

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2017 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

CRICKET LEVEL II

[PE 300SEB]

**YEAR 3
SECONDARY**

TIME: 2 ½ HOURS

INSTRUCTIONS: Candidates are required to answer ALL questions in Section A and ONE question from Section B.

SECTION A - (80 MARKS)

Answer ALL questions in this section.

1. The laws of cricket govern how a ball must be bowled. Clearly explain the movement(s) of the bowling arm. **(2 marks)**
2. List THREE faults that are associated with gripping the bat. **(3 marks)**
3. Briefly explain the importance of a stable base in the execution of cricket skills. Give one practical application of how this may be seen. **(4 marks)**
4. Briefly explain
 - i. balance and
 - ii. stability as they relate to batting.**(4 marks)**
5. Clearly outline the mechanics of *swing bowling* and explain the variations associated with each type of swing. **(8 marks)**
6. Error detection and correction is a vital part in coaching and teaching cricket skills. List the coaching principles that guide error detection and correction in cricket. **(4 marks)**
7. Explain the difference between *static* and *dynamic* balance in batting. Give a practical example to support your answer. **(4 marks)**
8. In relation to technique, what THREE things affect a batsman's natural balance? **(3 marks)**
9. List and explain the FOUR principles of pace bowling. **(4 marks)**
10. List and explain the sequences of the bat swing in batting. **(4 marks)**
11. Explain the purpose of the "cradle" position in batting. **(2 marks)**
12. Lateral flexion is a biomechanical fault in bowling. Clearly outline one drill that you would employ in trying to remedy this fault. **(5 marks)**
13. Outline the procedure in helping a young player to find a naturally effective batting grip. **(5 marks)**
14. Clearly outline the mechanics of the *lunge* in advanced fielding. **(3 marks)**
15. The components of batting can be divided into "open and closed skills" List the components of batting under the two named headings. **(8 marks)**

16. Clearly outline how the set up in batting is achieved. (4 marks)
17. Describe the mechanics of the bowling arm, front arm and legs at back foot landing during the bowling action. (6 marks)
18. What do we mean by the term *pre-meditated commitment* in batting? (5 mark)
19. What do we mean by the term *initial movement* in batting? (2 marks)

SECTION B – (20 MARKS)

Answer ONE question from this section.

1. As a coach you have learnt that your young bowler is throwing. Clearly outline a remedial plan of how you would go about solving this problem. (20 marks)
2. Running between the wickets can be seen as a difficult skill. Clearly outline the key areas that you would include when teaching this skill. (20 marks)

END OF EXAMINATION

