

# Physical Education - Badminton

## Kit Needed

- White trainers, white socks, short sleeved PE top and black Egguckland shorts, skort or leggings

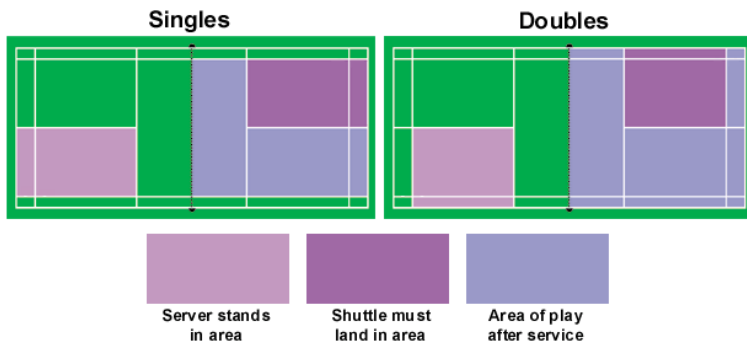
## Equipment

- Badminton rackets, shuttle cocks, nets, posts and bases

## 5 Key Rules

- Point is scored if opponent hits shuttle cock into net
- Point is scored if opponent hits shuttle cock out of playing area
- Serve must be underarm and served to the diagonal box
- Playing area for singles is long and thin. Playing area for doubles is short and fat
- Serve from the left on an odd score and right for an even score

## Playing area



## Serve

- Starts the games
- Underarm
- Opposite foot forward to racket hand
- Hold shuttle in front and above racket head
- Flick wrist in direction and over the net

## Smash

- To win points through attacking play
- Basic body position
- Non Racket hand high
- Bend racket hand
- Hit shuttle at highest point whilst extending arm
- Aim to hit hard downward to opponents back court

## Basic body position



## Overhead clear

- To create space, force opponent to back court
- Basic body position
- Non Racket hand high
- Bend racket hand
- Hit shuttle at highest point whilst extending arm
- Aim to hit shuttle to the back of court over opponents head

## Drop shot

- To create space at back of court and force opponent to front court
- Basic body position
- Weight on back foot
- Raise your non-racket hand and point at the shuttle
- Contact the shuttle as high as possible and out in front of your body. Straighten your elbow as you hit the shuttle. Tap the shuttle as you hit it
- Aim to hit it to the front court

# Physical Education - Basketball

## Kit Needed:

- White trainers, white socks, Egguckland polo top and black Egguckland shorts

## 5 Key Rules:

- You must dribble the ball when moving
- You must not deliberately contact another player
- You score by shooting into the basket
- There are five players per side
- You must not dribble with two hands

## Key terms

- **Dribbling** - Bouncing the ball with one hand without holding it while moving.
- **Passing** - The passer extends their arms and flexes their wrists when passing the ball to one of their teammates.
- **Chest pass** - Player with the ball passes to a partner aiming at their chest.
- **Lay-up** - While dribbling, a player picks the ball up and takes two steps towards the basket and shoots aiming at one of the top corners of the small square on the backboard.
- **Shooting** - Shoot in a balanced position. Look at the basket. Point your shooting elbow at the basket. Follow through with your shooting arm and hand.
- **Components of fitness required**
- **Agility**
- **Speed**
- **Anaerobic power**
- **Cardiovascular endurance**

# Basketball

## Triple Threat Position

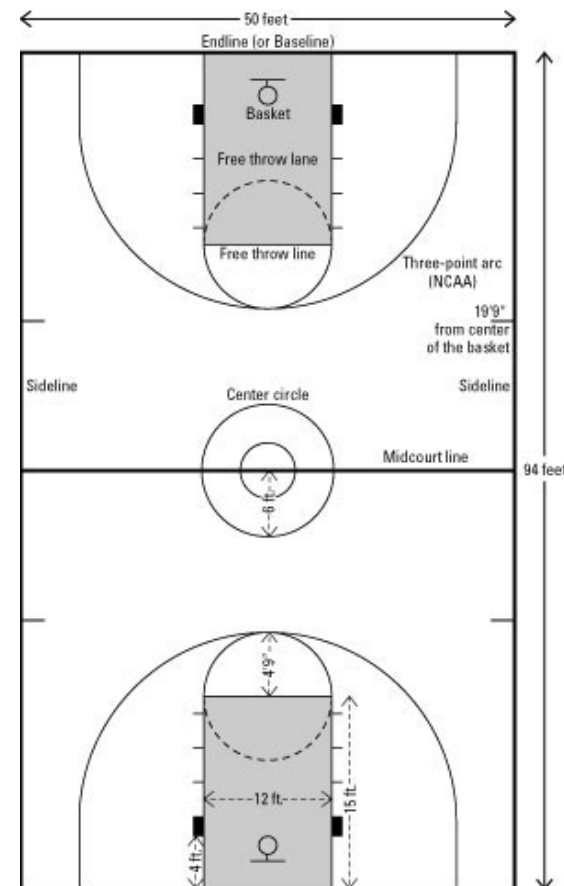


- Ball held at the hip with two hands – Touching the top of the thigh.
- Strongest/Dominant foot out in front.
- Knees bent – to help quick movement.
- Upper body leaning forward – nose over toes.
- Back straight and head up – look where you're going next.

