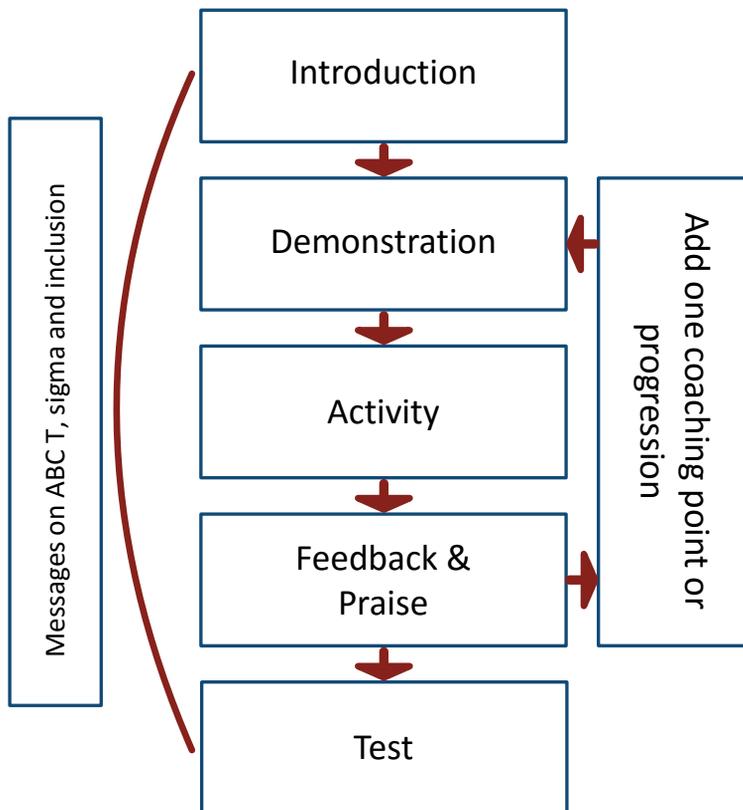


Cricket Without Boundaries uses play and games to educate and empower communities to tackle the most pertinent challenges they face.

We focus on fun, inclusion and respect for others throughout everything we do.

These cards cover simple games and explain how learning can be integrated into them.

THE COACHING METHOD MODEL



Integrated Learning

Part of CWB's health and social messaging is delivered through Integrated Learning. These activities foster discussion and learning between participants and help CWB learn more about our participants.

The key to these activities is that while they involve writing and group discussion, the work our participants produce goes on to be used within the games we play.



TIME

Typically how long the game takes.

EQUIPMENT

The equipment needed. Don't be afraid to make substitutions!

ACTIVITY

An overview of the activity. Adapt depending on the space and players.

MESSAGE

This is what the overall message is that can be linked to the game.

Relays

This activity is a fun warm-up and introduces all the different skills of cricket.

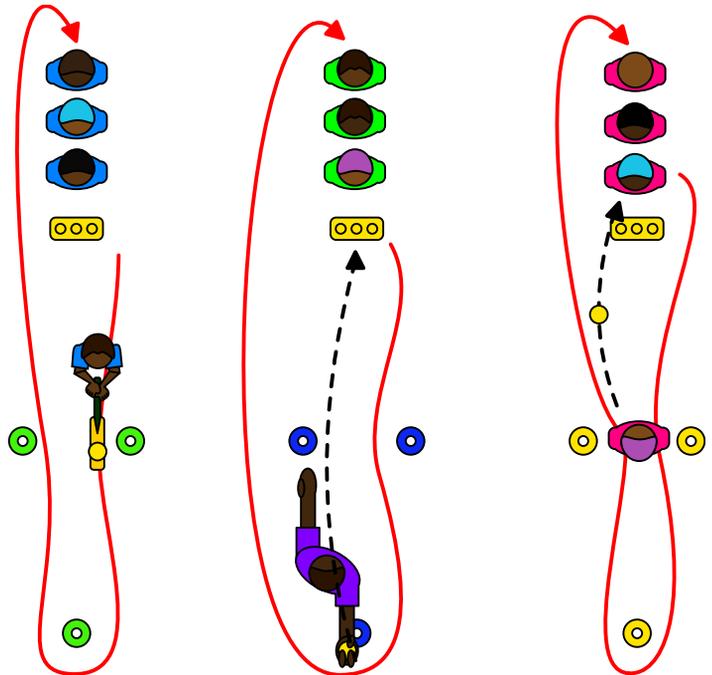
Divide the group into as many teams as you have sets of stumps.

