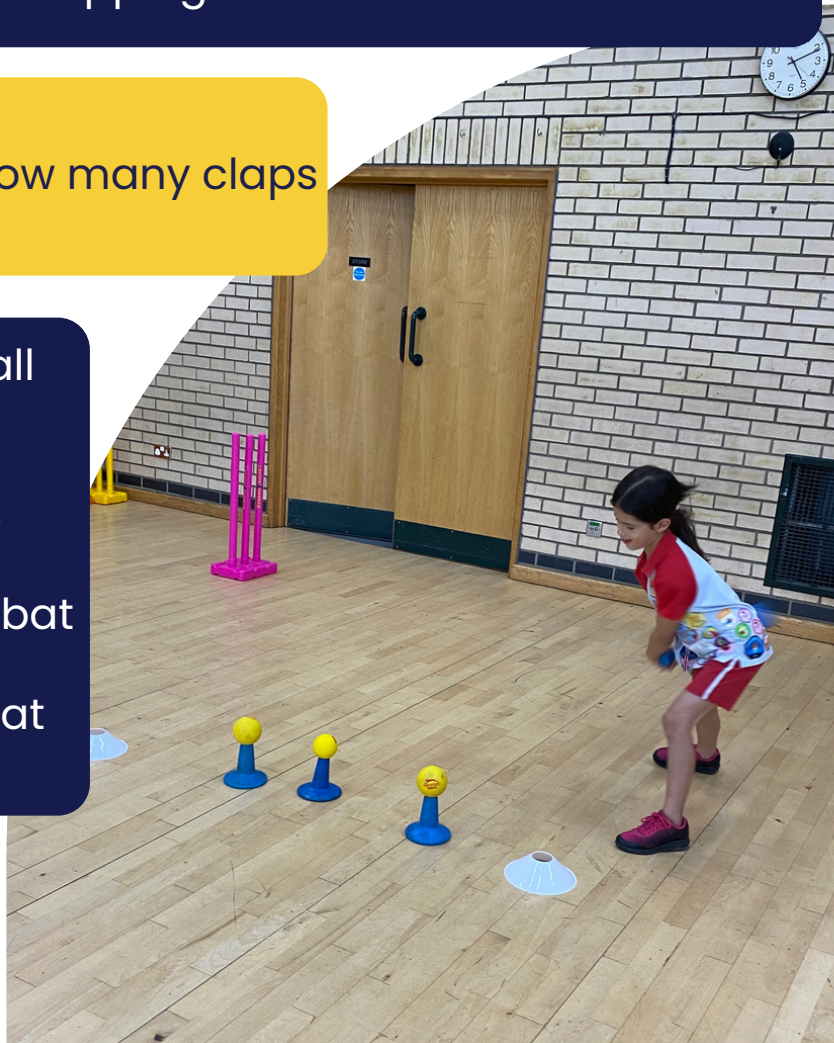
Catching 2:

Throw a ball as high as you can, how many claps can you do before you catch it?

How many times can you tap a ball on a bat?

- Rainbows, can you complete 3 bat taps?
- Brownies, can you complete 6 bat taps?
- Guides, can you complete 10 bat taps?

Play a game of 3 tees cricket
(Refer to leaders guide [page 9](#))



Fair Play

Come up with an encouraging cheer for the County Women's Team or your unit's cricket team.

Invite someone from your local girls Cricket Club or County set up to your unit meeting and come up with some questions about cricket and their career for them.

Create your own musical instruments out of recycled resources to cheer on your team at the cricket festival.

Discuss one of the following topics:

- Five role models from any walk of life
- Three female sports people (Can get in teams & see who can list the most in 2 minutes).
- Two everyday influencers (people from your family/school that inspire you to do something).

Have a look at the videos in the Leaders Guide ([page 11](#)) around Disability Cricket.

- Get some goggles and black them out using electrical tape leaving a tiny hole in the middle.
- Try catching a larger soft ball with these on.
- Then try catching a ball that makes a sound.
- Can you make your own ball that will make a noise? Can you adapt a game to play sitting in a chair?



About the Game

Learn the 9 umpire signals
(Refer to page 10)

- Wide
- No Ball
- Out
- 6
- 4
- Bye
- Leg Bye
- Short Run
- Dead Ball

Now use your new knowledge to play a game of Simon Says

Find out about the different types of disability teams including visually impaired, physical disability, learning disability and deaf.

Find out two for Rainbows, three for Brownies or four for Guides of the following:

- England Women's Captain
- Australia Women's Captain
- New Zealand Women's Captain
- South Africa Women's Captain
- India Women's Captain
- West Indies Women's Captain.

