



KS3 Cricket Task



Task 1) What are the 3 formats of cricket? Give a brief description of each.

Task 2) What's the difference? Below are 6 what's the difference tasks. Research what each means and then explain what the difference is between the two.

1. Batting = Off-side vs Legs-side?
2. Batting = Hitting a 4 vs 6?
3. Batting = Cover Drive vs Hook?
4. Fielding = Gully vs Square Leg?
5. Bowling = Full Toss vs Short Ball?
6. Bowling = Leg Spin vs Swing Bowling?

Task 3)

Scenario: Mr. Endersby needs to improve his fielding skills and specifically, catching. He has no idea what drill to use to improve this area of his game.

Design a drill that Mr. Endersby could use to improve his catching. You must include the following:

- Description
- Diagram

Challenge task: Show progression in your drill (how will you change it to make it harder as Mr. Endersby improves).



Websites you can use to support you.

Sportsrec.com
BBC bitesize.co.uk
Cricketbio.com

KS3 Cricket
GCSE / BTEC Sport Linked
Diet Task

Task 1)

There are 3 macronutrients and 4 micronutrients in your diet.

- a) Research and unscramble the food component.
- b) Describe its function.
- c) Give an example(s) for each food component.
- d) Classify if each component is a macro/micro nutrient.

(<https://www.bbc.co.uk/bitesize/guides/zyp6sg8/revision/2>)

	Food Component	Function	Examples in Food	Macro/Micro
topneir				
baatrchyodre				
bifer				
stimaniv				
staf				
realsim				
trawe				

Task 2) Complete the worksheet below by reading the scenarios and answering the questions.

Scenarios	What food group do they need more of in their diet? Justify your answer.	Create a meal they could have which would help them?
Mr. Endersby is playing a one-day cricket match at the weekend which will last around 6 hours so he needs lots of energy.		
Mr. Nalson wants to increase his strength and size of his muscles so he can hit the ball harder when batting.		
Mrs Flanagan enjoys running to keep fit. She always has energy for the run but finds she gets an upset stomach after running.		
Miss Hope is often unable to play cricket because she feels ill and her immune system is weak.		
Miss Close attends cricket fitness with her personal trainer straight after work, but after a busy day she often lacks concentration/ is often very tired and has a headache.		

PE Staff Video Challenge: If you are off school your PE teacher will send you a video challenge to complete through MS Teams. Remember to share how you do with your teacher so praise/achievement points can be given out.

