

★ ACTIVITY / SUPER BOWL RELAY

FOCUS:

BOWLING, RUN UP, ACCURACY

EQUIPMENT:

BALL, CONE, STUMPS PER GROUP



DESCRIPTION:

- ▶ Split participants into groups of three or four
- ▶ Each team has a bowler and a keeper, with remaining members waiting to bowl
- ▶ A set of stumps per team are set out in a straight line 3 yards apart.
- ▶ The bowling crease is marked out by cones, 12-14 yards opposite each set of stumps.
- ▶ The person at the front of the line of bowlers attempts to bowl hitting the stumps.
- ▶ The wicketkeeper fields the ball and runs it back to the next person in line waiting to bowl, and then joins the back of the bowling line
- ▶ The person who just bowled runs down and becomes the wicketkeeper.
- ▶ The first team to hit the stumps 10 times yells out 'Howzat'.

MAKE IT EASIER:

- ▶ Decrease the length of the pitch.
- ▶ Use two sets of stumps (or more) side by side to make the target bigger.

MAKE IT HARDER:

- ▶ Increase the length of the pitch
- ▶ Upon striking the stumps, remove one wicket. First team to remove all wickets is the winner.

