



SPORTS

AN INTRODUCTION

Sports

- is an activity that requires physical actions and skills where individuals or teams compete under a set of rules.



The image features a collection of colorful silhouettes representing various sports. On the left, there are yellow and orange figures in dynamic poses, possibly representing basketball or soccer. In the center, there are orange and red figures, one holding a tennis racket and another a badminton racket. On the right, there are dark red and brown figures, one holding a cricket bat and another a basketball. The background is a light-colored world map with a dotted texture. The text 'Types of Sports' is overlaid in the center in a large, white, sans-serif font.

Types of Sports

Sport is classified into:

- Individual sports
- Dual sports
- Team sports

Individual sports	are played by one participant on each competing side
Dual Sports	are played by two competing pairs
Team Sports	are played by three or more players



What is the difference of individual/dual sports vs. team sports?

- Individual sports

Individual sports foster a higher amount of discipline, self-confidence, focus, and passion

- Team sports

Team sports have many variables are considered to determine the success or failure of the team. It depends on the collective effort of all its players

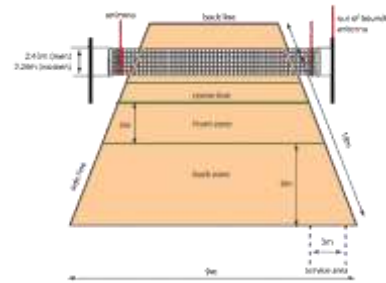


What does one need
to know in playing
sports?



Some of the important aspects to consider in learning a sport:

1. History
2. Court Dimensions/ Venue
3. Equipment and Gear
4. Technical and Tactical Skills
5. Rules of the Game
6. Officiating



Individual/ Dual Sports



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Table Tennis

1. Grip
 - Shakehand Grip
 - Penhold Grip
2. Ready Position
3. Forehand and Backhand
4. Basic hitting
5. Topsin Serve
6. Basic Position, Forehand and Backhand Drive
7. Forehand and Backhand Push

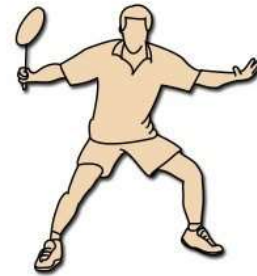




Badminton

1. Grip
 - Handshake Grip (forehand and backhand)
2. Ready Position and footwork
3. Serve
 - Long serve
 - Short serve (forehand and backhand)
4. Forehand and Backhand Overhead Stroke
5. Forehand and Backhand Clear
6. Forehand and Backhand Drop
7. Forehand and Backhand Smash
8. Forehand and Backhand Drive







Team Sports



Basketball

1. Footwork
2. Pivoting
3. Catching the Ball
4. Dribbling
5. Passing
6. Shooting
7. Rebounding



Softball

1. Throwing
2. Catching
3. Fielding Flyballs and Ground Balls
4. Playing Catcher
5. Pitching
6. Batting
7. Baserunning
8. Sliding





Volleyball

1. Stance (ready position of the body and foot)
2. Service (Underhand, sidearm, and overhand serve)
3. Tossing (underhand and overhand or finger toss)
4. Passing/receiving (Forearm pass, Overhand, and dig pass)
5. Attacking
6. Blocking
7. Defensive skills (Rolling/Sliding)



Technical and Tactical Skills in Playing Sports



Technical Skills

-These are basic or fundamental skills needed to play the game.

Examples of Technical Skills:

- In basketball (dribbling, passing, and shooting)
- In volleyball (ball reception, attacking/spiking, and setting)



Tactical Skills

- These are the decision-making skills or strategies used in different situations during the game
- A basic example is the use of quick pass and movement against a taller but slower opponent in basketball
- The use of tactical decision during a game is called **game sense**



Five Steps in Teaching Tactical skills

Distinguishing the important decision

Establishing essential knowledge for athletes

Recognizing the signals in situations

Giving appropriate tactical options

Planning a Practice Game



Planning a Practice Game

1. Preparation/Planning

- Date, time, and duration of training/practice
- Objectives/Goals
- Equipment needed during training/practice

2. Training Proper

- Warm-up/Stretching
- Teaching new skills/practice of previously taught skills
- Scrimmage/Practice game
- Cool down and assessment



CHOOSING A SPORT



Some of the considerations that will guide an individual in their choice of sports include:

1. Weather extremities(hot or cold) for an outdoor sports activity.
2. Enjoyment derived from the activity.
3. Previous activities tried and enjoyed.
4. Financial capacity or budget. Activities like skating, golf, and scuba diving require financial investment on equipment and actual activity.



5. State of health and level of fitness. Demand of physical activity may be excessive for the body, having a conditioning is recommended.
6. Other alternative activities that will give motivation.



What are the health-related and skill-related fitness in sports/physical activity ?

- **Health-related physical fitness** – are the aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition of an individual .
- **Skill-related physical fitness-** sometimes called sports fitness or motor fitness.
- One of the factors that influence skill-related performance is **heredity**; however, most fitness skills can be developed and improved.



Skill- Related Fitness Component	Examples of Sports	Movement
Agility	Basketball Tennis	Changing directions to escape a defender Changing directions to hit the ball
Balance	Cycling Gymnastics	Riding a bicycle Performing on the balance beam
Coordination	Table Tennis Baseball Soccer	Hitting the ball Catching a ball Kicking a soccer ball



Reaction Time	Swimming Basketball	Start to jump/dive on the pool when the signal start Getting the rebound
Speed	Athletics Badminton Baseball	Running the 100m event Receiving a drop shot Stealing a base
Power	Baseball Powerlifting	Throwing a fast ball Lifting weights



What are the safety measures to avoid unnecessary injuries in playing games or sports?

1. Safety Equipment
2. Hydration
3. Perform moderate-intensity physical activity
4. Weather Condition

