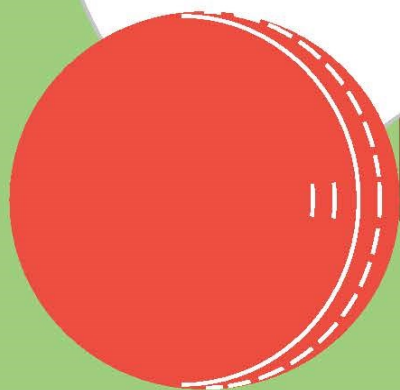


Girlguiding Essex North East County Cricket Challenge

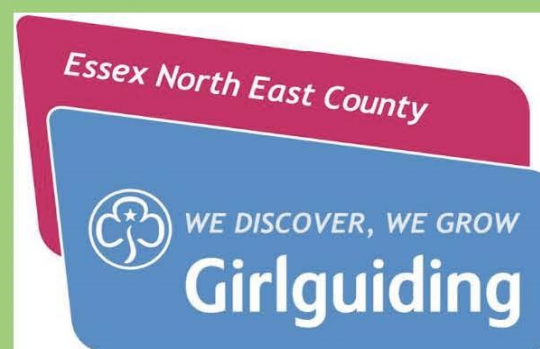


**SMASHING
BOUNDARIES**



In partnership with:

Essex  **Cricket**



Contents

- 1 Introduction
- 2 Arts and Crafts
- 3 Cricket Skills
- 4 Fair Play
- 5 Health and Fitness
- 6 About the Game
- 7 — 11 Leader's Guide
- 12 T Shirt Template
- 13 Medal Template
- 14 Umpiring Skills Worksheet
- 15 Badge Order Form

Please share your photos and stories with us on social media using the hashtag #wearesmashingboundaries, remembering permissions before sharing.

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, Health and Fitness, and About the Game.

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 on page 7.

Have fun

Girlguiding Essex North East

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, should you wish to contact a Cricket Board closer to you, please email natalie@essexcricket.org.uk

Essex Cricket

Arts & Crafts

Refer to The Leader's Guide - Page 8



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



Make and decorate some cricket themed cakes or biscuits.



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



Design a cricket shirt / kit that best represents your unit (template on page 12):

- 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.



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



Cricket Skills

Refer to The Leader's Guide - Page 9



Catching 1:

- With a partner, throw a tennis 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 (trick is for the person starting with two balls to switch the second ball to their throwing hand immediately after throwing the first and catch the ball with their non-throwing hand) - can you and your partner both have two balls and manage to throw and catch them all (use the same hint as above).



Catching 2:

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



Batting 1:

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?



Batting 2:

- Dribble a ball using a bat through an obstacle course you have designed.
- Try taking turns to lead a blindfolded player through the course using only words.



Games:

- Play a game of 3 Tees Cricket (Refer to Leader's Guide- page 9).
- Set up and explain the game to your group.

Fair Play

Refer to The Leader's Guide - Page 10



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.



Make a trophy for your age group for the Best Team Member for your cricket festival. This could be a cake, a flag or flower arrangement as well as an actual trophy made of recycled materials. There is a medal template available on page 13.



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 (music/film/sports)
- Three female sports people (can start discussions with two teams..., who can list most female sports players/athletes in two minutes)
- Two everyday influencers (people from your family/school that inspire you to do something).



Have a look at the youtube videos in the Leaders Guide (page 10) 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?



Discuss why sponsorship may differ between men and women.

TOTAL	123
WKTS	4
OVERS	56
1st INNS	789

Health & Fitness

Refer to The Leader's Guide - Page 10



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 on to the floor:

- Rainbows - two times
- Brownies - five times
- Guides - eight times.



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



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

- a) One that includes catching
- b) One that uses a bat and a ball (maybe an obstacle race/relay)
- c) One that includes jumping, hopping and skipping that includes a ball.



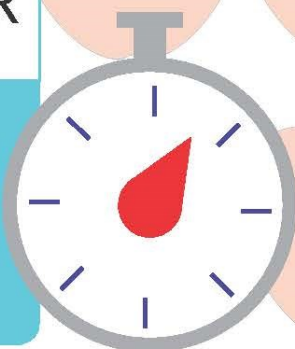
Cricketers need energy for games. Create your own smoothie. Make them if you can and see which taste the best.



