

Unit 2

Practical Sports Performance

Key Words

Rule = A set of principles that govern conduct and procedures in sport.

Example service fault badminton if the shuttle is played above the waist.

Regulation = Rules in sport that are controlled by an authority (governing body) such as weight of racket, number of players.

Governing Body = An organisation responsible for the promotion and development of a particular sport at a national level.

Officiate = A representative of a National Governing Body who applies the rule of a specific sport in competitive situations.

Learning aim A

Pass 1 Describe the rules, regulations and scoring systems of two selected sports.

- Use 2 sports you know very well.
- Give examples of when it happened on TV or in PE lessons

Pass 3 Describe the roles and responsibilities of officials from two selected sports

- Don't forget the responsibilities such as qualifications, fitness levels and appearance

Merit 1 Explain the roles and responsibilities of responsibilities of officials and the application of rules, regulations and scoring systems

Distinction 1 Compare and Contrast the roles and responsibilities of offi-

Command verbs

Describe = Give a clear and straight forward description which includes all of the main points.

Explain = Give logical reasons and examples to support your view.

Analyse = Identify several relevant factors, show how they are linked and explain the importance of each.

Make Recommendations = Make relevant and appropriate suggestions: usually for



Yonex Voltric 2 Lin Dan Badminton Racket



Learning



Pass 7 = Review own performance, in two selected sports, describing strengths and area for improvement.

- * Video yourself playing as well as producing an observation checklist.

Merit 3 = Explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance.

- * Research skills and drill to improve your performance, also consider fitness improvements.

- * Consider what impact the improvements will have on your performance and why you have used a specific drill to

Get playing and watch both of your sports. Understanding the current issues and

incidents in your sport is key for an excellent grade.