



## Week 4. The Hundred

“Cricket’s hotting up this summer! The Hundred sees eight new city-based teams compete across the summer holidays. I’m excited to join some of the best players from around the world alongside young, up-and-coming talent, all aiming to make a name for themselves on the big stage. There are heroes to be made!”



**Danni Wyatt**  
Batter  
Southern Brave

### Your challenge: Whack it like Wyatt

Think of cricket and you’ll probably think of batting, bowling and fielding. Our cricket-inspired Active Summer Challenge from the England and Wales Cricket Board and charity partner, Chance to Shine focusses on the key skill of batting- striking the ball well with good hand-eye coordination.

**THE HUNDRED**

[www.thehundred.com](http://www.thehundred.com)

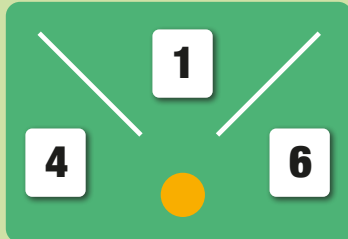
#### What you’ll need:

- Ball or alternative (e.g. rolled-up socks)
- Bat or alternative (e.g. racquet, or frying pan)
- Batting tee (use a bottle top or toilet roll tube)
- Markers for scoring zones (anything will do!)
- 3 pieces of paper or card with 6, 4 and 1 written on them



## How to play:

- Set-up three scoring zones to hit through and place your paper scores in each



- Strike the ball from the tee aiming to hit the ball through a scoring zone
- Place your scoring zones at a distance (from the tee) to challenge yourself based on the space you have available
- Your challenge is to reach a Hundred points



**Space** – Increase/decrease the distance to the scoring zones or increase/ decrease the width of the scoring zones

**Task** – Change the position of the scoring zones every 5 goes or for every 20 points scored or aim to hit a different scoring zone each time

**Equipment** – use a smaller or larger bat or ball

**People** – Add fielders to make it harder to score, take turns with a partner

## Keys to success

Watch the ball all the way through the shot

Step towards the ball before striking to create a strong, stable base

## Energy boost

Let's raise the energy! Convert your points into runs: move between two markers each time you hit the ball through a scoring zone e.g. complete 4 runs if you strike the ball through the number 4 scoring zone.

## Feeling inspired?

There are more cricket challenges available on the Active Recovery Hub for you to try this week.

Cricket is a game for everyone – there are lots more opportunities to play cricket in your local area - you can find out more by searching for All Stars Cricket, Dynamos Cricket or Chance to Shine Street.



CHANCE  
TO SHINE

