

Bat Taps

How many can you complete in 1 minute?

Target Batting

Target cones 10 metres away from batting tee

Outer target 3 metres apart, inner target 1 metre apart

5 points for hitting between inner targets

3 points for hitting between inner and out targets

3 attempts

Target Bowling

Run up can be used

3 attempts

5 points per hit

Stumps 10 metres away from release point

Target Throw

3 attempts

5 points per hit

Stumps 10 metres away from throwing position

Throw and Catch

How many can you catch in 1 minute?

Ball must be thrown to at least head height

<i>Activity</i>	<i>Score system</i>
Bat Taps	Cumulative total
Target Batting	Out of 15
Target Bowling	Out of 15
Target Throw	Out of 15
Throw & Catch	Cumulative total