

CHALLENGE 10

SUN SAFETY

Something that's very important when playing cricket is to take all the necessary precautions before starting training or playing. One of these is protecting yourself from the sun if you're going to be in it for extended periods of time.

Pick one of the following to complete:

- Can you make a list of things which you should take with you or wear when playing cricket in the sun?
- Can you draw yourself ready to play cricket in the sun? What extra things might you take with you to cricket when it is sunny?
- Can you find things around your house that you would take with you to cricket when it is sunny? Can you make a video of you dressed to play cricket in the sun and any extra things you would take in your bag?
- Draw a picture of a cricketer prepared to play in the sun. Including a hat, glasses, long sleeved shirt and anything else you think is needed
- Can you create a poster for your Super 1s hub on cricket safety in the sun?

For some hints and useful information please visit this website - www.ablecanopies.co.uk/shademan