Teams run through a range of exercises, with each person completing the exercise and then joining the back of the line.

Example of activities include:

- Running races
- Hopping/jumping races
- Running + a dance move
- Running + throwing ball to self
- Rolling the ball to team
- Underarm throws to team
- Overarm throws to team
- Bowling to team
- Balancing ball on bat
- Tapping ball on bat
- Dribbling ball hockey-style

Make it competitive, fastest team to complete task wins.



Integrated Learning

Set questions that the teams have to work together to answer. Move the end cone closer for teams that get the correct answer.

Have a whiteboard at the end cone, as players run out they must write a word based on a theme (eg cricket skills).

TIME

EQUIPMENT

ACTIVITY

MESSAGE

15-20 mins

8+ sets of stumps
3 cones per set
1 ball per set
1 bat per set

This is a warm-up using races and including lots of cricket skills.

This game test all our cricket skills, like we should test for HIV.

Rapid Fire

This game helps to build collaboration and communication skills in the fielding team.

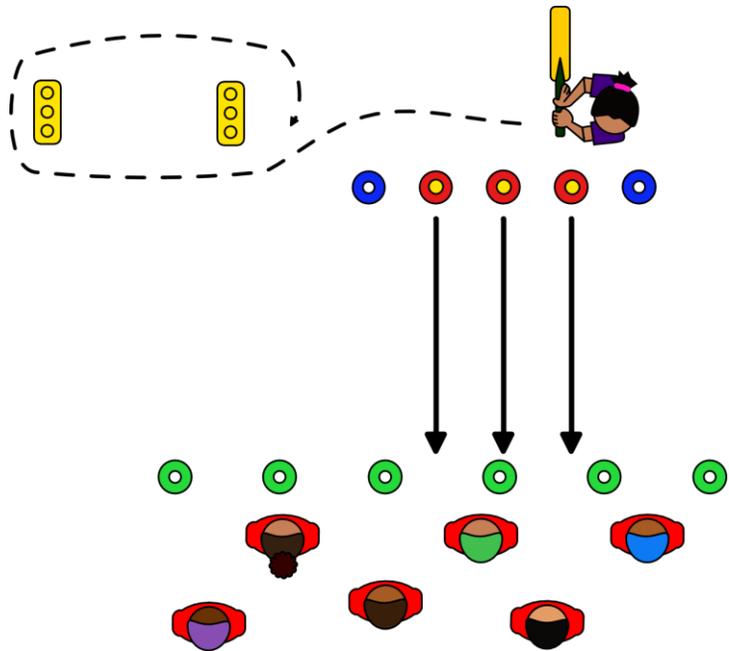
Divide the group into two teams, and select one to bat first and one to field first.

Batters bat one at a time. The batter strikes three balls off the cones in quick succession towards the fielding line, and then begins to run around the stumps, counting the number of runs (loops) they make.

The fielders work together to return the balls and cones to their original position.

The batter must stop running when all the balls and cones are in their original position.

Once every batter in the team has had one go the teams exchange and the fielding team try to score more runs than the first team.



Integrated Learning

Write the words Abstain, Be Faithful, Condom on the 3 batting cones, and A, B, C on the tennis balls. The fielding team must match the letter on the ball to the right cone.

Waiting batters can use whiteboards to answer question such as "what makes a good team"

TIME

20-30 min

EQUIPMENT

2 sets of stumps
1 bat
10 cones
3 balls

ACTIVITY

This is a batting and fielding game that develops teamwork.

MESSAGE

Communicate with your teammates to succeed.

Mythbusters

This game is about busting myths about HIV and gender stereotypes.

