

Super 1s

**STAYING ACTIVE
AT HOME PACK**

WEEK 3

 **Berkeley**
Foundation

Supported by players of



Awarded funds from



LORD'S TAVERNERS
Giving young people a sporting chance

Parent/Guardian/Carer/Support Worker notes

During these uncertain times, we have created a Super 1s cricket survival pack!

We hope these activities will keep our super Super 1s participants busy, active and enthused about cricket during these long days!

We will release a new challenge or task each week for you to enjoy at home and for those of you who complete every challenge, you will receive a certificate congratulating you for all the work you've done during this period.

Once you've completed each challenge please send your entries to contact@lordstaverners.org and feel free to share photos or videos of your tasks on social media while tagging the Lord's Taverners.

If you have any questions about the challenges, get in touch with Mark Bond, Super 1s Programme Manager via email: mark.bond@lordstaverners.org

Good luck!

Lord's Taverners Social Media channels

Facebook – facebook.com/thelordstaverners

Twitter - twitter.com/lordstaverners (@LordsTaverners)

Instagram - instagram.com/lordstaverners (@lordstaverners)

CHALLENGE 3

ABOUT CRICKET



Learn the umpire signals (wide, no ball, out, 4, 6, bye, leg bye, one short, dead ball) in the appendix at the end of this booklet:

- How many can you remember?
- Test other people in your family.



Find out about the various England disability cricket teams and make a record of what you discover (visit www.ecb.co.uk/england/disability to help!):

- What disability specific teams are there?
- Can you name three players?



Find out about your nearest County Cricket Club and write down what you find out (visit www.ecb.co.uk/county-championship, www.ecb.co.uk/t20-blast and www.ecb.co.uk/one-day-cup to help!):

- How many teams does the County have?
- Who is the captain of the team(s)?
- Do any of the players also play for England?

CHALLENGE 3

ABOUT CRICKET



Have you taken up any new challenges or activities during this time at home? If so what?

(cooking, painting, online keep fit classes...)



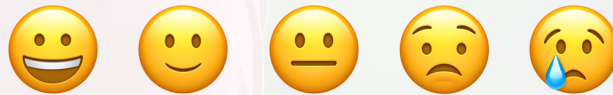
Has being part of Super 1s helped you try new things?

Circle the face that best describes how you feel.



Has being part of Super 1s helped you feel you can achieve things you didn't think you could before?

Circle the face that best describes how you feel.



Has being part of Super 1s helped you to feel more independent?

Circle the face that best describes how you feel.

