


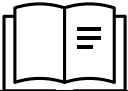



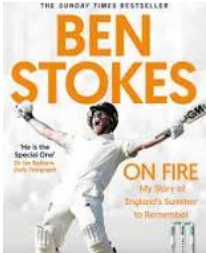






CAISTER ACADEMY
Creative Education Trust
School of Literature
and Performing Arts

Be An Excellent Sportsperson

#LovetoLearn

What could you do to improve your knowledge and understanding and core skills in Cricket and Rounders? (Summer 2)

Watch 	Read 	Listen 
<p>Cricket </p> <p>Rounders </p>	<p>On Fire- Ben Stokes </p> <p>We are all rounders- England Rounders </p>	<p>Cricket pod cast</p> 
<p>Practice</p> <p>Use the hyperlinks below to go to BBC bitesize to practise core skills</p> <p>Cricket techniques Rounders Rules and techniques</p>	<p>What?</p> <p>What is the most important positions? Can you justify your view?</p> <p>What components of fitness are essential to improve your performance in rounders?</p>	<p>Who?</p> <p>Who is.....</p>   <p>Nicolla Weekes Virat Kohli</p>