

THE PE CLASSROOM - COMPONENT TWO STARTER/REVISION

Describe two ways that he can use mental rehearsal before going out bat

Explain whether Alastair Cook should use massed or distributed practice when focussing on his catching skills. Should he use fixed or variable practice?

Click the image on the right to watch a farewell tribute to the legendary Alastair Cook



What are the barriers preventing individuals from taking up cricket?

What type of guidance should be used when teaching the skill of batting to a beginner?

Explain one benefit of cricket on mental health and one way that cricket could damage the mental health of an individual



How has commercialisation changed the sport of cricket since Cook began his Test career in 2006?

Classify the skill of a defensive stroke in cricket as many ways as possible

Give one example of negative deviance and one example of positive deviance in the game of cricket.

Give two examples of how sportsmanship still exists in the game of cricket. Can you think of any examples of gamesmanship within cricket?