

## Level 2 – Practical Sports – Theory / Research

**A skill** = something which is learned, practiced in training and can be repeated in a game

**A technique** = elements which are applied to make up the skill (eg contact point, body position, foot position)

For basketball name 3 skills and give 2 techniques which can help each skill be performed.

| Skill     | Technique applied |
|-----------|-------------------|
| Dribbling | -                 |
|           | -                 |
|           | -                 |
|           | -                 |

For football name 3 skills and give 2 techniques which can help each skill be performed.

| Skill    | Technique applied |
|----------|-------------------|
|          | -                 |
| Shooting | -                 |
|          | -                 |
|          | -                 |



Skill =



Techniques of that skill =

For ONE of the pictures state what skill is being performed as well as the 3 most important techniques.

## Level 2 – Practical Sports – PRACTICAL

For the following skills below (equipment depending) see how many you can do in 1 minute or how long you can do it before dropping the equipment

| Skill  | Amount (first attempt) | Amount (second attempt) |
|--|------------------------|-------------------------|
| Boxing jab left hand (1 minute)  |                        |                         |
| Boxing jab right hand (1 minute)   |                        |                         |
| Football keep ups (1 minute)   |                        |                         |
| Spinning the ball on a finger (timed)  |                        |                         |
| Headers of a football (1 minute)   |                        |                         |
| Keeping a ball up with a racket – swapping sides of the racket each hit (1 minute) |                        |                         |
| Successful dribbles of a basketball around a designed course (1 minute)            |                        |                         |
| Successful dribbles of a football around a designed course (1 minute)              |                        |                         |

For a sport of your choosing design a skills test circuit for young players to participate in and label it

Reading <https://www.bbc.co.uk/bitesize/guides/z3x7tyc/revision/3> (GCSE Bitesize PE Skills)

Video <https://www.youtube.com/watch?v=VltAgg2H HE> (Top 10 Skills in Sport)