



# Home Cricket Inclusion Adaptations.

	Clap Catching	High catching	Reaction Catching	Close Fielding	Cricket Bowling	Cricket Batting
Space	<p><b>1</b> - Try sitting down instead of standing.</p> <p><b>2</b> - The higher the object goes the more time there is! Get someone else to throw it for you.</p>	<p><b>1</b> - Try sitting or laying down instead of standing.</p> <p><b>2</b> - Combine with physio moves which are practiced instead of head, shoulders knees and toes) sitting or laying down.</p>	<p><b>1</b> - Consider which position you are likely to be more successful in E.G sitting or laying.</p> <p><b>2</b> - Have someone roll the ball towards you from a further distance away or on a table or tray.</p>	<p><b>1</b> - Change the distance you move making it smaller or bring the stumps closer to you.</p> <p><b>2</b> - Play on a table top or wheelchair tray.</p>	<p><b>1</b> - Bring the stumps closer to you.</p> <p><b>2</b> - Try it laying or sitting down.</p> <p><b>3</b> - Make the target bigger depending on who you are.</p>	<p><b>1</b> - Move the targets as close to you as you like but it must still challenge you. <b>2</b> - Change from standing to any position you are most comfortable in.</p>
Task	<p><b>1</b> - Have someone roll the ball to you instead of throwing in the air.</p> <p><b>2</b> - How many movements can you do before the ball hits a target. (E.G. wave, blink or tap)</p> <p><b>3</b> - The ball can be rolled down a shoot to tunnel (bit drainpipe) rather than being thrown.</p>	<p><b>1</b> - Get someone to roll the ball towards you (on the ground, on a table or on the floor) rather than throwing in the air.</p> <p><b>2</b> - Change the task to reach or point to different objects which are progressive depending on each individual.</p>	<p><b>1</b> - 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!</p> <p><b>2</b> - You don't have to catch the ball just complete movement before it passes you.</p>	<p><b>1</b> - Complete a stretch or movement instead of running.</p> <p><b>2</b> - Use something to launch the ball. (Ramp etc)</p>	<p><b>1</b> - Could be a stretch and drop not a throw E.G into a hoop.</p> <p><b>2</b> - Launch the object rather than bowl E.G using a ramp which is lined up using your directions.</p>	<p><b>1</b> - 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.</p>
Equipment	<p><b>1</b> - Use a bigger ball or balloon.</p> <p><b>2</b> - Attach the ball/balloon to a post such as swing ball.</p> <p><b>3</b> - Use a held object such as bat/sand spade etc to hit instead of catch.</p>	<p><b>1</b> - Use a bigger ball or balloon.</p> <p><b>2</b> - Slow the ball down using tach the ball/balloon to a post such as swing ball.</p> <p><b>3</b> - Use a held object such as bat/sand spade etc to hit instead of catch.</p>	<p><b>1</b> - Range of objects that could be grabbed instead of balls.</p> <p><b>2</b> - Balloons could be used to give you more time.</p> <p><b>3</b> - String or line to slide object along which you have to hit.</p>	<p><b>1</b> - Use a ramp to line up instead of throwing.</p> <p><b>2</b> - Use different sized balls or balloons.</p> <p><b>3</b> - Use balls that make noises or scrunched up paper.</p>	<p><b>1</b> - Make the target appropriate for you.</p> <p><b>2</b> - Use bigger balls/targets.</p> <p><b>3</b> - Use a ramp or launcher but you must release the ball.</p>	<p><b>1</b> - Use something to balance the ball on instead of feeding yourself.</p> <p><b>2</b> - Make your targets, balls and bats bigger.</p> <p><b>3</b> - Use targets and balls which make a noise for sensory appreciation.</p>
People	<p><b>1</b> - Ask for ideas!</p> <p><b>2</b> - Different family members complete the task together to make it fun.</p> <p><b>3</b> - Adults can act as helper/director.</p>	<p><b>1</b> - Adults can help as needed..</p> <p><b>2</b> - Each young person is different and can complete a challenge based on their ability.</p>	<p><b>1</b> - Adults can help as needed..</p> <p><b>2</b> - Each young person is different and can complete a challenge based on their ability.</p>	<p><b>1</b> - Adults can help as needed..</p> <p><b>2</b> - Each young person is different and can complete a challenge based on their ability.</p>	<p><b>1</b> - Adults can help as needed..</p> <p><b>2</b> - Each young person is different and can complete a challenge based on their ability.</p>	<p><b>1</b> - Adults can help as needed..</p> <p><b>2</b> - Each young person is different and can complete a challenge based on their ability.</p>

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