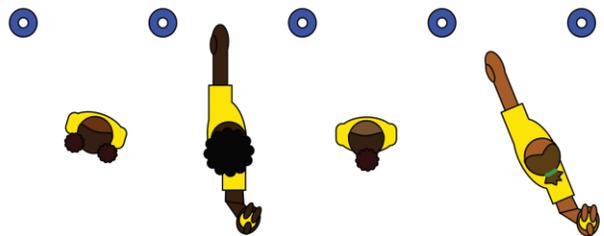
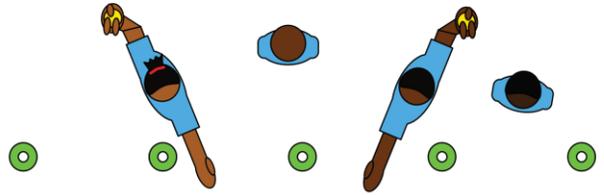
Divide the group into two teams, one behind each line of cones.

Each team is given 3-4 tennis balls. Explain that players must not cross the line of cones, to protect themselves.

Fielders throw tennis balls at the stumps, aiming to hit/knock them over. They should share opportunities to throw between their teammates.

The coach removes stumps as they are hit, collecting them on the side of the team that hit them.

Once all stumps have been hit, add up the number of stumps per team – the team with the most stumps wins.



Integrated Learning

Use the CWB myths/facts cards, and encourage players to read out and vote on if statements are true or false.

For older groups, use white boards to get players to think of their own myths about HIV and gender.

TIME

15-20 mins

EQUIPMENT

3-4 sets of stumps
3-4 myth cards
10 cones
6-8 balls

ACTIVITY

This is a throwing game where teams aim to knock down myths.

MESSAGE

Busting myths helps to end stigma and discrimination.

Team Targets

This game is about working together to achieve our targets.

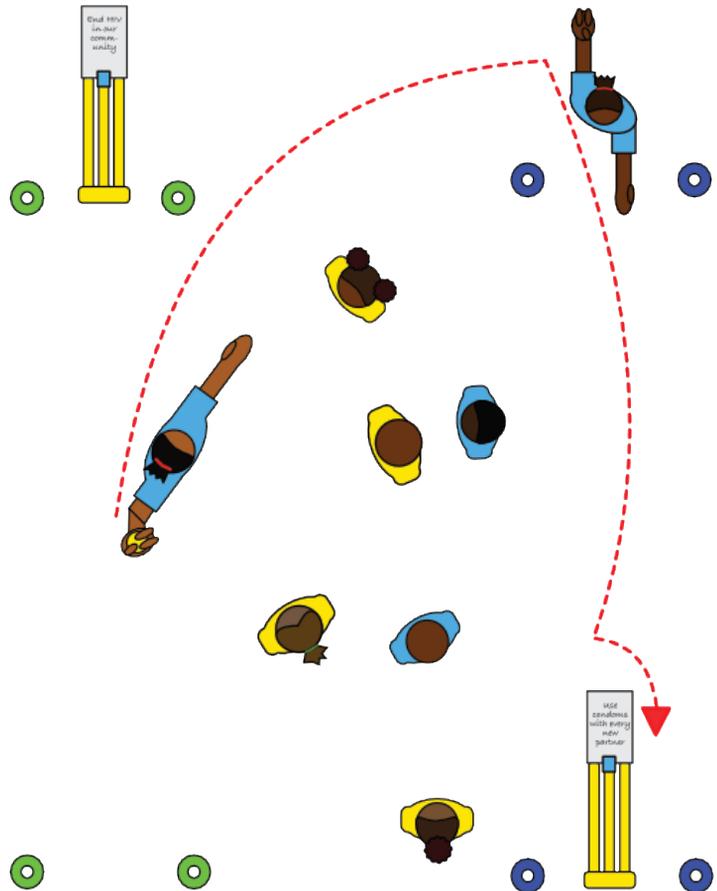
Divide the group into two teams.

Assign each team a target. Teams must complete a task before an attempt on goal, e.g. pass the ball to every team member, complete 5 passes, catch 1-handed.

The coach should be creative and change this task frequently to keep the game interesting.

The defending team tries to intercept the ball, but cannot touch the members of the other team. If the ball is dropped it passes to the other team.

Teams score a goal by empowering a teammate with the ball at the bowling line, who then bowls at the target. The other team cannot intercept the attempt on goal.



Integrated Learning

Players decide on their team targets: for a strong community, for ending HIV/FGM, for promoting gender equality, for good teamwork.

TIME

15 mins

EQUIPMENT

2 sets of stumps
1 ball
8 cones

ACTIVITY

This is a fielding and bowling game similar to netball/football.

