



ACTIVITY BOOKLET

THIS BOOK BELONGS TO

NAME:



WELCOME TO



ALL STARS
cricket

Welcome to All Stars Cricket!

This activity booklet will help you learn all the skills you need to play cricket and will make sure you have loads of fun along the way! There will be lots of catching, bowling, running and throwing, and most importantly, loads of batting!

All you need to take part is a bat and a ball, and if you don't have one, don't worry, you can make your own! Try rolling up a magazine or newspaper for a bat and using a rolled-up pair of socks for a ball.

You'll also find some quizzes and an introduction to some of the heroes currently playing in the England men's and women's teams. Keep practicing and you might be even better than them one day!

Make sure you ask your grown-ups to go to the website allstarscricket.co.uk/parents to check out the details of your garden games challenges!

Get Your Grown Ups Involved with All Stars!

Your grown-ups can get involved in All Stars Cricket too! Encourage them to join in with the skills challenges, and if they do take part why not design them a badge too! It doesn't matter if they've never played before, they can learn along with you!



CWC19 SPECIAL

REVISITING THE ICC MEN'S CRICKET WORLD CUP 2019



On 14th July 2019, England beat New Zealand in the ICC Men's Cricket World Cup Final at Lord's, watched by a whopping 8 million on television. It was an incredible match with England winning in a 'Super Over' after the match was tied. New Zealand batted first and scored 241 runs. Henry Nicholls was top scorer for New Zealand with 55 runs.



England's top wicket takers were Liam Plunkett and Chris Woakes who both got 3 wickets. Then it was England's turn to bat. They got to the final over and needed 15 runs to win. This then turned into 2 runs to win off the final ball.

Ben Stokes got 1 run and the game was tied. Ben Stokes was the top scorer with 84 runs and Jos Buttler got 59. Lockie Ferguson and Jimmy Neesham were the top New Zealand bowlers with 3 wickets each.

It was Super Over time! England had 6 balls to get as many as they could. Ben Stokes and Jos Buttler managed 15 runs between them. It was then over to Jofra Archer who had the pressure of bowling the super over for England.

New Zealand got so close but Jason Roy ran out Martin Guptill on the last ball to mean New Zealand finished on 15 runs too, but England won by the barest of margins due to hitting more boundaries. Crazy! England captain Eoin Morgan lifted the trophy and the players celebrated - their dreams had come true!

HEALTH TIPS

EAT LIKE A WORLD CUP WINNER

All top players need to practice their batting, bowling and fielding skills, but they also need to make sure that they eat healthily.

Here are some healthy recipes from three England World Cup

winner – **Jofra Archer, Anya Shrubsole** and **Ben Stokes**.

Why not ask a grown up if you can follow the recipe and try them out for yourself? You too might end up a World Cup winner one day!

ANYA'S FRUITY PANCAKES

INGREDIENTS:

- 1 egg
- 175g Greek yoghurt
- 75g Whole wheat flour
- 50ml milk
- 1tsp Baking Powder

METHOD

Combine the Greek yogurt and egg until it's creamy. In a separate bowl, combine the flour and baking powder.

Mix the wet with the dry and stir until the batter is just combined. Add the milk and the let the batter rest for 10 minutes. Spoon 1 dessert spoon per pancake in a pan with a drizzle of oil. Cook until brown on each side. Add a handful blueberries and strawberries or any other fruit and a drizzle of honey. Yummy! Makes 8 pancakes



JOFRA'S CHICKEN & CHORIZO PAELLA

INGREDIENTS:

- 1 tsp garlic powder (or fresh)
- 1 onion chopped
- ½ a bunch of fresh curly parsley, (15g)
- 100g chorizo
- 2 chicken breasts diced into 8-10 cubes
- Rapeseed oil
- 1 tbsp smoked paprika
- Small tin/jar roasted peppers (~300g) chopped
- 1 tablespoon tomato purée
- 1 chicken stock cube with 900ml hot water
- 300g paella rice
- 200 g frozen peas
- 200g of frozen peas
- Salt & Pepper

METHOD:

Drizzle some rapeseed oil in a warm pan

Add the diced onion and chorizo. Cook for approx. 5 minutes until the onions tenderise and the chorizo caramelises

Add the diced chicken and cook for a further 5-10 minutes. Add the tomato puree, paprika and garlic powder and cook for a further couple of minutes

Add 2/3 of the stock and bring to a simmer. 5 minutes later add the rice and cook until the rice is slightly under al dente. Stirring on occasion

Then add the peppers, the rest of the stock and adjust the seasoning before adding the peas last minute

Add parsley to finish when serving



BEN'S CRISPY CHICKEN WRAPS

INGREDIENTS:

- 50g plain wholemeal flour
- 1 large chicken breast
- 4 slices of bread blitzed
- 1 large egg beaten

Yoghurt Dressing

- 2 tbsp greek yoghurt
- Diced cucumber
- Chopped coriander
- Chopped mint
- Quarter of a lime juice

METHOD:

Preheat the oven to 180°C. Slice the chicken into thin strips. Put the bread in a food processor and blitz to make breadcrumbs. Then prepare your 3 bowls in this order - 1. flour 2. egg 3. breadcrumbs.

