**Instructions**

**When they hear one clap from the leader (you), tell them this means they should stand up.**

**When they hear two claps from the leader, they pat their head.**

**When they hear three claps, they should rub their belly.**

**When they hear four claps, they should do a 360-degree turn on the spot.**

**Begin the activity! Start slowly, with one clap, then two claps, and so on until you have given the group each instruction once.**

**Now, mix it up! Switch between the different instructions and begin to pick up the pace.**

**Activity**

**Game**

**Clap and follow**

**Objectives**

**To teach listening and looking is an important part of communication and an important part of cricket!. You have to listen to and look at the coach to know what to do.**

**Resources**

**Write the clapping instructions on the board to make it easier to remember the moves.**

**Key words**

**Communicate**

**Listen**

**Look**

**Recap/Round up**

**During the cricket session, highlight good communication, especially body, facial exressions and gestures.**

**It is important to communicate when you are in a team.**

**You can use your body to communicate without words**