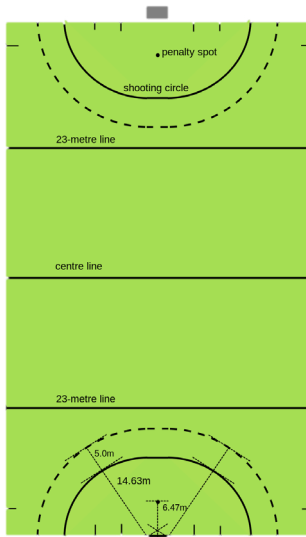


Pitch Markings



Key Rules/Fouls

Feet	The ball cannot make contact with the feet at any time.
Shooting Circle	You must be inside this area to shoot.
Non-Contact	Contact with another player cannot be made at any time.
Obstruction	Blocking the ball with your body from an opponent.
Back Stick	Only the flat side of the stick can be used to hit the ball.
Sticks	You cannot hit another player's stick with your own.
High Stick	Stick cannot be above the hip if another player is around you.

Key Skills

Dribbling	Basic and Indian dribble.
Tackling	Block, jab and reverse.
Shooting	Hit, push, flick and slap.
Passing	Hit, push, flick and slap.
Jockeying	Pushing towards the line.
Receiving the Ball	Trapping and on the move.

Penalties Awarded

Free Hit	All players 5m away from the ball. Can be a pass of taken to yourself.
Penalty Corner	Awarded when the defence commits a foul in the shooting circle or purposefully hits the ball over the back line.
Penalty Stroke	Awarded when a foul is committed which would have prevented an almost certain goal.

Personal Skill Development

- Communication.
- Teamwork.

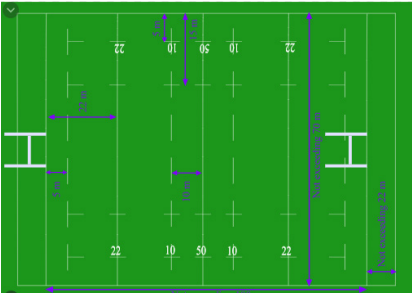
Theoretical Links

- Importance of a warm up and its stages.
- Importance of a cool down and its stages. Key muscles used and joint types.
- Fartlek training.
- Components of fitness required for successful performance.

Health Benefits

- Improves cardiovascular endurance.
- Improved co-ordination.

Pitch Markings



Key Rules

- The game is played between two teams of thirteen players each.
- The game lasts for 80 minutes, with two halves of 40 minutes.
- Each team is given six tackles for a chance to score.
- If a team doesn't score in this time then the ball is 'handed over' to the opposition.
- 4 points are awarded for a try, 2 for a conversion/penalty and 1 for a drop goal.
- The ball cannot be passed forwards.

Key Skills

- Passing: Able to pass to the left and the right.
- Tackling: Front, side, rear.
- Kicking: Defensive and attacking.
- Playing the ball.
- Positional awareness.
- Scrum.
- Playing to individual players strengths and opponents weaknesses.

Penalties Awarded For

- Tackling a player who isn't in possession of the ball.
- Tripping an opponent up.
- Hitting an opponent with arm or fist.
- Kicking the ball when your opponent is trying to pick it up.
- Dangerous play, such as tackling your opponent above their shoulders.
- Defenders not back in line with the referee (5 metres).

Personal Skill Development

- Communication.
- Teamwork.

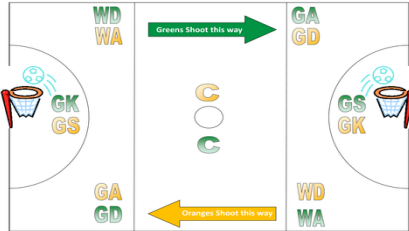
Theoretical Links

- Importance of a warm up/cool down.
- Different types of strength used and what training would be applicable to improving it.

Health Benefits

- Improves cardiovascular health.
- Promotes positive mental well being.

Pitch Markings



This shows the position on the court that each netball player must start at for every centre pass.