Take a chicken strip, dip it in the flour, then egg and then breadcrumbs. Shake off the excess breadcrumbs before placing on the baking tray. When all the chicken is prepared, cook for 7 minutes in the oven before turning the chicken over and cooking for a further 7 minutes.

Meanwhile warm your wraps, prepare your salad (lettuce, tomato, and cucumber diced) and yoghurt dressing.

Once your chicken is cooked, place a wrap on a plate, add the dressing, salad and chicken and then wrap!



CATCHING

Keep your eye on the ball!

It's time to get your first badge - catching! Catching the ball in cricket is really important and a great way of getting the batter out. Remember to watch the ball carefully, cup your hands together and don't let the ball hit the floor!

Design yourself a badge here to show you've completed the challenge!

"Catching is a great skill to learn. In cricket, there's an old phrase that says 'catches win matches'."

DID YOU KNOW?

In the 2019 ICC Men's Cricket World Cup, **Joe Root** took the most catches by a fielder (not including wicket keepers) with a total of 13.



GARDEN GAME CATCHING CHALLENGE

Your challenge is to catch!

Throw a ball up in the air and see how many claps you can do between catches. Challenge your family to see who can do the most!

allstarscricket.co.uk/parents

Your score:

Their score:



Keep practising and if you beat your first score, add your new one here!



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

COMMUNICATION

IT'S GOOD TO TALK!

This week it's time to get your communication badge. Cricketers need to communicate well with each other all the time.

When fielding the batter might hit the ball in the air near to you so you should call out your name so nobody tries to catch it too. Also, when you are batting you need to decide with your partner whether you are going to run or not.

Design yourself a badge here to show you've completed the challenge!



"Listening is a really important part of communicating. Make sure you always listen"



DID YOU KNOW?

Communication is particularly important if you are team captain. The current captain of the England Women's cricket team is Heather Knight.

GARDEN GAME COMMUNICATION

Your challenge is to communicate!

Ask someone at home to play with you and see who can complete the most tasks in one minute.

allstarscricket.co.uk/parents

Your score:

Their score:

Keep practising and if you beat your first score, add your new one here!



Attempt 1

Attempt 2

Attempt 3

Attempt 4

Attempt 5

Attempt 6

BATTING



Design yourself a badge here to show you've completed the challenge!

WATCH IT AND WHACK IT!

This one is going to be fun - it's batting badge time! When you hit the ball it's a great feeling!

Just make sure you watch the ball, swing the bat back and then give it a whack!



"See the ball, hit the ball! You'll be hitting fours and sixes in no time!"

DID YOU KNOW?

When you hit the ball over the boundary without it bouncing you get 6 runs! Eoin Morgan hit 17 sixes in an ICC Men's Cricket World Cup game v Afghanistan last summer. The most ever in a match for England.



GARDEN GAME BATting CHALLENGE

Your challenge is to bat against a target!

Choose a partner and see who can hit the most targets?

allstarscricket.co.uk/parents

Your score:

Their score:

Keep practising and if you beat your first score, add your new one here!



Attempt 1

Attempt 2

Attempt 3

Attempt 4

Attempt 5

Attempt 6

RUNNING



KEEP ON RUNNING

Are you a good runner?
Great - you are going to love this badge! Players have to do lots of running in Cricket.
Whether you are fielding a ball, running between the wickets to score runs, or charging into bowl, you need to keep on running.

Design yourself a badge here to show you've completed the challenge!



"Always give 100%, even when you're warming up!"

GARDEN GAME RUNNING CHALLENGE

Get your running shoes on!

Set up an obstacle course and see who can complete it in the quickest time!

allstarscricket.co.uk/parents

Your score:

Their score:



Keep practising and if you beat your first score, add your new one here!



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.....

DID YOU KNOW?

Bowlers like Katherine Brunt can sometimes run up to 10 miles in a game of cricket. That's the same length of 160 football pitches!



TEAMWORK



Design yourself a badge here to show you've completed the challenge!

It's time we did the teamwork badge In cricket every player must work together to help each other be the best they can be. Bowlers need their

fielders to catch and stop the ball, batters need to run well together and everybody needs to cheer on each other all the time.

"In cricket every player in the team is important. Always try your best, and keep encouraging your team mates."