Create your own warm up / dance using the nine umpire signals.



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?



About the Game

Refer to The Leader's Guide - Page 11



Learn these nine umpiring signals:

- 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 or draw them on the worksheet provided on page 14.



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

Leaders may need some preparation for the following research tasks:



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:

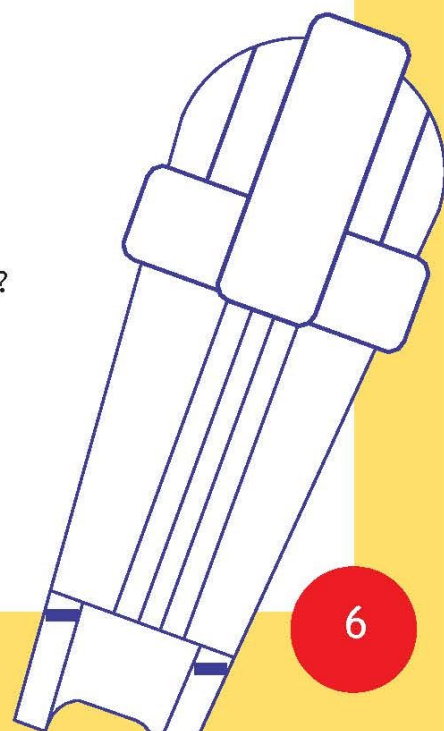
- Who sponsors the England Women's Team?
- Three facts on the England Women's Captain
- Three facts on any current England Women's player
- Who are England Women playing this summer and where?

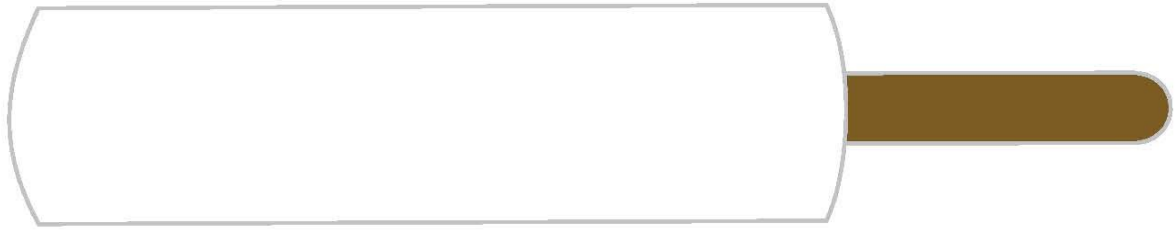


Find out your nearest three girls/women's cricket clubs.



What division does your County's Women's Team play in?





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 your local County Cricket Board who may be willing to help advise on any aspect or even provide resources to help you in organising your festival. Information on who to contact can be found at the back of this pack.

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 playing 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 sash 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.

Please share your photos and stories with us on social media using the hashtag #wearesmashingboundaries, remembering permissions before sharing.



Here is some help with each of the sections including videos, examples and templates:

Arts & Crafts

Examples of kits and mascot t shirts:

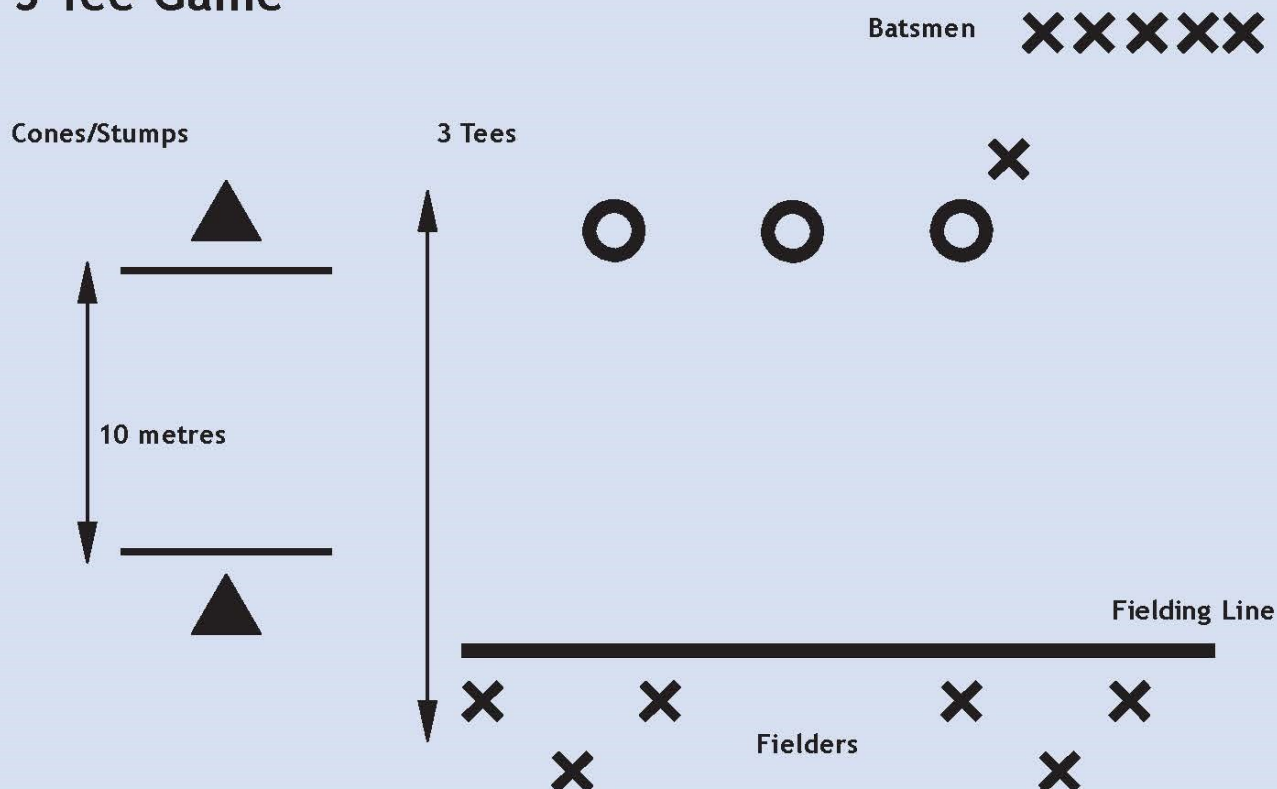


Try looking at 'T20', "The Hundred" or 'IPL' t-shirts for inspiration! For a tshirt template, go to page 12.

Cricket Skills

For guidance on how to play 3 Tees Cricket, watch this video:
<https://www.youtube.com/watch?v=X0PEG8xgRaM>

3 Tee Game



Batting Side

- Batsmen line up in 'pavilion' in order of bat
- First batsman comes out and hits the three balls off the 3 'tees'
- Batsman runs between the cones/stumps until all 3 balls are replaced on the 3 'tees' and the fielders have returned to the 'fielding line'
- One run is awarded for each run between the stumps
- Next batsman follows until everyone has batted

Fielding Side

- Fielders line up behind the 'fielding line'
- Fielders cannot move until all three balls have been hit
- Once the batsman has hit all three balls, the fielders retrieve the balls and replace them on the 'tees' and return to the 'fielding line' to stop the batsman from scoring.

Fair Play

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

<https://youtu.be/WEE7LRZoTNw>

<https://youtu.be/MuHC0ucUdXw>

<https://youtu.be/aSIQzUFBvGg>

For a medal template, go to page 13

Health and Fitness

Here are some images to demonstrate some of the challenges in the Health and Fitness section:

Cone Challenge



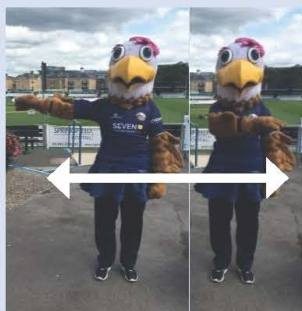
Sideways Jumps



About the Game

Umpiring Signals:

FOUR



SIX



LEG BYE



OUT



WIDE



BYE



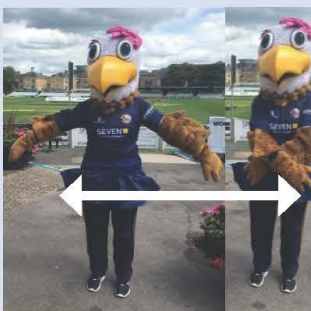
NO BALL



SHORT RUN

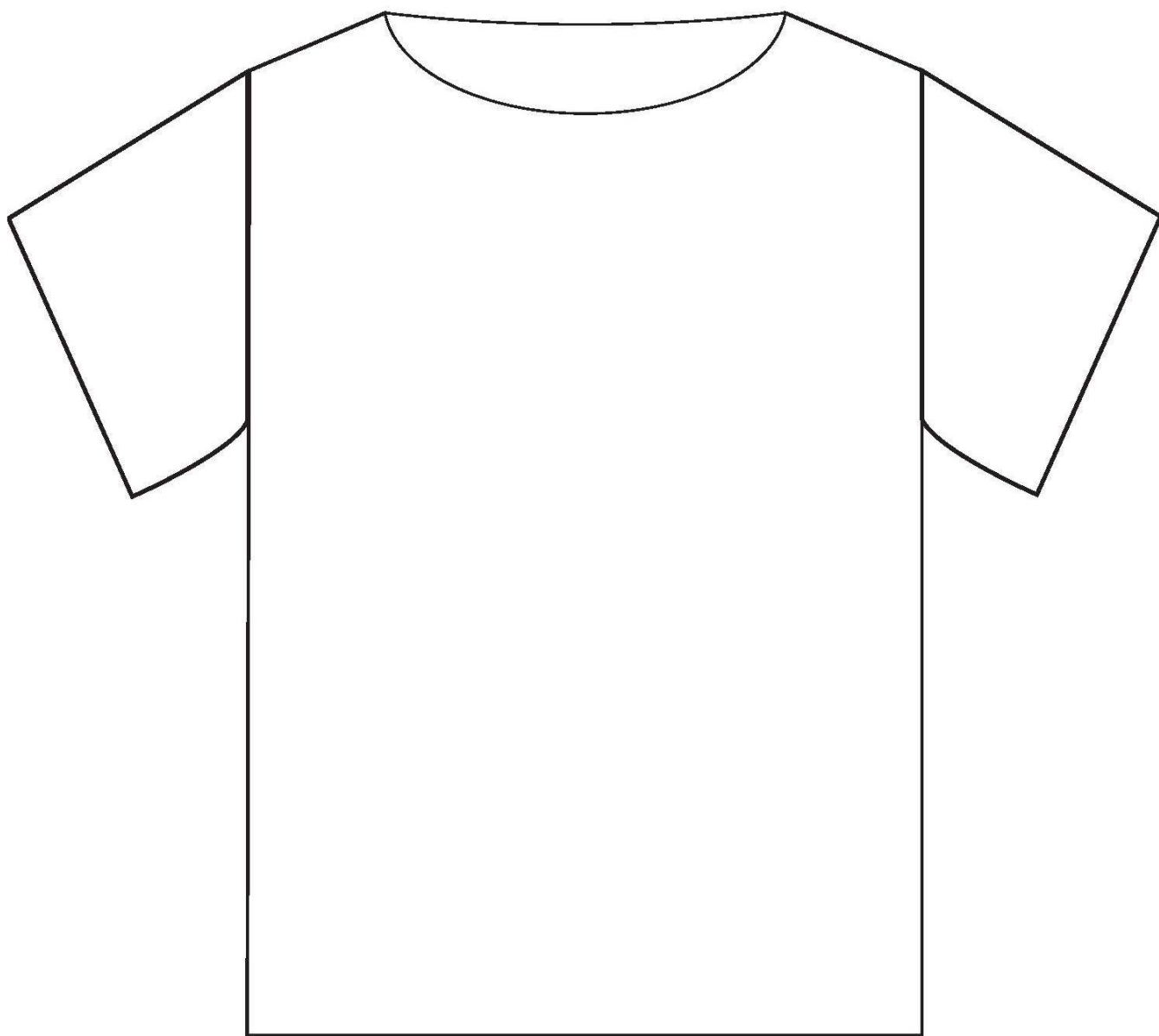


DEADBALL

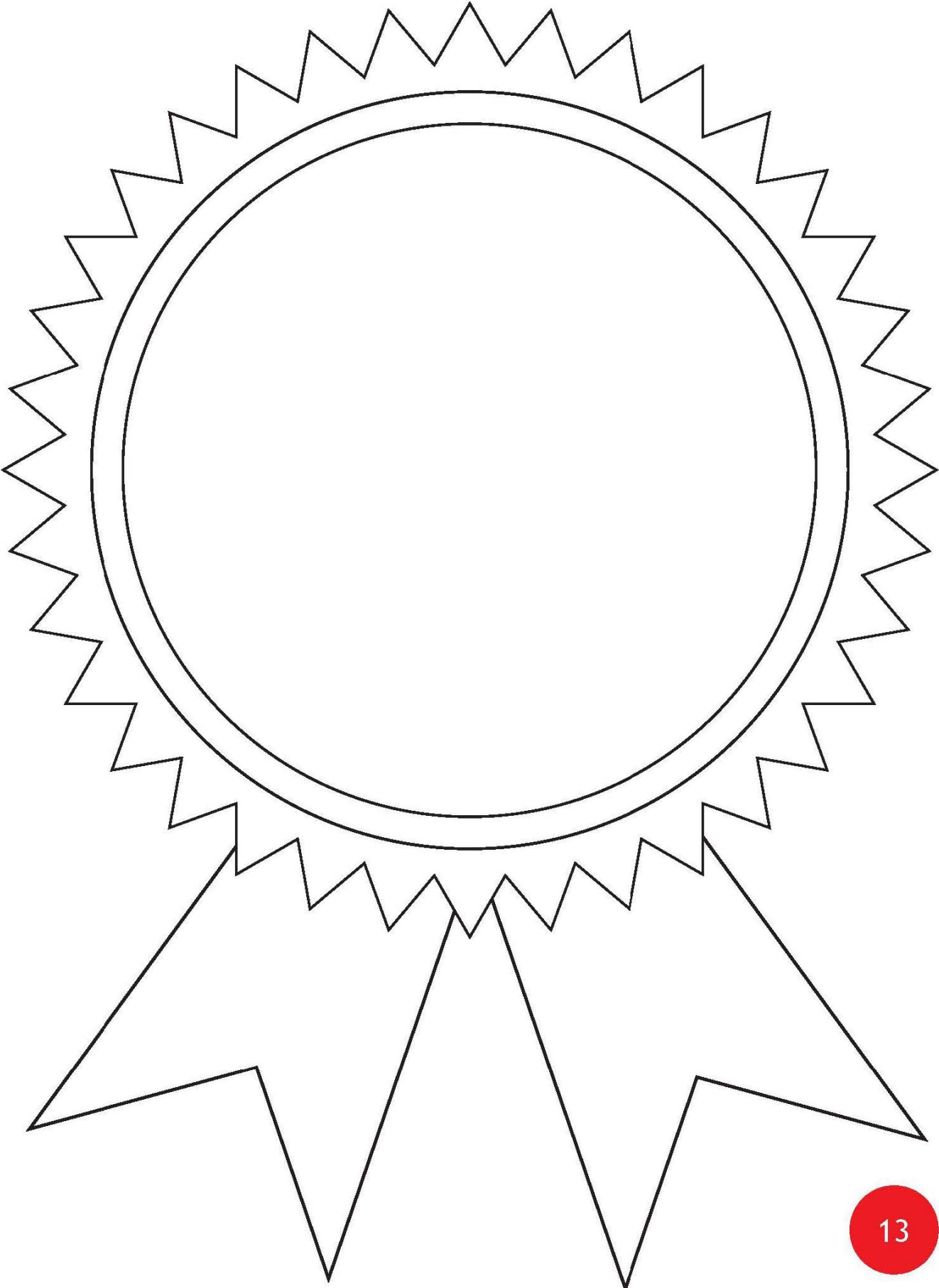


For the umpiring skills worksheet, got to page 14.

T Shirt Template



Medal Template



Umpiring Skills Worksheet

Using your knowledge of umpiring skills, draw what the umpire does for the following signals. You can draw simple stick men.

FOUR	SIX	OUT
WIDE	NO BALL	SHORT RUN
LEG BYE	BYE	DEAD BALL

Badge Order Form



Unit Name:

County:

Leader's Name:

Address where the 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 – 3 57p

4 – 20 90p

21 - 49 £1.19

50 - 100 £1.66

101+ £3.52

Total amount enclosed: £

Please make your cheque payable to “Girlguiding Essex North East”

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.**