Key Rules/Fouls

Held Ball	You can hold the ball for a maximum of 3 seconds.
Contact	With another player cannot be made at anytime.
Feet	You cannot move with the ball.
Shooting Circle	The shooters must be fully in the semi-circle to shoot.
Positional Play	You must stick to your positions areas of play on court.
Obstruction	You cannot be less than 0.90m/3ft away from the player with the ball.
Centre Pass	Must be received in the centre third.

Personal Skill Development

- Communication.
- Teamwork.
- Spacial awareness.

Theoretical Links

- Short and long term effects of exercise on the body.
- Feedback.
- Nutrition for a netballer and other sports performers.

Health Benefits

- Improves cardiovascular fitness.
- Improves agility.
- Improves balance.

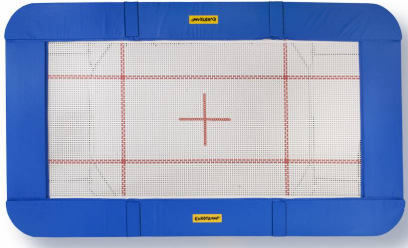
Penalties Awarded

Free Pass	For a player going out of their set playing areas/ centre pass not received in the centre third/ footwork.
Penalty Pass/Shot	Awarded for contact or obstruction. The ball is given to the opponent and the infringing player stands at their side until the pass is made. Within the D it becomes a penalty pass or shot.
Sideline/Backline Passes	Ball given to the team that did not throw it out of court.

Key Skills

Footwork and Movement	One foot/two feet landing/pivoting.
Passing	Chest, shoulder, bounce, overhead.
Attacking Dodging Skills	Feint/single dodge and double dodge.
Signalling	Receiving the ball.
Marking a Player	Defending.
Interception	Gaining possession.
Shooting	Close/distance.
Rebounding	Attacking/defending.

Markings



Key Safety Rules

- Minimum of 2 spotters per side.
- 1 person on the trampoline at a time.
- No jewellery
- Do not go under the trampoline.
- Do not attempt skills you haven't been instructed to do.
- Always wear socks/jump socks
- A member of staff must be present before you get on the trampoline.
- You must show all progressions before you advance onto more difficult skills.

Key Skills

- Basic Shapes – Straight, Tuck, Straddle, Pike
- Body Landings – Seat Landing, Front Landing, Back Landing
- Twists – ½ Twist, Full Twist
- Linking skills – Swivel Hips, Seat to Front, Front to Seat, Front to Back, Back to Front, Roller, Turntable, Cradle, Cat Twist.
- Rotation – ¾ Turnover, Back Pullover, Front S/S, Back S/S.

Safety Techniques

- Always start and finish every skill on the centre cross.
- Keep your eyes focused on the end deck in front of you to remain central.
- Learn skills from a low height then increase this when you are more confident and you can perform the skill consistently using the correct technique.
- Take your time, don't rush through the progressions, everyone progresses at different rates, this is OK!

Personal Skill Development

- Resilience.
- Courage.
- Communication.

Theoretical Links

- Planes and Axis.
- Components of fitness required/used.
- Psychology.
- Plyometrics.

Health Benefits

- Improves balance.
- Improves co-ordination.
- Improves flexibility.

Components of Fitness

Strength	The amount of force a muscle can exert against a resistance.
Cardiovascular Fitness	The ability of the heart, lungs and blood to transport Oxygen.
Muscular Endurance	The ability to use voluntary muscles repeatedly without tiring.
Flexibility	The range of movement at a joint.
Positional Play	You must stick to your positions areas of play on court.
Body Composition	The percentage of the body that is fat, muscle and bone.

Key Skills

Circuit Training	An interval way of training.
Fartlek Training (Speed Play)	Develops aerobic and anaerobic fitness.
Continuous Training	Develops Cardiovascular Fitness.
HIIT	Develops strength, speed and muscular endurance.
Fitness Testing	A way of gaining information about health and skill related fitness.

