

confused. In addition all players should remove jewellery. Plus play in the correct

footwear, this is also the same for football.

specific tactic for specific sports.

attacking player.

## **Key Works Unit 2**

Participation:- To take part in a sports or activity. You can have high and low levels of participation.

**Performance:-**Sports performance is the manner in which sport participation is measured. Sport performance is a complex mixture of skills training and techniques.

**Fitness:-** Is being physically fit and healthy. Adults and children can have different levels of fitness. Fitness is something that you can improve.

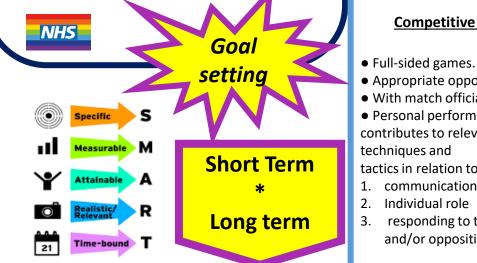
**Observation:-** A observation is the process of closely observing or monitoring something or someone. For example watching a specific player in football and making specific notes.

Techniques:- A technique is the method , technique that procedure a way something is done. An example of techniques being your knees when taking a set shot.

**Self – Analysis:-** Is where you would review your own performance to understand his or her own personality/performance without the aid of another person.

**Governing Body:-** A governing body is a an organisation that governs and administers a sport . For example the FA or England Hockey or swim England.

NHS:- National Health Service. It refers to the Governmentfunded medical and health care services that everyone living in the UK can use for FREE!



### **Observation checklist**

For example, to review performance in selected sports using video analysis: components of physical fitness

• technical demands of sport (skills and techniques)

 production of a checklist suitable for self-analysis of performance in selected sports

**Isolated Practices** 

For example, skills and techniques

demonstrated independently without any

pressure or

external forces, completed successfully

and without fault.

**Conditioned practices** 

For example, small-sided

games, a limited number of

touches, a set number of

defenders or attackers.

tactical demands of sport

# Defence Speed Aerobic Endurance

Comments:-



## Effective use of skills and techniques.

For example: rugby conversion, including head position, body position, placement of non-kicking foot, placement of kicking foot, connection with the ball.

Technique is so important for all sports and its important that you break it down into specific parts.



#### **Components of Physical Fitness**

Aerobic endurance: (the ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity)

Muscular endurance: (the ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load) Flexibility: (having an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movement) Speed: (distance divided by the time taken. Speed is measured in metres per second (m/s). The faster an athlete runs over a given distance, the greater their speed) **Muscular strength:** (the maximum force (in kg or N) that can be generated by a muscle or muscle group) Body composition: (the relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body) The application of the components of fitness to a chosen sport.

**Example :-** Football requires foot speed and muscular strength to allow the player to reach the ball before their opponent and hold them off the ball to keep possession. For example, long distance running requires good aerobic endurance to supply oxygen and nutrients to working muscles during a race as well as a low body composition to ensure fat mass is low so that the distance can be covered more easily.



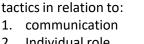




#### Appropriate opposition 2 With match officials. • Personal performance that

contributes to relevant use of skills, techniques and

Competitive situations



- Individual role
- 3. responding to team mates and/or opposition.