



STAGE 5 PASS – REMOTE LEARNING TERM 3 2021

Miss Wrightson

Dear Students and Parents,

This term, students will be learning about enhancing participation and performance in sport.

If you require any assistance, please email Miss Wrightson
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Enhancing performance: strategies and techniques

Outcomes

A student:

- demonstrates actions and strategies that contribute active participation and skilful performance (PASS5-5)
- evaluates the characteristics of participation and quality performance in physical activity and sport (PASS5-6)
- works collaboratively with others to enhance participation, enjoyment and performance (PASS5-7)
- displays management and planning skills to achieve personal and group goals (PASS5-8)
- performs movement skills with increasing proficiency (PASS5-9)
- analyses and appraises information, opinions and observations to inform physical activity and sport decisions (PASS5-10)

Rules and etiquette

Rules

Rules provide a framework for athletes to compete in sport and enjoy activities with the confidence that they know what is and what isn't allowed. The rules may govern a range of conditions, from what uniforms can be worn, to equipment specifications, methods of scoring and which actions are deemed legal and those that are not.

Rules must be clear, easy to understand and allow for effective officiating. While most codes resist the urge to change rules, rule changes are sometimes necessary to address emerging issues which compromise the integrity of the game.

Sometimes sporting associations will adapt rules to suit local conditions and this is known as a local rule e.g. a golf club that has experienced storm damage overnight may make a local rule that all bunkers are deemed out of play.

Activity

Describe the basic rules for two sports of your choice...

Sport 1: _____

Sport 2: _____

Codes of behaviour

A code of behaviour is a set of guidelines for an acceptable standard of conduct. The governing bodies of each sporting association develop codes of behaviour for players, coaches, officials, spectators and parents. The codes are developed to remind and encourage people to behave in inclusive and respectful ways. The codes of behaviour provide the basis for fair play and encourage fun, participation and safe environments.

Activity

Research and describe the codes of behaviour for players and parents for a sport of your choice.

Sport: _____

- ### 1. Code of behaviour – for players

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Accepted etiquette

Etiquette is the code that governs the expectations of social behaviour or professional conduct. In sport, etiquette is generally an unwritten code that athletes, officials and spectators are expected to adhere to. For example, the accepted etiquette in golf includes:

- Before playing a stroke always make sure that no player is in your line of play or in the path of your swing.
- Don't move, talk, or create a disturbance while another player is preparing for or hitting a shot.
- Never stand behind the hole or another person's ball.
- Don't play a shot until the players ahead are out of range.
- Always rake the bunkers smooth before you leave.
- Always repair any pitch marks on the green with a pitch mark repair tool or a golf tee.
- Leave the putting green immediately once you have finished the hole and mark your score card on the next tee.
- Always walk quickly between shots and be ready to play when it is your turn.
- If sand buckets are provided, carry one with you and be sure to fill any divot holes with sand. If sand buckets are not provided replace any divots (displaced turf) and pat down with your foot.
- Never walk your buggies over the putting green or the teeing ground.
- Take care when replacing the flag stick as greens are easily damaged.

Activity

Describe the accepted etiquette for two sports of your choice...

Sport 1: _____

Sport 2: _____

Modified games

To increase participation in sport and physical activity, games have been modified to allow for people with diverse needs to participate. Modified games consider the different developmental stages of participants, including physical, cognitive and social. One group that games may be modified for is young children. The modifications recognise that young children may need smaller fields, shorter game durations and lighter equipment.

T20 Blast is a modified cricket activity for children aged 7–12, which involves having only eight players per team on a small field at one time. Walking Netball is another modified game that particularly supports adults and the elderly. Individuals play netball with the same rules but at a reduced speed. This helps to reduce the chance of injury that potentially could occur and encourages greater skill acquisition due to the decrease in speed. These examples highlight the benefits of games and sports when they are modified to suit the needs, interests and abilities of the community. This in turn makes sport and physical activity more inclusive and accommodating to promote participation.