Personal Skill Development

- Resilience
- Competitiveness (both individually & amongst others)

Key Rules

- Always complete a thorough warm up which includes a pulse raiser, skill based practice, mental preparation and stretching.
- After exercising complete a sufficient cool down which allow a gradual reduction in intensity and stretching.
- Footwear and Clothing should be appropriate to the activity being completed.
- Prepare appropriate hydration, for use during the sessions.
- Ensure the environment and the area you are using are safe, taking into consideration things such as; weather and the ground you are training on.

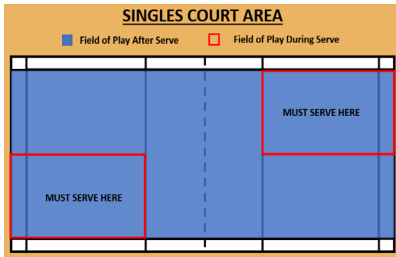
Theoretical Links

- Health, fitness & exercise definitions.
- Anatomy & physiology links.
- Types of training.
- Energy systems.
- Principles of training.

Health Benefits

- Cardiovascular fitness.
- Muscular strength/endurance.
- Improved mental health - including mood, concentration and self esteem.

Court Markings



Key Rules/Fouls

- A match consists of the best of 3 games of 21 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- To score a point the shuttle must land on the opponents side inside the court.
- If the shuttle lands on the line, it is in.
- If the shuttle hits the net you play on even on a serve. If it lands in, it is a point.
- If the shuttle is hit outside of the court area, it is the opponents point.
- Serving must be hit in an upwards direction with an underarm hitting action.
- There are no second serves.

Theoretical Links

- Interval training.
- Energy systems.
- Components of fitness – power, agility, coordination.

Serving - LORE

- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court.
- When the server's score is odd, the server serves from the left service court.
- Left Odd.
- Right Even.

Key Skills

Serving	Short/long, flick serve (forehand/backhand).
Overhead	Clear, drop (forehand and backhand).
Underarm	Clear, drive, drop (forehand/backhand).
Net Play	
Smash	

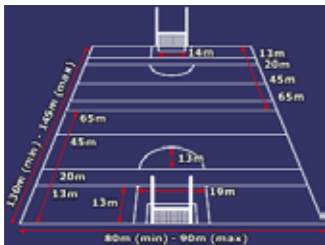
Personal Skill Development

- Sportsmanship.
- Intrinsic motivation.
- Resilience.

Health Benefits

- Improves cardiovascular endurance.
- Improves aerobic and anaerobic fitness.

Pitch Markings



Key Skills

Passing	feet and hands - hand slap, kick pass
Kicking	Punt, drop, freekick
Tackling	intercepting, blocking
Shooting	long, short, feet and hands 45s
Moving with the ball	solo, toe to hand, pick up, bouncing
Receiving the ball	one hand, two hand catch,
Pick up	getting the ball from the floor must be done by scooping the ball up with your feet

Key Rules/Fouls

Running with the ball in the hands	Can only take 4 sets before you must bounce or solo the ball.
Shooting	You can score in the football net or hit the ball over the bar between the posts (with feet and hands)
Passing with the hands	strike the ball with the fist, not thrown
Moving with the ball in the hands	cannot bounce it twice in row
Contact	shoulder contact and slapping the ball out of an opponents hand is allowed

Personal Skill Development

- Communication.
- Teamwork.

Theoretical Links

- Importance of a warm up and its stages.
- Importance of a cool down and its stages. Key muscles used and joint types.
- Fartlek training.
- Components of fitness required for successful performance.

Health Benefits

- Improves cardiovascular endurance.
- Improved co-ordination.

Fouls are awarded for the following

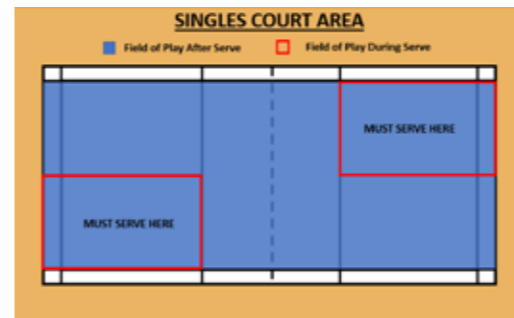
- Blocking a shot with the foot
- Pulling an opponent's jersey
- Pushing an opponent
- Sliding tackles
- Striking an opponent
- Touching the goalkeeper when he/she is inside the small rectangle
- Tripping
- Using both hands to tackle
- Wrestling the ball from an opponent's hands

Restarting play

A match begins with the referee throwing the ball up between the four mid fielders.

