



**Physiologist Report by Belinda Dowton**  
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*DreamCricket* is a program initiated by the Movement Disorder Foundation in conjunction with the Berrima District, Bowral-Mittagong and Moss Vale Rotary Clubs; the Bradman Foundation; the Cerebral Palsy Foundation and Northcott Disability Services.

The program aims to provide primary school students (Years 3-6) with a disability (physical, sensory and/or intellectual), the opportunity to learn and practice the skills of cricket in a supportive and fun environment. Students are provided with positive feedback from staff and volunteers and are encouraged to provide the same support to their fellow students. Teamwork and co-operation between students is encouraged through a number of the activities used.

The program has an enormously powerful and positive impact on the students' psychological well-being, building their self-confidence and improving their mood. However, in addition to this overwhelming benefit are those specific benefits that come with each of the individual drills (see Table One).

Each of the activities described have a number of variations in order to cater for the wide range of disabilities of the children participating. These include: replacing tennis balls with larger soccer balls or using bell balls for the visually impaired; adjusting the height of tees and using static drills for those in wheelchairs; and using demonstration and simple instruction for the intellectually disabled.

Overall the 'Dream Cricket' program is a great initiative, promoting physical activity within this specific group of children. It is hoped that the programme can be further developed and distributed for use both Australia and world-wide, so as to bring joy to hundreds more little faces!