Activity

1. Identify five sports in your local area that have been modified to promote participation and enjoyment.

2. Suggest how golf can be modified to include:

▪ children ▪ people with a disability ▪ the elderly

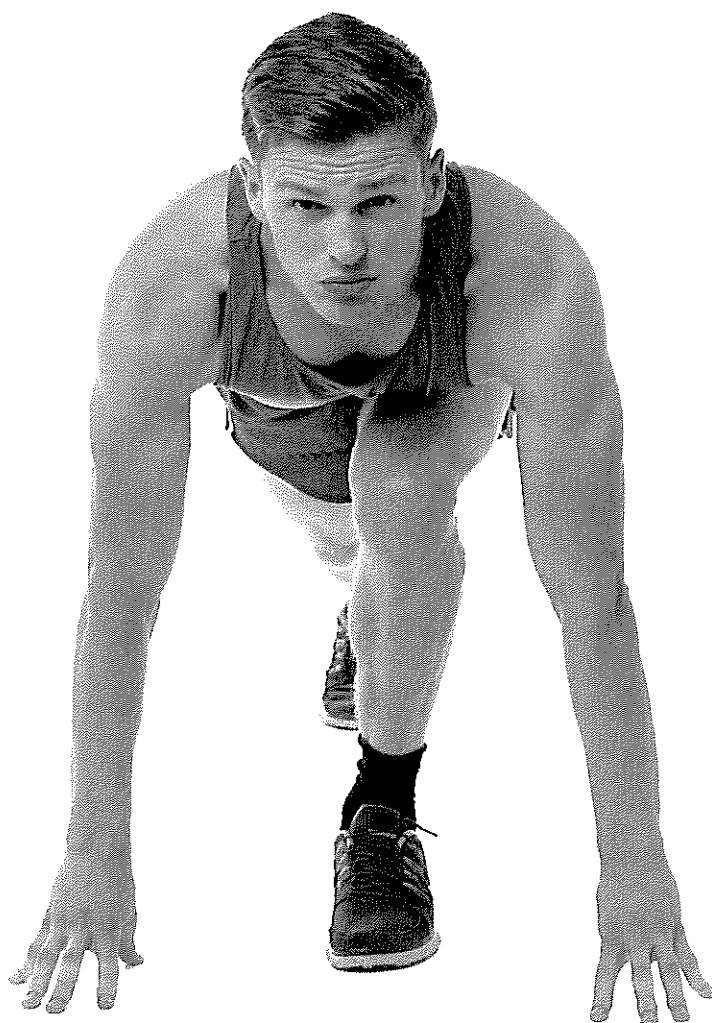
3. Discuss the physical and social benefits of wheelchair basketball for individuals with spinal cord injuries.

Errors in technique

Errors in technique can significantly impact the outcome of performance, as well as being detrimental to the body of the athlete. Incorrect technique can increase the chance of individuals sustaining injuries, in particular overuse injuries. Repeatedly completing a movement or action, for example a tennis serve, with incorrect technique, places significant strain on the body. Errors in technique may initially be a result of improper equipment, clothing or footwear.

Notably, incorrect technique can be identified by athletes or coaches videoing themselves as they perform specific movements and then reviewing their performance in slow motion. This may be necessary for movements that are crucial to performance yet completed in an extremely fast motion, such as a tennis serve or kicking a football. For other movements, such as the basketball layup, coaches or athletes may break down the whole movement into parts, including the dribbling, leap and release of the ball movement to analyse the components separately to ensure that correct technique is being used.

This breakdown can in turn make movement more efficient and effective for performance. Previously, swimmers were encouraged to pull their hands back through the water in a linear motion to propel themselves forwards. However, by observation and technique refinement, coaches have identified a more efficient way for swimmers to improve their speed – by moving their hands in a short sweeping motion instead of a singular linear movement.