Kick out	after the attacker has shot wide or scored, goalkeeper kicks the ball out.
Freekick	after a foul is committed - kicked from ground or hands
Penalty kick	from the ground if a player is fouled inside the large rectangle
Sideline kick	kicked from the ground or hands where the ball went out

Court Markings



Key Skills

Serving	Short/long, flick serve (forehand/backhand)
Overhead	Clear, drop (forehand and backhand)
Underarm	clear, drive, drop (forehand and backhand)
Net Play	
Smash	

Serving - LORE

- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court.
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Personal Skill Development

- Sportsmanship
- Intrinsic motivation
- Resilience

Theoretical Links

- Interval training
- Energy Systems
- Components of fitness - power, agility, coordination

Health Benefits

- Improves cardiovascular endurance
- Improves aerobic and anaerobic fitness

Pitch Markings



Key Skills

Passing	Short Side foot / Long driven and lofted passes using laces
Dribbling	Instep and outstep (both feet)
Tackling	Block, interception and slide
Shooting	Placement and power
Control	Selection of surfaces

Key Rules/Fouls

Handball	When a player other than the keeper handles the ball, or the keeper does outside of the area. Results in a free kick or a penalty depending on where this happens.
Goal Kick	Used to restart play if the ball is kicked out by the opposition beyond the goal line.
Offside	When an attacking player receives the ball from a member of their team when they are closer to the opposing team's goal than any of the opposition (except the keeper)
Throw-in	Used to restart play when the ball has gone out of play on the sides of the pitch.
Direct free kick	awarded for a foul that takes place outside of the box.
Indirect free kick	A foul inside the box but is not a penalty.
Corner kick	This is awarded when the defending team kicks the ball out behind their goal line.

Personal Skill Development

- Communication.
- Teamwork.

Theoretical Links

- Importance of a warm up and its stages.
- Importance of a cool down and its stages. Key muscles used and joint types.
- Fartlek training.

Health Benefits

- Improves cardiovascular endurance.
- Improved co-ordination.

Positions

Goalkeeper	There is only one goalkeeper on the field for each team. Their main role is to defend the goal and stop the other team from scoring goals. They can use their hands while they are in the goal area.
Defender	these players play near their goalkeeper to help defend their goal.
Midfielder	a player who plays between the forwards and the defenders. They sometimes help defend, sometimes they help attack, though they spend most of the time in the middle of the pitch.
Forward	an attacking player in a team. When a forward has the main role of scoring goals, he or she can be called a striker .

Components of Fitness

Strength	The amount of force a muscle can exert against a resistance.
Cardiovascular Fitness	The ability of the heart, lungs and blood to transport Oxygen.
Muscular Endurance	The ability to use voluntary muscles repeatedly without tiring.
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Key Skills

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- Prepare appropriate hydration, for use during the sessions.
- Ensure the environment and the area you are using are safe, taking into consideration things such as; weather and the ground you are training on.

Personal Skill Development

- Mental Resilience
- Competitiveness (both individually & amongst others)
- Determination
- Intrinsic motivation

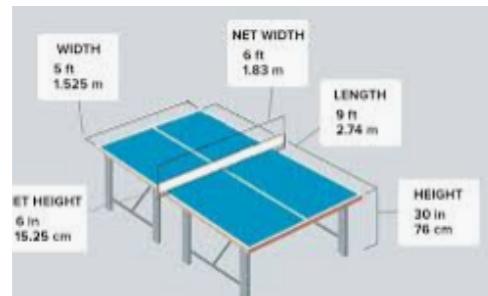
Health Benefits

- Cardiovascular Fitness
- Muscular Strength/Endurance
- Improved Mental Health - incl. mood, concentration and self esteem.