Why is it called the Triple Threat Position?

Because we can create an option to either **Dribble, Pass, or Shoot**.

Benefits of the Triple Threat Position: Protect the ball, and review our options available.



# Physical Education - BTEC Sport

## Unit 6 Leading Sports Activities

### Learning Aim A—Sports Leaders, Attributes and Responsibilities

#### Communication

**Verbal**—achieved by speaking to people. A leaders should be clear and precise. Keep the information simple (not using too many words) to keep the group focused.

**Non Verbal**—achieved by hand gestures, body language, tone of voice and facial expressions.

#### Evaluation

What went well and work on!  
Achievements  
Areas for development

#### Use of Language

Ways of speaking to a group—exaggerated instructions and lots of demonstrations

#### Knowledge

In-depth knowledge of the skills, techniques, rules and regulations of the sport they are leading

## Skills

#### Structuring activities

Creating a detailed and accurate plan including:

- Your Goal
- Content
- Timings
- Equipment

#### Target Setting

- \*Specific
- \*Measurable
- \*Achievable
- \*Realistic
- \*Time-Related
- \*Exciting
- \*Recorded

#### Organisation of equipment

Leaders should be aware of both the facilities and the equipment available.

**Size of group**—how many do you have attending your session?

**Condition of the equipment**—is the equipment safe to use? Has it been maintained to a good standard?

**Variety of equipment**— something for all abilities? Different equipment for those with disabilities?

## Types of Sports Leaders

- ◆ Sports Coaches
- ◆ Fitness instructors
- ◆ School teacher
- ◆ Local Club Coach
- ◆ National Club Coach
- ◆ Amateur Coaches

## Qualities

- ⇒ **Appearance**—looking smart
- ⇒ **Leadership styles**—Autocratic, Democratic and Laissez-Faire
- ⇒ **Personality**— Outgoing and sociable, Approachable, Confident and understanding
- ⇒ **Enthusiasm**—about what you are teaching
- ⇒ **Motivation**—motivational techniques, Encouragement, praise and target setting
- ⇒ **Humour**— good sense of humour
- ⇒ **Confidence**—confident in your ability to deliver

## Responsibilities

<b>Professional Conduct</b>	Behaving professionally and responsibly at all times	<b>Legal Obligations</b>	Seeking permission from parents or guardians allowing children to take part.
<b>Health and Safety</b>	Risk assessments, equipment in safe and working order	<b>Equality</b>	Equal opportunities ensuring everyone is treated with respect at all times.
<b>Insurance</b>	Appropriate insurance for the activity leading	<b>Rules and regulations</b>	Familiar with the rules and regulations of that sport & sporting activity
<b>Child protection</b>	Duty of care to protect children & report an suffering or abuse	<b>Ethics and Values</b>	Good sportsmanship & being fair and honest

# Physical Education - Dance

## **Kit Needed:**

- Short or long sleeved PE top and black Egguckland shorts, Skort or leggings – Bare Feet
- No socks or shoes to be worn whilst taking part in Dance Activities.

## **Equipment:**

- Telephone numbers work sheets, music speaker.

## **Key Rules:**

- Follow all instructions

## **Listen to teacher and others**

## **Key words**

- Sequence
- Linking
- staging
- Pulse raiser / warm up
- Stretch
- Development
- Awareness of others
- Body control/ tension/ extension
- Skill development
- Contact
- Sequence ideas/ lists
- Counter balance/ top and base
- Confidence
- Agility, speed and quickness
- Unison
- Canon
- RADS

R – Relationships

A – Actions

D – Dynamics

S - Space

## **Relationships –**

### ***Who we move with***

**Around, canon, drag, follow, hold, in front of, match, mirror, near, next to, opposite, pass, questioning, side by side, together, through, under upside down**

## **Actions – What we do**

Bend, bounce, clap, contract, dangle, entre, exit, explore, gallop, fall, freeze, kick, knock, nod, open, over, reach return, shrink, slide, spin stamp, stand, suspend, surround, tangle, travel, under, walk, wave, whip, wrap and zoom

## Poem – My Name is Cocaine

### **Key ideas from poem**

Gestures with hands and body, Repetition, Mirroring, Gesture (wipe nose), Gesture rocking arms then drop e.g. baby has gone, repetition of an action that you perform in the dance, one controlling another A – Drug & B – Addict, Big actions to small actions, temptation – moving away being pulled back.