Find out:

- Who sponsors the England Women's Team?
- Three facts on any England Women's player
- Who are England Women playing this summer and where?
- Who are the Sunrisers Women's Cricket team?

Find out your nearest three girls/ women's cricket clubs.

What can you find out about your Counties Women's Cricket Team?



Health & Fitness

Cone Challenge (refer to [page 11](#))

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 on to the floor:

- Rainbows – 6 times
- Brownies – 10 times
- Guides – 20 times

How many sideways jumps can you do over a hurdle or cones in 30 seconds?

Cricketers need energy for games. Create your own smoothie. Make them if you can and see which taste the best.

Why do we need warm ups? Can you create your own using motions like throwing, catching, stopping a ball, hitting a ball, bowling a ball?

Come up with your own games/activities and run it for 2/3 minutes, for example:

- One that includes catching
- One that uses a bat and a ball
- One that includes jumping, hopping and skipping that includes a ball.

Create your own dance using the nine umpire signals.



Leaders Guide

What Next?

A great direction for this badge would be to end in a cricket festival. A cricket festival is usually a particular day or succession of days where people come together to enjoy cricket, some lovely food and summer sunshine!

You can contact ECiC ([page 17](#)) who will be willing to help advise on any aspect or even provide resources to help you in organising your festival.

Small Scale:

One unit has a festival evening which can be held at the unit meeting place or at a local cricket club. Four teams could all play each other at Three Tees with two pitches and everyone paying each other once. Scores could be based on three points for a win, two for a draw, one for a loss. To include other aspects of the challenge, girls can design their own shirts or a sandwich to wear to identify the different teams. They can make musical instruments and cheers to support their team. A cricket tea could be planned and prepared for after the games.

Medium Scale:

An afternoon/evening playing some other local units of the same section. You could do all the things mentioned in the small scale event but there could also be a separate cheer competition supporting their units.

Large Scale:

A day that may start with the Brownies helping the Rainbows through their games, then the Guides helping the Brownies. The Senior Section may help run the day as a whole as well as the guides' games. Again, other aspects of the challenge could be included in the festival with cake and food stalls, as well as side games being included in the day.

It may be that at events not all girls want to play so they can participate in the side events (supporting, providing food, running music or different games) or help run the Three Tees games if they like.



Join Girlguiding Leaders Cricket Facebook Group to keep up to date with festivals/updates/offers from ECiC - [click here to join the group](#) 



