

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 situation.

Tactical = Strategies or actions planned to

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

- * Use real life examples, watch the sport on TV or the internet.

Distinction 1 Compare and Contrast the roles and responsibilities of officials from two select sports.

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 improvements.



Yonex Voltric 2 Lin Dan Badminton Racket

Product Specification	
Frame	Graphite,Titanium
Weight	4U/64
Flex	Medium
Color	Yellow
Length	10mm Long

Learning aim C



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 .

Distinction 2 = Analyse strengths and areas of improvement in 2 selected sports justifying recommended activities to improve.

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

Get playing and watch both of your sports. Understanding the current issues and incidents in your sport is key for an excellent grade.