



### Participation in sport

Participation in sport continues to grow as people become more aware of the benefits of physical activity. Engaging young people through sport is a key political agenda, as current national health statistics show that obesity in young children is rapidly increasing and also because we strive for excellence and success at major sporting events. **Sport** is an activity involving physical exertion and skill in which an individual or team compete against each other and can also compete against each other for entertainment. Physical activity simply means movement of the body that uses energy. Walking, running, climbing the stairs, playing football and dancing are all good examples of physical activity. For health benefits, physical activity should be performed at moderate or vigorous intensity. This means getting the heart and lungs working harder than normal.



### Scoring Systems

All sports have a scoring system and often if you can get a better score than your opponent you will win. Scoring is done by officials. E.G referee, umpire, and judges.

1	30	4	7	3
GAME		SET1	SET2	SET3
2	40	6	6	2

### Review performance

- Strengths and areas for improvement: components of fitness, skills and techniques, specific to the sport and non-specific, e.g. fitness.
- Self-analysis: completion of observation checklist, e.g. use of video.
- Strengths and areas for improvement: tactics, the effectiveness of decision making.
- Activities to improve performance (**short-term and long-term goals**): e.g. training programmes, use of technology, attending courses, where to seek help and advice.



### Rules (or laws)

Rules (or laws) are regulated by the national or international governing body for the sport. For example, the Fédération Internationale de Football Association (FIFA) laws of football, the International Rugby Board (IRB) laws of rugby, the Badminton World Federation (BWF) rules of badminton and the International Orienteering Federation (IOF) rules of orienteering. Rules keep everyone safe and make sure the game or sport is played fairly.



#### Rule example :

In Football you can't touch the ball with your hand during play.



### Roles of officials

For example, the roles of umpires, referees, referees' assistants, judges, timekeeper, starters, table officials, third umpire, fourth official.



### Responsibilities of officials

These include: appearance, equipment, fitness, qualifications, interpretation and application of rules, control of players, accountability to spectators, health and safety (equipment, facilities, players), fair play, use of technology, effective communication (voice, whistle, signals).



### Safe and appropriate participation

For a new player this may include practising skills, techniques and tactics within a controlled environment. This may include performing drills and set plays.

Adhere to 'rules', health and safety guidelines, and consider appropriate risk management strategies in physical activity and sport.



#### Top Tips

1. Wear protective gear such as, helmets, protective pads, and gum shields.
2. Warm up and cool down.
3. Know the rules of the game.
4. Watch out for others.
5. Don't play when you're injured



### Relevant Tactics

Tactics are used by players or teams in different situations to try and gain an advantage or outwit an opponent.



### Strategies and tactics

Are often pre-arranged and rehearsed, especially in team games. Performers also need to be able to adapt or change them during a performance. This requires good problem-solving and decision-making skills. Good observation and tactical awareness are important while playing and analysing play. For example taking a fast centre pass in Netball or double marking an attacking player.



### Regulations

These relate to players and participants, equipment, playing surface, facilities, health and safety, time and officials (referee, umpire, judge, starter, timekeeper). For example, all Netball players should be wearing the correct kit on court. This kit should be specified before a game so that the opposition has a contrasting kit and they won't clash or get confused. In addition, all players should remove jewellery and play in the correct footwear, this is also the same for football.



## Key Words Unit 2

**Participation:-** To take part in sport or activity. You can have high and low levels of participation.

**Performance:-** Sports performance is the manner in which sport participation is measured. Sport performance is a complex mixture of skills training and techniques.

**Fitness:-** Is being physically fit and healthy. Adults and children can have different levels of fitness. Fitness is something that you can improve.

**Observation:-** An observation is the process of closely observing or monitoring something or someone. For example, watching a specific player in football and making specific notes.

**Techniques:-** A technique is the method or way in which something is done. An example of technique could be, bending your knees when taking a set shot.

**Self –Analysis:-** Is where you would review your own performance to understand your performance without the aid of another person.

**Governing Body:-** A governing body is an organisation that governs and administers a specific sport. For example, the FA or England Hockey or swim England.

**NHS:-** National Health Service. It refers to the Government-funded medical and health care services that everyone living in the UK can use for FREE!



**Goal setting**

**Short Term**  
\*  
**Long term**



## Observation checklist

To review performance in selected sports using video analysis:

- components of physical fitness
- technical demands of sport (skills and techniques)
- production of a checklist suitable for self-analysis of performance in selected sports
- tactical demands of sport



Observation Checklist		Comments:-
Defence		
Speed		
Aerobic Endurance		

## Isolated Practices

For example, skills and techniques demonstrated independently without any pressure or external forces, completed successfully and without fault.

## Conditioned practices

For example, small-sided games, a limited number of touches, a set number of defenders or attackers.

## Competitive situations

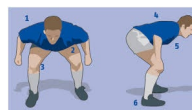
- Full-sided games.
  - Appropriate opposition
  - With match officials.
  - Personal performance that contributes to relevant use of skills, techniques and tactics in relation to:
1. communication
  2. Individual role
  3. responding to team mates and/or opposition.



## Effective use of skills and techniques.

For example: rugby conversion, including head position, body position, placement of non-kicking foot, placement of kicking foot, connection with the ball.

Technique is so important for all sports and its important that you break it down into specific parts.



## Components of Physical Fitness



**Aerobic endurance:** the ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.

**Muscular endurance:** the ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.

**Flexibility:** having an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movement.

**Speed:** distance divided by the time taken. Speed is measured in metres per second (m/s). The faster an athlete runs over a given distance, the greater their speed.

**Muscular strength:** the maximum force (in kg or N) that can be generated by a muscle or muscle group.

**Body composition:** the relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.



The application of the components of fitness to a chosen sport.

**Example :-** Football requires speed and muscular strength to allow the player to reach the ball before their opponent and hold them off the ball to keep possession. Long distance running requires good aerobic endurance to supply oxygen and nutrients to working muscles during a race.



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