MESSAGE

This game is about including everyone to achieve a goal.

Target bowling

This game is about aiming for a target, and bowling accurately to hit the target.

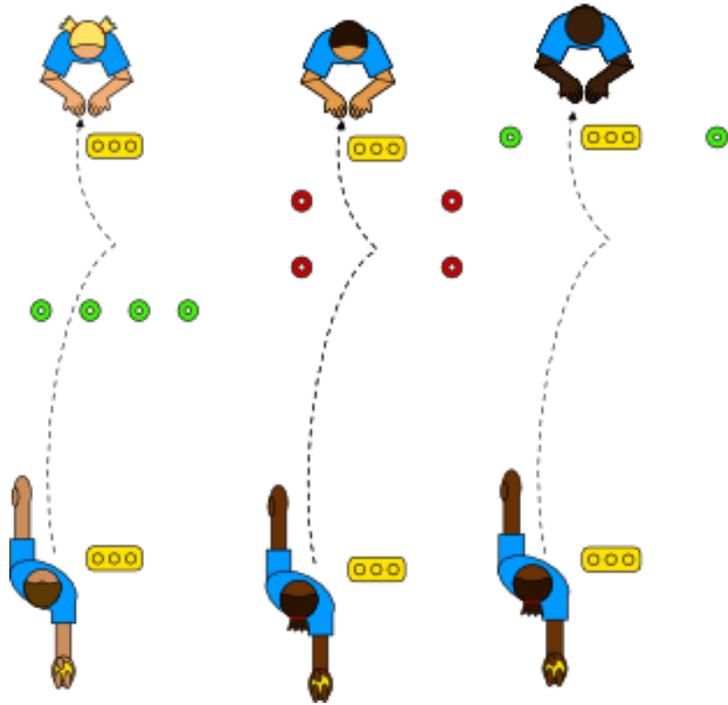
Divide the group into groups, based on the number of stumps sets you have.

Bowlers bowl towards the target with a straight arm (**abstain** from bending the arm).

For beginners: start sideways on in a T position, and lean back slightly before launching the ball towards the target.

Bowlers aim to hit the stumps. Cones can add targets, e.g. the ball bounces for the first time between the cones & the stumps, the ball bounces in the box, the ball passes inside the cones.

Make it competitive: score points for hitting target areas, bonus points for hitting the stumps or bowling with a straight arm.



Integrated Learning

Use whiteboards to identify targets to bowl towards, for example: future jobs, ending HIV/FGM, promoting gender equality.

TIME

15-20 mins

EQUIPMENT

4+ sets of stumps
1 ball per set
4-6 cones per set

ACTIVITY

This is a bowling game that rewards accuracy and a straight arm.

MESSAGE

To achieve our targets we must aim/be focused.

CRICKET without BOUNDARIES

Cricket baseball

This game is a more advanced version of rapid-fire and builds on communication skills and teamwork.

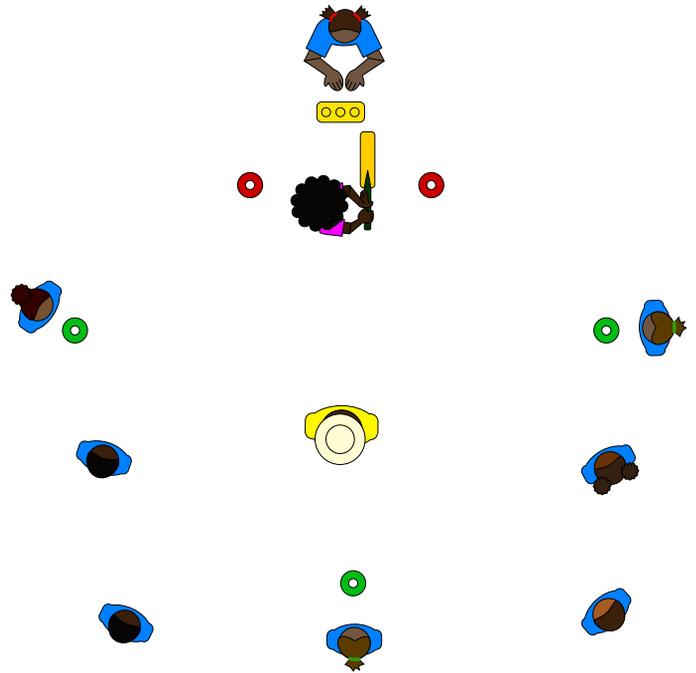
Divide the group into two teams, and select one to bat first and one to field first.