## **Dynamics – How we move**

Bold, bouncy, careful, calm delicate, determined, easy energetic, fast, firm, flowing, gentle, happy, heavy, hesitant, immediate, jerky, lazy, loud, mild, noisy, overt, quick, quiet, tender, untidy, urgent, vibrant, weighty,

## **Space – Where we move**

Above, across, angled, around, backwards, behind, below, circle, cross, curve, diagonal, drop, encircle, extend, far, flow, high, jagged, large, left, level, line, narrow, over, shape, side, sideways, snake, straight, triangular, under, up, upside, vertical, wall, weave, wide, zigzag

# Physical Education - Football

## Kit Needed

- Moulded studs, Long/ Short sleeved top, Black Egguckland shorts, Shin pads, Long black socks

## Equipment

- Footballs, posts, bibs

## 5 Key Rules

- A player can control the ball with any part of their body except their arms.
- A player must get the ball and not the player when making a tackle. If the tackling player makes contact with the attacking player then a free-kick is awarded.
- If a player is the last person to touch the ball before the side of the pitch then a throw in is awarded to the opposition.
- If the ball crosses the goal line (either side of the goal) and was last touched by a defensive player then a corner is awarded.
- If the ball crosses the goal line (either side of the goal) and was last touched by an attacking player then a goal kick is awarded.

## Key Terms

- Pass- how you transfer the ball from one team member to another
- Shot- when a player attempts to score a goal with their feet
- Header- when a player controls or strikes the ball with their head

Skill/Tactic	Technique Points
Short Pass	Non kicking foot next to the ball/ use the side of the kicking foot to contact the ball following a short back swing/ keep head over the ball to improve accuracy and ensure ball stays on the ground/ follow foot through to generate more power.
Long Pass	Non kicking foot next to the ball/ use the front (laces) of the kicking foot to contact the ball following a bigger back swing (flexion of the knee)/ keep head over the ball to improve accuracy of the pass/ lean back slightly to help generate height if required on the pass/ follow foot/leg through to generate more power.
Heading	Keep eyes focused on the ball when preparing to header/ use the forehead to contact the ball/ move feet to ensure body is slightly behind the ball before heading/ use neck to generate more power on the header/ defensive headers are normally headed high with increased distance whereas attacking headers on goal are normally headed down to make it more difficult for the goal keeper to save/ perform a jump before the header to increase power and give yourself more chance of beating the opponent to the header.
Shooting	Non kicking foot next to the ball/ keep body balanced/ head slightly over the top of the ball/ use side foot for placement or top of the foot for increased power/ flex leg back further when preparing to strike to the football for increased power/ aim for the area of the goal that the goalkeeper is least likely to save the ball.
Attacking	Attack defender with pace/ keep ball in close control away from the defender/ move the ball to make it more difficult for the defender to tackle you/ use tricks to outwit the opponent.
Defending	Man to man marking – sideways on/ close to player/ try to slow attacking player down/ on toes/ show attacker to their weaker foot/ time tackle effectively to increase chances of winning the ball back.
Crossing	Non kicking foot placed next to the ball/ contact ball with the instep of the foot/ lean body slightly back to add height on to the cross to avoid the first defender/ follow leg through to increase the power on the cross/ the body needs to remain balanced to increase accuracy and success of the cross.

# Physical Education - Handball

## Kit Needed

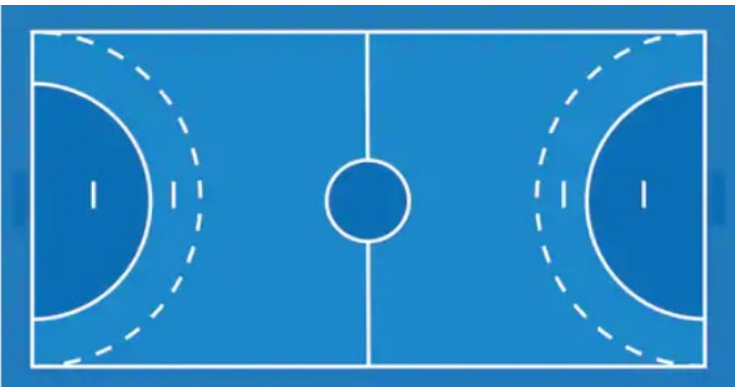
- White trainers, White socks, short or long sleeved PE top and black Egguckland shorts, skort or leggings

## Equipment

- Handballs, mini goals (or netball posts or football goals) and Bibs

## Handball basic rules

- A match consists of two periods of 30 minutes each.
- Each team consists of 7 players; a goalkeeper and 6 outfield players.
- Outfield players can touch the ball with any part of their body that is above the knee.
- Once a player receives possession, they can pass, hold possession or shoot.
- If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.
- Only the goalkeeper is allowed to come into contact with the floor of the goal area.
- Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the goal area



- 2 handed high catch
- 2 handed low catch

## Defending

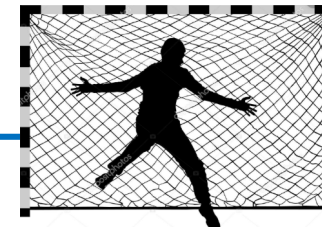
- Basic body position
- Use both arm over the ball and follow where attacker holds it.
- When moving, remain close to attacker and ensure you can see player and the ball

## Basic body position



## Goal keeping

Goal keeper has to keep a Wide body position and Can use any part of their body to defend the ball from the attacking player



Upper passes (overhead/ one handed  
Vertical jump shot  
Blocking and defending