



Focus on... Physical Education

#201

On this day...

in 1938, Donald Bradman, a cricket legend, scored 101 in only 77 minutes. He was widely acknowledged as the greatest Test batsman of all time.



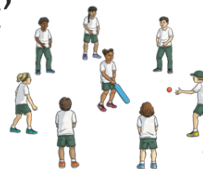
Did you know...

Chris Gayle is the only batsman to hit a six off the first ball of a Test match. In 137 years of cricket, no cricketer has ever hit off the first ball of a Test match.



Go explore...

Play French Cricket with your friends! You need a cricket bat and a soft ball. Form a circle with a batsman in the middle. The player in the centre must use the bat to protect their legs as other children try to 'tag' this area with a softball. The batsman is 'out' if they get hit below the knees or a fielding player catches the ball.



Picture this...

Playing cricket improves your ability to focus, such as bowling and batting in the right direction. Hand-eye coordination requires you to focus well.



[Click to play The Krishna Avanti Podcast](#)

To see more from our 'Focus on...' series, visit <http://avanti.org.uk/kapsleicester/focus-on/>