Theoretical Links

- Health, Fitness & Exercise Definitions
- Anatomy & Physiology Links
- Types of Training
- Energy Systems
- Principles of Training

Equipment



Essential Skills

Grip	The shake hands grip. Index finger does not go up the back of the racket.
Ready Position	Feet slightly wider than shoulder width on balls of feet/ knees bent/upper body leant forward at the waist
Flat service	
Service with spin	
Forehand drive	Closed racket face / Rotate backwards at the hip/swing from low to high finishing in a salute position near the forehead
Forehand smash	rotate the hips and shoulders backwards so they are sideways to the table/hit the ball at its highest point or shoulder height/hit down on the ball
Forehand push	open racket face/small backswing/play the ball to the side of you/follow through in the direction you hit the ball/do not prod at the ball
Backhand push	Be square to the line of the ball/slightly open bat/push forward from the elbow/strike ball in front of stomach
Backhand drive	body square to the line of the ball/take racket back towards the belly button/slightly close racket face hit the ball in front of you/shot comes from the elbow like throwing a Frisbee

Key Rules/Fouls

SERVICE RULES:-

- Each player will, in sequence, serve **two** good serves each.
- Serve from behind the table and serve anywhere on to the table
- ball must rest on the server's open hand
- Ball shall be projected up without spin at least 16 cm
- Ball must drop before being hit
- If the ball hits the net and goes over a "let" is played

BALL IN PLAY:- until it touches anything other than the table surface, the net assembly, the racket or **the racket hand below the wrist**, or the point is won or it is a let.

The ball **is** allowed to travel around the **outside of the net assembly** before hitting the opponent's part of the table

OBSTRUCTION:- Occurs if the ball touches the player or the racket in front of the end line before it has touched the table surface.

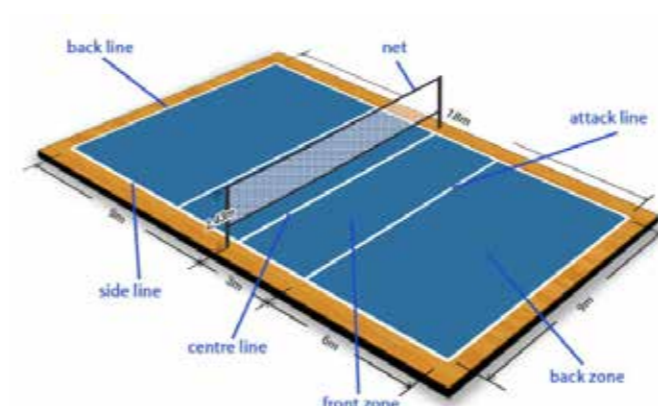
OBSTRUCTION:- Occurs if the player's free hand touches the table.

DOUBLES:- You have two serves before it is your opponent's turn to serve twice. The service must go diagonally, from the server's right-hand side to the receiver's right-hand side. A doubles pair must strike the ball alternately. At the change of service, the previous receiver becomes the new server and the partner of the previous server becomes the receiver. This makes sure everybody does everything. After eight points you're back to the start of the cycle.

Tactics

- Speed and placement of service
- Use of the cross table shot for safety
- Use of topspin for net clearance
- Use of spin to gain an advantage
- Hitting to opponent's crossover point
- Evaluation of opponent's strengths and weaknesses

Pitch Markings



Volleyball court marking and dimensions

Key rules/fouls

- 6 players on each side, 3 on the front row and 3 on the back.
- Maximum of three hits per side.
- You can't play the ball twice in succession (block doesn't count)
- It is legal to contact the ball with any part of the players body.
- It is illegal to catch, hold or throw the ball.

Key Skills

- Serve - underarm/overarm
- Smash
- Dig
- Set
- Block
- Positional awareness and role within a game.

Tactics

- Placement of serve to target a player/space. Use of spin on the serve.
- Move front players once the serve has been taken to allow the best smasher/setter.
- Use of a formation such as W+1.

