

This week's session is called 'Super Striker' and will be delivered on **Wednesday 27 January 2-2.45PM**. If you can't join us live, the session will be available to view immediately afterwards on the same link.

**[Click here for this week's session \(live on Wednesday 27 January 2PM\)](#)**

This session will support children to improve their ball-striking skills. The session will be led by Chance to Shine coaches and is suitable for children at home or at school to take part in. We believe that the sessions can be accessed by pupils of all ages and our coaches will explain how to differentiate the activities during the session. The session is linked to the PE National Curriculum.

The activities can be completed indoors and children will need to find some items to use in the session. To take part you will need:

- Something to hit with: try a bat, a frying or a hard-back book
- A ball or a rolled up pair of socks
- A wall to rebound the ball off, with enough space around (2 metres) to complete the activity safely
- 4 items to use as targets: items like plastic cups or empty tubs will be perfect!

This week's session will also feature the opportunity to do some pairs work as well if there is another person to do so with (but this isn't a requirement and the activities can all be completed solo).

Please view our [disclaimer](#) before completing the activity.

The video will be live on this webpage below or can be accessed on our YouTube channel by [clicking here](#).

## This week's session (live on Wednesday 27 January at 2PM)

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## Catch up with all the sessions so far

### Week 1 - Cricket Taster session

The first session will be a 'Cricket Taster', with 3 different activities to take part in. We believe that the sessions can be accessed by pupils of all ages and our coaches explain how to differentiate the activities during the session. The session is linked to the PE National Curriculum and will support children to improve their ball-striking, catching and throwing skills.

The activities can be completed indoors and children will need to find some items to use in the session. To take part you will need:

- Something to strike with (for example, a bat, a frying pan or a hardback book)
- A ball or a rolled up pair of socks
- A target (for example, a set of cricket stumps, a rubbish bin, or three empty water bottles)

If you need some ideas about making your own cricket equipment, click here to check out our [DIY Cricket Equipment guide](#).

Please view our [disclaimer](#) before completing the activity.

## Week 2 - Cool Catcher

The next session is called 'Cool Catcher', this session will support children to improve their throwing and catching skills and help them to track an object in flight.

The activities can be completed indoors and children will need to find some items to use in the session. To take part you will need:

- A ball or a rolled up pair of socks
- A wall to rebound the ball off, with enough space around (2 metres) to complete the activity safely

This session also features the opportunity to do some pairs work as well if there is another person to do so with (but this isn't a requirement and the activities can all be completed solo).