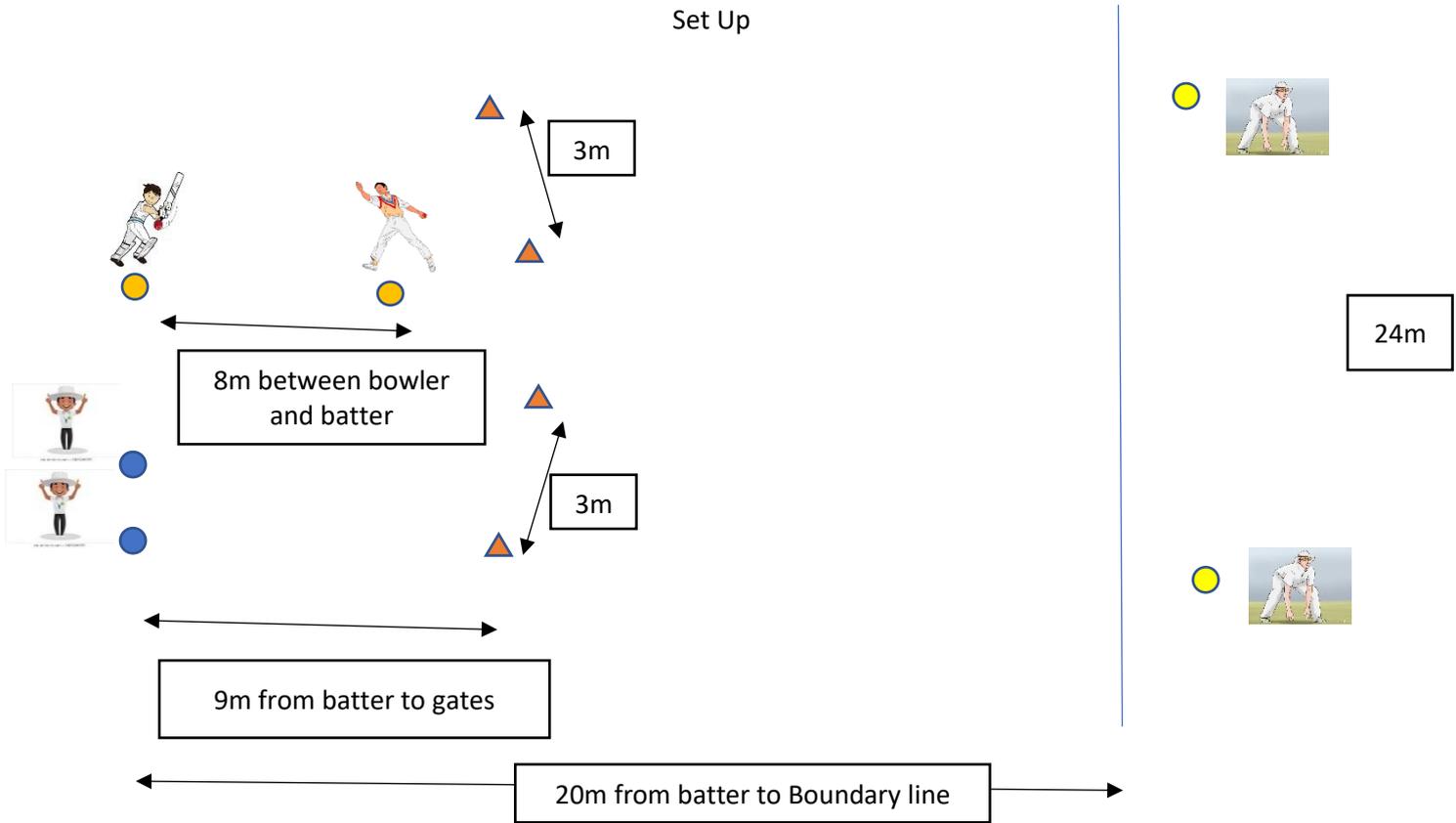


<b>ESSEX VIRTUAL RAPID FIRE COMPETITION</b>	
<b>SPORT</b>	Rapid Fire
<b>YR GROUP</b>	<b>Year 3 , 4 , 5 or 6</b>
<b>GENDER</b>	<b>Mixed or single</b>
<b>TEAM SIZE</b>	<b>5 or 6</b>
<b>TIME FOR GAME</b>	<b>4 minutes of play</b>
<b>RULES</b>	<ul style="list-style-type: none"> <li>- Teams of 5 children (or you can play with 6 and have two people as umpire, scorers)</li> <li>- Start with 1 Batsman, 1 Bowler, 2 Fielders and 1 or 2 Umpire/Scorer.</li> <li>- The bowler bowls 2 deliveries, (can be over or underarm), to their team mate the batsman. The batsman tries to hit the ball through the scoring gates to score 2 runs. Over the boundary along the floor to score 4 runs, or over the boundary line in the air to score 6 runs.</li> <li>- If a fielder catches a ball that has travelled in the air over the boundary team gets 6 more runs.</li> <li>- When both balls have been hit the fielders are then allowed to chase after the balls and return them to the bowler. They must throw the balls to the bowler, no rolling. If the ball does not reach the bowler, the fielder must get the ball again and throw it to the bowler from where the ball landed. The bowler can only take one foot off their spot to retrieve the ball.</li> <li>- As soon as the balls are back with the bowler, the fielders return to their spots and shout 'switch'. At this point all players rotate one place clockwise. See below:  Umpire/Scorer – Batsman  Batsman – Bowler  Bowler – Fielder 1  Fielder 1 – Fielder 2  Fielder 2 – Umpire/Scorer</li> <li>- The scorer's job is to keep track of the score by using markers/cones to indicate scoring shots. You will need 3 different coloured markers to represent either 2,4 or 6 runs.</li> <li>- The game continues like this for 4 minutes. If everyone has batted, you start over again and keep going, to score as many runs as possible in the time.</li> </ul>
<b>EQUIPMENT</b>	1 bat, 2 balls,4 cones, 6 spots, boundary line, Stopwatch Measure out the field of play using the diagram attached. Watch the video to see the rules of the game.
<b>HOW TO RECORD</b>	Piles of different coloured cones worth 2 runs, 4 runs and 6 runs and add up total for team after 4 minutes. Send in your winning teams results to your SGO.
