

How do we plan and ensure progress is made during sport and fitness activities?

Components of Fitness: Physical Fitness

- Body composition
- Muscular strength
- Speed
- Aerobic endurance
- Muscular endurance
- Flexibility

Components of Fitness: Skill Related Fitness

- Power
- Agility
- Reaction Time
- Balance
- Coordination

Competition is defined by:

- The number of players
- The area of play
- The presence of an official to represent competition standard of play

Equipment

Number of players

Length of play

Non-adherence to the rules

Scoring system

Playing area

Application of rules

Starting and restarting play

COMPONENT 2A

Aerobic Endurance

Ability for cardiorespiratory system to supply oxygen & nutrients to muscles

Muscular Endurance

Ability of muscular system to continue to contract and allow repetitive movements

Flexibility

Range of Motion possible at a joint to allow improvements in technique

Body Composition

Relative ratio of fat mass to fat-free mas in body

Speed

Distance divided by time to reduce time taken to move body

Muscular strength

Maximum force that can be generated by muscle to improve forceful movements

Power

Strength x speed - allows for explosive movements

Agility

Ability to change direction quickly to allow performers to out-manoeuvre opponent

Balance

Ability to maintain centre of mass over a base of support

Reaction Time

Time taken between a stimulus & start of a response

Coordination

Ability to move two or more body parts at the same time to allow effective application of technique

COMPONENT 2B

Football Rules & Regulations:

- Number of Players: 2 teams of max. 11 and min. 7
- Substitutions: Up to 5 Subs, 3 opportunities per match
- Periods of Play: 2
- Length of Each Period: 45 mins
- Length of Play Determined by: Time
- Method of Scoring: Goals
- Winner Determined: Highest number of goals

Officials in Sport:

- Football → Referee
- Skateboarding → Judge
- Tennis → Umpire
- Sprinting → Timekeepers
- Rugby → Referee
- Surfing → Judge

COMPONENT 2C

Elements of a Drill:

- Space - areas to be used
- Equipment
- Organisation of participants
- Timing
- Demonstrations
- Positioning

4 Types of Drill

- Unopposed stationary drills
- Drills with introduction of travel
- Drills with passive opposition
- Drills with active opposition

Methods of Demonstration:

- The coach (oneself)
- A peer or teammate
- A video

Coach's Focus:

- Participant observation
- Providing instructions
- Providing teaching points
- Providing feedback

Teaching Points

- Should be delivered as key points
- Should be kept simple and easy to understand
- Can be used during the demonstration, during the task and during feedback
- Highlight the correct and safe way to perform the technique