Home Cricket
Inclusion Adaptations.

<table>
<thead>
<tr>
<th>Space</th>
<th>Clap Catching</th>
<th>High catching</th>
<th>Reaction Catching</th>
<th>Close Fielding</th>
<th>Cricket Bowling</th>
<th>Cricket Batting</th>
</tr>
</thead>
</table>
| 1 - Try sitting down instead of standing.  
2 - The higher the object goes the more time there is! Get someone else to throw it for you. | 1 - Try sitting or laying down instead of standing.  
2 - Combine with physio moves which are practiced instead of head, shoulders knees and toes) sitting or laying down. | 1 - Consider which position you are likely to be more successful in E.G sitting or laying.  
2 - Have someone roll the ball towards you from a further distance away or on a table or tray. | 1 - Change the distance you move making it smaller or bring the stumps closer to you.  
2 - Play on a table top or wheelchair tray. | 1 - Bring the stumps closer to you.  
2 - Try it laying or sitting down.  
3 - Make the target bigger depending on who you are. | 1 - Move the targets as close to you as you like but it must still challenge you.  
2 - Change from standing to any position you are most comfortable in. |

<table>
<thead>
<tr>
<th>Task</th>
<th>Space</th>
</tr>
</thead>
</table>
| 1 - Have someone roll the ball to you instead of throwing in the air.  
2 - How many movements can you do before the ball hits a target. (E.G wave, blink or tap)  
3 - The ball can be rolled down a shoot to tunnel (bit drainpipe) rather than being thrown. | 1 - Get someone to roll the ball towards you (on the ground, on a table or on the floor) rather than throwing in the air.  
2 - Change the task to reach or point to different objects which are progressive depending on each individual. | 1 - Make up your own rules this could be based on physio movements or a dance you like. It has to fit what you can do while challenging you!  
2 - You don’t have to catch the ball just complete movement before it passes you. | 1 - Complete a stretch or movement instead of running.  
2 - Use something to launch the ball. (Ramp etc) | 1 - Could be a stretch and drop not a throw E.G into a hoop.  
2 - Launch the object rather than bowl E.G using a ramp which is lined up using your directions. | 1 - You can launch the ball object in any way which works for you, it could be a push from a wheelchair tray or a hand bat from a balanced ball. |

| Equipment | 1 - Use a bigger ball or balloon.  
2 - Attach the ball/balloon to a post such as swing ball.  
3 - Use a held object such as bat/sand spade etc to hit instead of catch. | 1 - A bigger ball or balloon.  
2 - Slow the ball down using tach the ball/balloon to a post such as swing ball.  
3 - Use a held object such as bat/sand spade etc to hit instead of catch. | 1 - Range of objects that could be grabbed instead of balls.  
2 - Balloons could be used to give you more time.  
3 - String or line to slide object along which you have to hit. | 1 - Use a ramp to line up instead of throwing.  
2 - Use different sized balls or balloons.  
3 - Use balls that make noises or scrunched up paper. | 1 - Make the target appropriate for you.  
2 - Use bigger balls/targets.  
3 - Use a ramp or launcher but you must release the ball. | 1 - Use something to balance the ball on instead of feeding yourself.  
2 - Make your targets, balls and bats bigger.  
3 - Use targets and balls which make a noise for sensory appreciation. |

| People | 1 - Ask for ideas!  
2 - Different family members complete the task together to make it more fun.  
3 - Adults can act as helper/director. | 1 - Adults can help as needed.  
2 - Each young person is different and can complete a challenge based on their ability. | 1 - Adults can help as needed.  
2 - Each young person is different and can complete a challenge based on their ability. | 1 - Adults can help as needed.  
2 - Each young person is different and can complete a challenge based on their ability. | 1 - Adults can help as needed.  
2 - Each young person is different and can complete a challenge based on their ability. |

Remember use STEP anyway you want your score still counts even if STEP has been used.