Technology, participation and performance

Outcomes

A student:

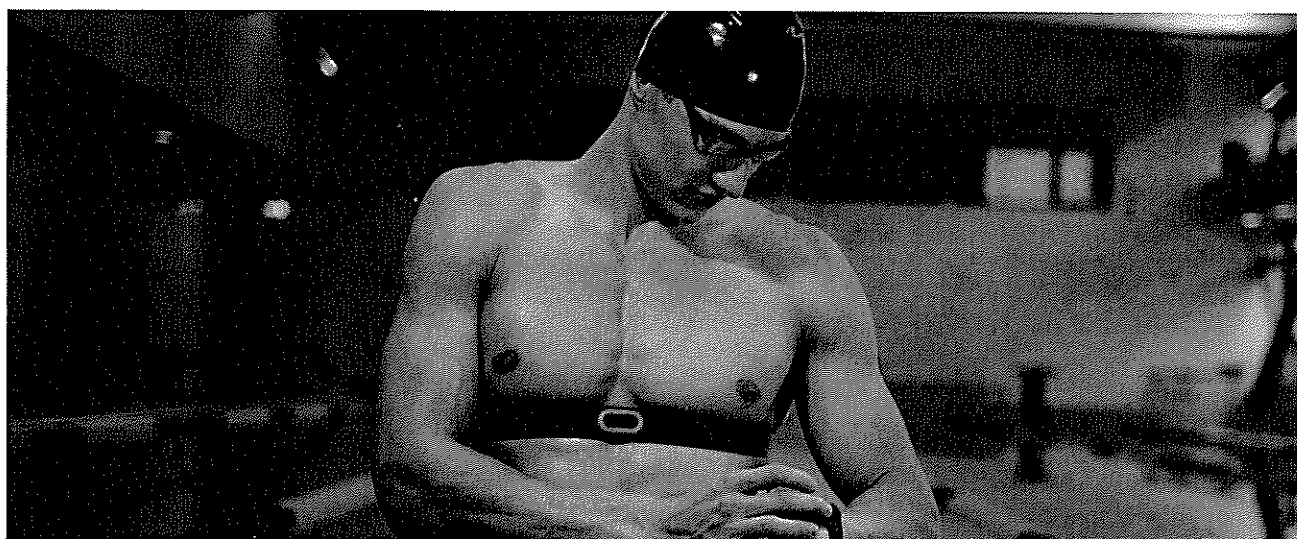
- evaluates the characteristics of participation and quality performance in physical activity and sport (PASS5-6)
- works collaboratively with others to enhance participation, enjoyment and performance (PASS5-7)
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Australian sport has a very proud tradition of excellence and success signaled in the first modern Olympic Games by Edwin Flack, and in the first cricket test before Federation. Australia's thirst for success have led to many innovations, which have contributed to our sporting success. They include such inventions as Ben Lexcen's winged keel, Charlie Booth's first patented starting blocks for sprinters, and the aluminium cricket bat.

The Australian Institute of Sport focuses on a number of essential services such as sports biomechanics, physiology, medicine and psychology. The services they provide and research they conduct is primarily aimed at elite athletes. However, the technology and other essential services eventually filter through to the grass roots level. A range of technological devices are used to train and prepare athletes for maximum performance.

Research how heart rate monitors and technique analysis are used to improve training and preparation for competition...

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Technique analysis

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Performance

New technologies allow athletes to run and swim faster, throw further, participate at a higher skill level and recover from injury faster than ever before. New designs to clothing, equipment and playing surfaces provide advantages that may be the difference between winning silver and gold at elite level. Examples of high tech sporting innovations include:

- 83 thermoregulation garments
- 83 carbon fibre cricket bats
- 83 carbon sailing masts
- 83 electronic knee brace
- 83 biomechanical analysis techniques
- 83 virtual cycling

Activity

1. For a sport of your choice:

- Research the clothing, equipment and playing surface currently used to improve performance.
- Predict advancements to clothing, equipment and playing services to improve the game in the future. These advancements can be made to improve performance, reduce chance of injury or create player efficiency.

Sport: _____

| | Clothing | Equipment | Playing surface |
|--|----------|-----------|-----------------|
|--|----------|-----------|-----------------|

Now

Future
advancements

2. Brainstorm how technology has improved one of the following pieces of playing equipment:

- tennis racquet
- sports wheelchair
- cricket bat.

