BTEC Level 3 National Extended Diploma in Sport

Unit 7 Practical sporting Performance

Unit 77



In this unit you will:

A: Examine National Governing Body rules/laws and regulations for selected sports competitions

B: Examine the skills, techniques and tactics required to perform in selected sports

C Develop skills, techniques and tactics for sporting activity in order to meet sport aims

D Reflect on own practical performance using selected assessment methods.

The Coleshill School

**Unit 7 Practical Sport Criteria**

**Glossary**

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| **Key Word** | **Definition including a sporting example** |
| Rules |  |
| National Governing Body |  |
| Laws |  |
| Codification |  |
| Etiquette |  |
| Competitors welfare |  |
| Referee |  |
| Tournament Director |  |
| Fair Play |  |
| Continuous Skill |  |
| Serial Skill |  |
| Discrete Skill |  |
| Spectators |  |
| Open Skill |  |
| Closed Skill |  |
| Self-Paced Skill |  |
| Externally Paced Skill |  |
| Technique |  |
| Tactics |  |

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| **WHO REGULATES TEAM SPORTS?**  |
| **TASK:** Research the different National Governing Bodies (NGB) and International Sports Federations (ISF) for six different sports. You **CANNOT** use the football example used in the lesson! |
| **SPORT** | **NGB** | **IGB** |
| Football | The Football Association (FA)http://www.thefa.com | Fédération Internationale de Football Association (FIFA)http://www.fifa.com |
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| **WHO REGULATES INDIVIDUAL SPORTS?**  |
| **TASK:** Research the different National Governing Bodies (NGB) and International Sports Federations (ISF) for six different sports. You **CANNOT** use the Badminton example used in the lesson! |
| **SPORT** | **NGB** | **ISF** |
| Badminton | Badminton Englandbadmintonengland.co.uk | Badminton World FederationBwfbadminton.com |
|  |  |  |
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A: Examine National Governing Body Rules, Laws and Regulations for selected sports competitions.

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| **Unit number and title** | **Unit 7: Practical Sports Performance**  |
| **Learning aim(s)**  | **A:** Examine National Governing Body rules/laws and regulations for selected sports competitions**B:** Examine the skills, techniques and tactics required to perform in selected sports |
| **Assignment title** | Increasing Participation in Olympic Individual and Team Sports.  |
| **Issue date** | 1st July 2018 |
| **Hand in deadline**  | 5TH September 2018 |

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| **Vocational Scenario or Context** | The Head of Physical Education (PE) at the local secondary school has contacted The Football Academy. After the success of the Olympic Games the PE teacher would like to introduce two new sports to the Key Stage 3 curriculum at the school. In order to do this the Head of PE would like to educate the children in Years 7, 8 and 9 about the rules and regulations and skills, techniques and tactics in one Olympic Individual Sport, and one Olympic Team Sport.The Head of PE has asked if the learners on the Level 3 BTEC Sport programme could develop some promotional materials which we will help the children in Years 7, 8 and 9 to develop a greater understanding of the rules and regulations and skills, techniques and tactics for one Olympic individual sport and one Olympic team sport.  |
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| **Task 1** | You will select a team and an individual sport both of which are Olympic sports. The Head of PE has asked that you provide some materials that can be displayed on a display board in the sports hall at the school. The first set of materials should review how participants comply with the rules/laws and regulations in both the team and individual sport. * Rules/laws as regulated by the national or international governing body for the two selected sports
* Competition rules/laws and regulations
* Unwritten rules and/or etiquette specific to sport
* Regulations for sports under competition rules
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| **Checklist of evidence required**  | Promotional materials/written report |
| **Criteria covered by this task:** |
| Unit/Criteria reference | To achieve the criteria, you must show that you are able to: |
| A.P1 | Summarise how participants comply with the rules/laws and regulations in individual and team sports. |
| A.M1 | Assess how participants comply with the rules/laws and regulations and the impact on individual and team sport. |
| AB.D1 | Evaluate how participants use skills, techniques and tactics required in individual and team sports and their compliance of rules/laws and regulations impacts on individual/team performance. |

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| **Sources of information to support you with this Assignment** | **Textbooks**Edwards J, Badminton: Technique, Tactics, Training (Crowood Sports Redknapp H, Soccer Skills and Tactics, Paragon, 2002 ISBN 9780752590448**Videos**FA Cup Final: 2006 – The Gerrard Final (DVD) – Features the classic 2006 FA Cup final between Liverpool and West Ham United.**Websites**www.thefa.com – The Football Association |