Batters bat one at a time. The batter strikes three balls fed underarm by the coach, and then begins to run around the cones and stumps, counting the number of runs they make, one per cone passed, 4 if they go all the way around the cones and the stumps.

The fielders work together to get each of the 3 balls onto the 3 cones.

The batter must stop running when all the balls are on cones.

Once every batter in the team has had one go the teams exchange and the fielding team try to score more runs than the first team.



Integrated Learning

Write the words Abstain, Be Faithful, Condom on the 3 batting cones, and A, B, C on the tennis balls. The fielding team must match the letter on the ball to the right cone.

Waiting batters can use whiteboards to answer question such as "what makes a good team"

TIME

EQUIPMENT

ACTIVITY

MESSAGE

20-30 mins

1 sets of stumps
1 bat
3 cones
3 balls

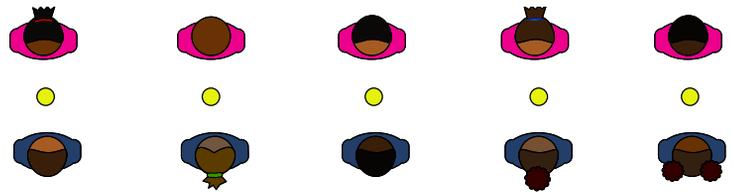
This is a batting and fielding game that develops teamwork.

Communicate with your teammates to succeed.

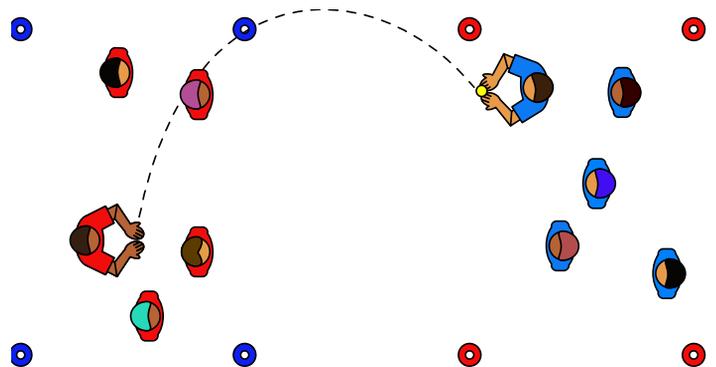
Tennis ball games

These are some examples of simple, small tennis-ball based games.

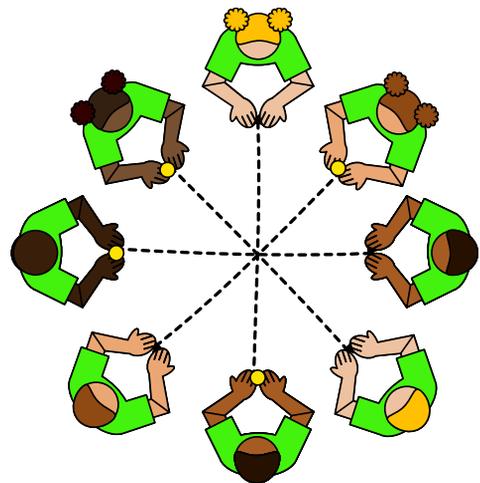
Head Shoulders Knees Ball: Stand in pairs opposite each other with a tennis ball between. Coach calls out commands/body parts to touch, on “ball” players race to grab the ball.



Catching Tennis: Split into two teams. Each team defends a box (act as condoms). Teams throw the ball underarm over a barrier (e.g. goal crossbar) and aim to land it in the oppositions box, which scores a point. Missing the box scores the opposition team a point.



Distraction Catching: In a circle, divide into pairs. Pairs throw the ball to their partner across the circle, avoiding the distractions (be faithful to one partner). Add challenges such as switching with your partner after 5 catches.



TIME

EQUIPMENT

ACTIVITY

MESSAGE

5-15 mins

8 cones
Tennis balls

Catching games can be made harder with challenges such as catching 1 handed.

Be faithful to the rules. Protect yourself by catching safely.