Video Link	<a href="https://youtu.be/Y80q-ks5iDk">https://youtu.be/Y80q-ks5iDk</a>

# Virtual Rapid Fire KS2

## Set Up



## Rules

Video Link : <https://youtu.be/Y80q-kS5iDk>

- Teams of 5 children (or you can play with 6 and have two people as umpire, scorers)
- Start with 1 Batsman, 1 Bowler, 2 Fielders and 1 or 2 Umpire/Scorer.
- The bowler bowls 2 deliveries, (can be over or underarm), to their team mate the batsman. The batsman tries to hit the ball through the scoring gates to score 2 runs. Over the boundary along the floor to score 4 runs, or over the boundary line in the air to score 6 runs.
- If a fielder catches a ball that has travelled in the air over the boundary, the team gets 6 more runs.
- When both balls have been hit the fielders are then allowed to chase after the balls and return them to the bowler. They must throw the balls to the bowler, no rolling. If the ball does not reach the bowler, the fielder must get the ball again and throw it to the bowler from where the ball landed. The bowler can only take one foot off their spot to retrieve the ball.
- As soon as the balls are back with the bowler, the fielders return to their spots and shout 'switch'. At this point all players rotate one place clockwise. See below:  
 Umpire/Scorer – Batsman  
 Batsman – Bowler  
 Bowler – Fielder 1  
 Fielder 1 – Fielder 2  
 Fielder 2 – Umpire/Scorer
- The scorer's job is to keep track of the score by using markers/cones to indicate scoring shots. You will need 3 different coloured markers to represent either 2,4 or 6 runs.
- The game continues like this for 4 minutes. If everyone has batted, you start over again and keep going, to score as many runs as possible in the time.

The best teams will be those who can hit the targets repeatedly and who are able to field the ball quickly and accurately as they will rotate jobs quickly and have more attempts at hitting the ball.

Leadership: Whilst one team is playing another can be working as officials. One timer, one checking for boundary 6's. 1 looking at shots through the gates and the 4<sup>th</sup> keeping a tally of the score.