

Key Vocabulary – Skill-related fitness

Agility – the ability to change direction quickly to allow performers to out-manoeuvre an opponent

Balance – the ability to maintain centre of mass over a base of support

Static balance – useful to maintain positions in performance sports

Dynamic balance – when on the move in any other sporting situation

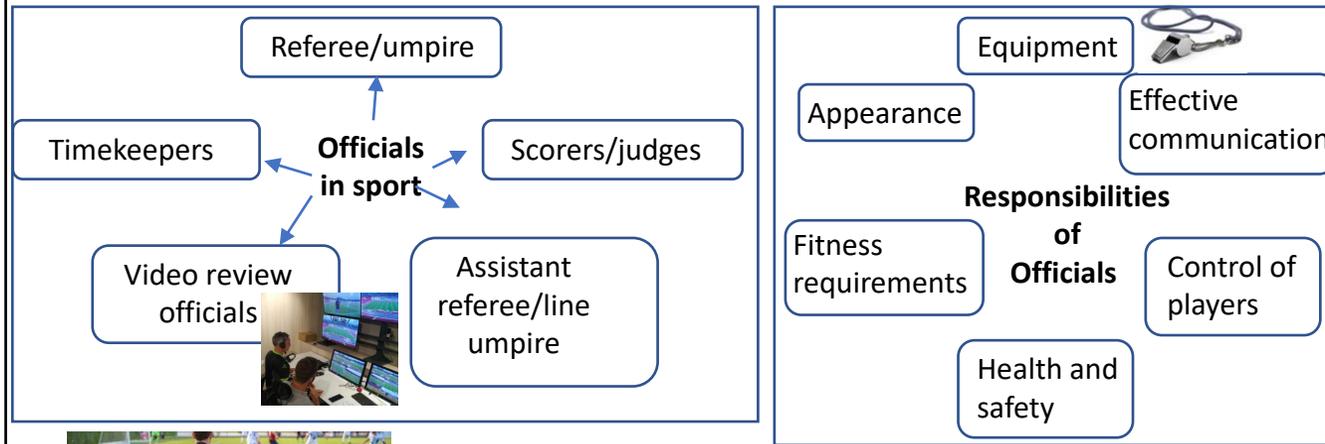
Coordination – the ability to move two or more body parts at the same time smoothly and efficiently, to allow effective application of technique

Power – the product of speed and strength to allow for explosive movements in sport

Reaction Time – the time taken between a stimulus and the start of a response, useful in fast-paced sports to make quick decisions about what to do.

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BTEC Sport Knowledge Organiser – Component 2



When participating in an activity think about the following:

- **Skills** - are learnt patterns of movement that are developed from ability after a period of practice.
- **Strategies/ tactics** are the methods that performers use to maximise their chances of winning. They are often pre-arranged and rehearsed, especially in team games.
- **Decision making** - Performers also need to be able to adapt or change them during a performance

When organising and demonstrating the drills and conditioned practices think about the following:

- Space
- Equipment
- Timing
- Organisation of participants
- Demonstrations
- Positioning



When supporting participants whilst delivering a session think about the following:

- Observing participants
- Provide instructions and teaching points
- Provide feedback

Key Vocabulary – Components of Physical Fitness

Aerobic Endurance – the ability of the cardio-respiratory system to supply nutrients and oxygen to the muscles to sustain low to medium intensity work to delay fatigue

Muscular Endurance – the ability of the muscular system to continue to contract at a light to moderate intensity to allow repetitive movements throughout a long event or game

Muscular Strength – the maximum force that can be generated by a muscle or muscle group to improve forceful movements within an activity

Flexibility – the range of motion possible at a joint to allow improvements in technique

Body Composition – the relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport

Speed – distance divided by time to reduce time taken to move the body or a body part in an event or game

Rules and Regulations in Sports

- Number of players
- Length of time for play
- Scoring system
- Playing area
- Equipment
- Starting and restarting play
- Non-adherence to the rules
- Application of rules and regulations by officials

Planning Drills and Practices

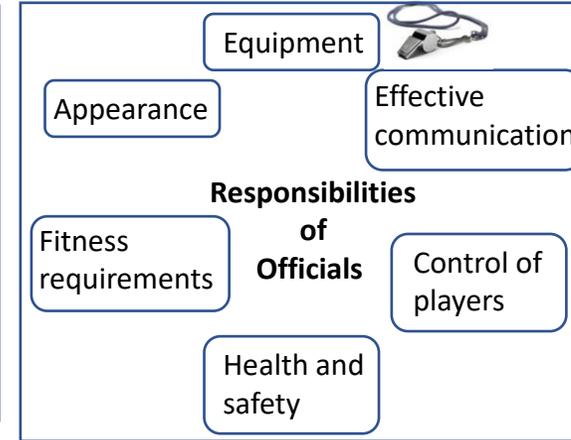
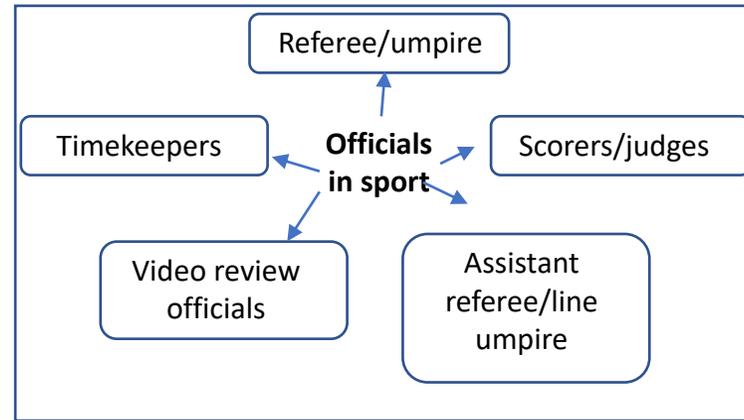
Whatever sport chosen, the following process should be used when developing drills:

- Unopposed stationary drills
- Drills with movement of travel
- Drills with passive opposition/defenders
- Drills with active opposition/defenders

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number of players:

- number of players allowed to participate at any one time
- substitutions – rolling or set number
- variations in playing numbers due to different formats of the game

length of time for play:

- number of periods of play
- length of each period
- length of play determined by time or score
- additional time or extra periods of play in particular situations

scoring system:

- methods of scoring
- differing award of points for particular methods of scoring
- how a winner is determined
- what happens in the event of a tie

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equipment:

- sizes and weights of playing equipment as specified by NGB
- required protective equipment
- optional protective equipment

non-adherence to the rules:

- playing rules specific to each sport, e.g. hitting the ball twice in tennis, passing the ball forward in rugby
- out of play area/offside
- intentionally harming another player
- incorrect travel, e.g. double dribble in basketball

application of rules and regulations by officials:

- use of signals
- communication of decisions to players and other officials
- positioning.

starting and restarting play:

- how the game begins
- how play is restarted after scoring
- fouls or infringements
- how and when the game ends

playing area:

- dimensions of overall playing area
- purpose and dimensions of specific areas within the overall playing area