Task

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| ***Task***  | ***What I need to do*** | *
 |
| 1 | * Open up a new document to create a leaflet and write your full name in a header
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| 2 | * Write the title - Assessing Performance in an individual and team sport.(P1,P2,M1,M2,D1)
 |  |
| 3 | * Create a leaflet explaining how participants comply with the rules/laws and regulations in both the team and individual sport
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| Must include in leaflet | Sentence Starters |
| **Explain 5 Rules and Laws in Sports**These are a set of **regulations or principles that govern a behaviour.** (Pearson BTEC National Sport, Book 1,2016)  | *The rules, laws and regulations of Football are set out to provide players with standards to adhere to and ensure fair play across the uk and worldwide. A rule is ….. A law in the game is ……. There are many rules laws and regulations some examples of rules in football include………* *A further rule of the game is ………**Another rule ……* *Finally ……..* |
| **National and International Governing Bodies**Before the start of governing bodies rules for sports were set at a local level. It was the nineteenth centaury in England that Codification of rules occurred. **Codification** is the systematic organisation of laws or rules into one recognised system. (Pearson BTEC National Sport, Book 1,2016) * **NGB** – Also known as National Governing Body
* **ISFs - International Sports Federations**
 | *The National Govening Body also known as the NGB for football is……**The International sports Federation for football ……* *The IOC stands for …….*  |
| **Competition Rules / Laws Regulations*** Extra Time
* Penalties

 **You must explain the different between a league format and a knockout tournament*** *Leagues*
* *Knockout Competitions*
* *World Championships*
* *Olympic Games*
 | *The rules and laws decided by the NGB and ISF determine how a sport can be won or lost. For example……* |
| **Regulations for players and Participants** * Unwritten Rules
* Ettiquette
* Sportmanship
* Competitors Welfare
 | *These regulations relate to the players or participants. For example the number of players allowed to play on the pitch and the number of subsitions in a competitive game. For example Badminton can be played singles 1 player against another or doubles 2 vs 2.* *Unwritten rules and etiquette are the ethic values which all athletes are expected to follow, both in training and in competitions. Examples in football are …..**Examples of sportsmanship in Badminton include respecting towards the coaches, officials and opposition by shaking their hands at the start and end of the match.***Competitors Welfare***Welfare is ensuring the happiness, safety and interest of the players. It also considers that every player plays by the rules of the sport to ensure the reputation of the sport is not tarnished by an act of foul play or disrespectful behaviour towards players, officials or spectators. An example in football ……..* |
| **Regulations for sports under competition Rules*** *Football Subsitution Rules,*
* *Equipment,*
* *Playing Surface,*
* *Boundaries of Participation,*
* *Facilities,*
 | ***Equipment*** *– In sport it is important that all players are safe and have the same advantage with equipment. Therefore equipment must be regulated by he national governing body to ensure the sports performers are protected at all times.* ***For example in Badminton the racket must be 680mm in length………*** ***Playing Surfaces –*** *The surface which* ***Badminton*** *is played upon are governed and regulated by the ISF and NGB. The rules around type of surface need to be constantly monitored because of advances in technology. According to Badminton England the preferred flooring for playing Badminton is a sprung floor, played indoors usually in a leisure centre. (Badminton England)* ***Boundaries for Participation****– This is the area where sport is played. Badminton is played on a court. See the diagram A which shows the court, size and dimensions.* ***A closed environment which is predictable stable environment and has no factors such as the wind and weather to affect performance.*** ***Facilities–*** *An important regulation is the provision used to facilitate a competitive situation. The size of facility will depend upon the sport and the competition.* ***For example a Badminton World championships facility will have at least ten badminton courts with seats for spectators to watch the games.*** *(Badminton England)*  |
| **Health and Safety** | *Health and Safety considers the size of the facility, the surface and equipment used. Regulations are in place to prevent the risk of injuries to sports performers, officials, coaches and spectators. In Football ………* |
| **Scoring** |  |
| **Spectators** | *Most sports rely on spectators to help the sport financially with spectators paying to watch matches and games. They also provide an exciting atmosphere for competitors, however is important spectators refrain from going onto the pitch or court.* |
| **Time/ Duration of the game** |  |