

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2018 – 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 bowler is throwing" Clearly explain what you would look for in this scenario. **(2 marks)**
2. List THREE faults that are associated with gripping the bat. **(3marks)**
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 balance and 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 advance 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 marks)**
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