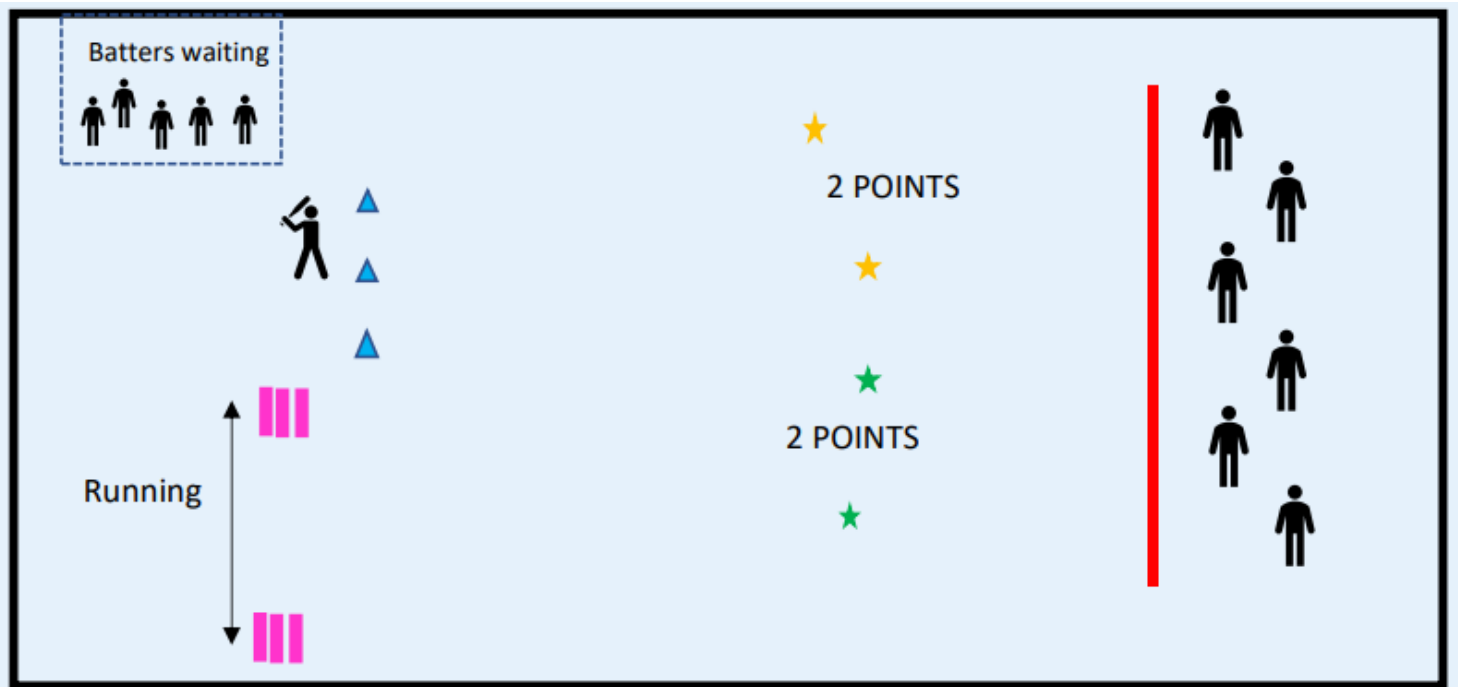
Leaders Guide

Arts & Crafts: Tshirt Design Ideas



Leaders Guide

Cricket Skills: 3 Tees



EQUIPMENT

- 3 batting tees (or cones can be used, or could hit the balls off the floor)
- 2 sets of stumps (can use anything as markers to run between)
- 3 balls
- 1 cricket bat
- Cones
- Safety line – rope, cones etc

HOW TO PLAY

- The first batter has to hit the 3 balls straight as hard/light as they like whilst the fielders are frozen
- If the batter hits the ball through one of the scoring zones, they receive a bonus 2 runs
- As soon as all 3 have been hit, the batter runs around the stumps as quick as they can
- The fielders have to collect all of the balls and tees and return them to where they started. They then run back to their line and shout STOP
- When all batters have had a go, the teams switch over.
- The team with the most runs win

Here are some other fun cricket skills challenges to try: [Youtube](#) ➡

Leaders Guide

About the Game: Umpire Signals

FOUR



SIX



LEG BYE



OUT



WIDE



BYE



NO BALL



SHORT RUN



DEADBALL



Leaders Guide

Fair Play: Disability Cricket

To inform yourself and your unit, take a look at these videos about disability cricket:

 [Disability Cricket Tournament](#)

 [A Guide to Visually Impaired Cricket](#)

 [Essex Cricket Diversity Training Event](#)

Health & Fitness Activities

Cone Challenge



Sideways Jumps



CRICKET

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For Rainbows



It all starts with... **ALL STARS CRICKET**

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All Stars Cricket is the best first experience for all **5-8 year-olds**

Participants receive a **personalised kit bag** including bat, ball and t-shirt!

Sign up today at allstarscricket.co.uk



For Brownies



DYNAMOS CRICKET

This is our game.

Calling all **8-11 year-olds!**

Sign up today, at dynamicscricket.co.uk

For Guides, Rangers & Leaders



WOMEN'S SOFT BALL CRICKET FESTIVAL

IT'S GOING TO BE EXPECTACULAR

FRIENDLY MATCHES • COACHING • LAUGHS • BATS • MUSIC

Aged 14+

There are lots of women's softball cricket teams in Essex

Contact: Natalie@essexcricket.org.uk




WATCH CRICKET



England



Sunrisers

Get tickets to watch women's cricket at the Cloud County Ground in Chelmsford by clicking [here](#) 

Badge ORDER FORM

Unit Name:

County: Leader's Name:

Address badges should be sent:

Postcode:

Phone or email in case of queries:

Number of badges required at £1.00 each:

Please add postage for the number of badges you order:

1 – 12 : £1.05

13–60 : £2

61–150 : £2.70

150+ : £3.40

Please send this form with your cheque to:

Smashing Boundaries – Cricket Challenge
Girlguiding Essex North East
Unit 7 Unit, Park Farm House
Kelvedon Rd, Inworth
Colchester CO5 9SH



All profits will go to Girlguiding Essex North East. Registered Charity No. 1050688.
Girlguiding Essex North East is an operating name of the North East Essex Girl Guides.



CONTACT



ECIC



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Please share your pictures with us on social media



@GirlguidingEssexNorthEastCounty
 @EssexCCB @GirlguidingENE



@essexcricketcommunity @girlguidingessexne

#SmashingBoundaries

#FlyLikeAnEagle