GARDEN GAME TEAMWORK CHALLENGE

Your challenge is to work as a team!

Get everyone in your home involved in the teamwork challenge... How many catches does it take your team to complete it?

allstarscricket.co.uk/parents

Your score:

Their score:



Keep practising and if you beat your first score, add your new one here!



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....



DID YOU KNOW?

For the first time in history, England's men and women's teams are both holders of the ICC Cricket World Cup. Get in!

BOWLING



Design yourself a badge here to show you've completed the challenge!

Sometimes bowling can be a little bit tricky, don't worry if you can't do it right away, just try and look at the target and keep your bowling arm straight. Practice, practice, practice!

"Bowling fast is really exciting, but it's really important to be accurate too, so make sure you aim well!"



GARDEN GAME BOWLING CHALLENGE

You will be bowling at a target.

Choose a partner to play with and see who can hit the target most in two minutes. Get ready for a bowl off!

allstarscricket.co.uk/parents

Your score:

Their score:

Keep practising and if you beat your first score, add your new one here!



Attempt 1

Attempt 2

Attempt 3

Attempt 4

Attempt 5

Attempt 6

DID YOU KNOW?

England bowler Mark Wood bowled the fastest delivery at last summer's ICC Men's Cricket World Cup at an incredible speed of 95mph. Now that is fast!



ACTIVITY GAME

ENGLAND CRICKET PLAYERS WORDSEARCH

Can you find all the names?

W U L P S E T D I H S A R S R
Y X G X S K G N K F P P C O X
A L U M O I A W O S B I O S A
T S X C R W Q O N M V T E S R
T E O G C X J A R E U K W K C
B U T T L E R K R M O A N S H
P N Q G N O E E X T U I E F E
T N U R B E F S S H G U P B R
T M X K H O C T T H U Q O Z D
S I F F N Z B J T D H W B D J



BEAUMONT



ROOT



CROSS



WOAKES



ARCHER



KNIGHT



SCIVER



STOKES



BRUNT



BUTTLER



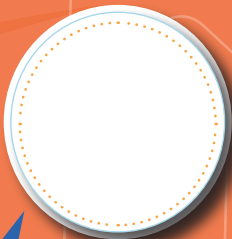
RASHID



WYATT



THROWING



Design yourself a badge here to show you've completed the challenge!

HOW ACCURATE IS YOUR THROW?

As a fielder, throwing is very important to stop the other team scoring.

You need to try and throw the ball as quick and as straight as you can to the wicket keeper or bowler, and if you hit the stumps, you may even run the batter out!

"Could you throw the ball to hit the stumps? Practice the 'Garden Game' to knock down targets."

DID YOU KNOW?

In last summer's World Cup final, Jason Roy was the fielder who threw the ball in from the boundary to run out Martin Guptill on the last ball of the game to help England become World Champions!



GARDEN GAME THROWING CHALLENGE

Your challenge is throwing!

How accurately can you throw? Set up some targets of different sizes and challenge someone in your family to knock them all over!

allstarscricket.co.uk/parents

Your score:

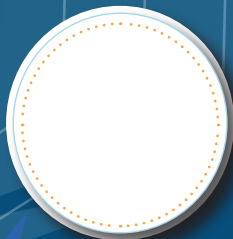
Their score:

Keep practising and if you beat your first score, add your new one here!



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SPIRIT OF CRICKET



Design yourself a badge here to show you've completed the challenge!

Now it's time to have a match so you'll need your 'Spirit of Cricket' badge. This is something very special in cricket. All cricketers

need to play fairly, cheer each other on and be kind to your opponents. But most of all keep smiling and have fun!



"Whether you win or lose, it's important to shake hands and say well done to everyone."



DID YOU KNOW?

After the 2019 ICC Men's Cricket World Cup Final, New Zealand captain Kane Williamson and his team were awarded the MCC Spirit of Cricket award. Although they lost in the final, they displayed an exceptional level of sportsmanship

GARDEN GAME SPIRIT OF CRICKET

Your challenge is to play your favourite All Stars Cricket game ever!

Even though everyone is trying to get a good score, remember to give your family member lots of encouragement!

allstarscricket.co.uk/parents

Your score:

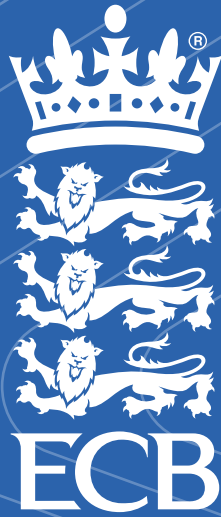
Their score:



Keep practising and if you beat your first score, add your new one here!



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Please contact our helpdesk on:
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