

Archery



KEY SKILLS

- Shoot an arrow at a target
- Shoot an arrow at a free standing target
- Perform distance shots
- To aim accurately
- To choose a type of shot for a target
- Improve aim and direction
- Develop balance and correct stance for shooting

KEY FACTS

Archery is the practice of using a bow to shoot arrows

Archery has historically been used in hunting and combat and has become a precision sport. A person practicing archery is called an *archer*.

Archery was the only sport that women could take part in, when they were first allowed to compete in the 1904 St. Louis Olympics

Archery is considered to be one of the oldest sports in the world

Archery has been an Olympic sport almost from the beginning. Its debut in the summer Olympics occurred in 1900. In 1924 it was discontinued and it was reintroduced in 1972

Archers use a bow and arrow



Vital Vocabulary

Arm guard/brace - A piece of stiff material used to protect the bow arm from the bow string upon release, and to hold back clothing

Arrows - The projectile shot using a bow. Most typically, it would be a linear, slender rod.

Bow - A vehicle which is used to propel the arrow. Most typically, it will be longer. There will be a string for connecting the ends

British Archers



Websites:

<https://www.archerygb.org/>

<https://glosarchery.com/>



11 Steps to Archery Success

1. Stance
2. Nock
3. Draw Hand Set
4. Bow Hand Set
5. Pre-Draw
6. Draw
7. Anchor
8. Aim
9. Shot Set-Up
10. Release
11. Follow Through/Reflect



ARCHERY STANCE

FOUNDATION

Don't lean Back: Back Straight
Don't lean Forward: Relax
Legs Relaxed Not Bent
Weight Evenly Distributed
Feet Shoulder Width Apart

FEET

OPEN

- Shortest Draw
- Good Arm String Clearance
- Stable in Wind
- Engages Back Muscles

SQUARE

- First Stance
- Average Draw
- Medium String Clearance
- Unstable in wind
- Used by All GB Levels

CLOSED

- Longest Draw
- Low Arm String Clearance
- Can Overdraw
- Can Cause Lean Back

TARGET CRAZY

Badminton

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KEY SKILLS

- Learn the correct technique for a service shot
- Complete a rally using forehand shots
- Use forehand and backhand shots
- Use overhead shots
- Use correct footwork to move around the court
- Apply skills to a competitive situation
- Hold a racket correctly

KEY FACTS

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net

Since 1992 it has been Summer Olympic sport

The name derives from the Duke of Beaufort's Badminton House in Gloucestershire

The court is rectangular and divided into halves by a net.

It is a doubles game and a singles game – much like tennis

Forehand strokes are hit with the front of the hand leading (like hitting with the palm), whereas backhand strokes are hit with the back of the hand leading (like hitting with the knuckles).



Badminton is played with a racket and a shuttlecock

Vital Vocabulary

Shuttlecock
Racket
Net
Overhead
Forehand
Backhand
Rally
Service

British Players

**CHRIS
LANGRIDGE**

MENS DOUBLES

COMMONWEALTH CHAMPION & OLYMPIC
BRONZE MEDALIST

**LAUREN
SMITH**

MIXED DOUBLES
WOMENS DOUBLES

SEVEN TIME NATIONAL CHAMPION & TEAM GB
OLYMPIAN

**MARCUS
ELLIS**

MIXED DOUBLES
MENS DOUBLES

COMMONWEALTH CHAMPION & OLYMPIC
BRONZE MEDALLIST



Websites:

<https://kids.kiddle.co/Badminton>

<https://www.badmintonengland.co.uk/england-squad/england-performance-squad/player-profiles/>

<https://www.youtube.com/watch?v=6RqND3BAf1A>

<http://www.badmintonnglos.co.uk/find-a-club/>



Gymnastics



KEY SKILLS

- Create different shapes of static balances
- Create different balances on apparatus
- Use different ways of travelling using direction, levels, pathways and speed
- Jump, leap and land using 5 different jump classifications
- Use apparatus for a large range of gymnastic actions

KEY FACTS

Gymnastics is a sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, and endurance.

The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups

Women weren't permitted to compete in gymnastic events until the 1920s

Gymnastics were introduced at the 1896 Olympics.

In the Olympics there are eight different competitive events including the Floor Exercise, Vault, Pommel Horse, Rings, Parallel Bars, Horizontal Bar, Uneven Bars, and the Balance Beam

Gymnastics can be floor or apparatus related



Vital Vocabulary

Travel
Jump
Leap
Tension
Balance
Static
Shapes
Apparatus
Pike
Straddle

British Gymnasts



Websites:

<https://www.british-gymnastics.org/>

<https://www.british-gymnastics.org/discover/clubs/gloucester>



Max Whitlock MBE



Euan Cox



Audia Fragapane



Elissa Downie



Tennis



KEY SKILLS

- To change the direction of a ball
- To use the ready position
- To use forehand and backhand techniques
- To use attacking and defending shots in a game
- To serve correctly and accurately
- To apply skills in a tennis match
- To score a tennis game

KEY FACTS

Tennis is a racket sport that can be played individually against a single opponent or between two teams of two players each.

Each player uses a tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.

Points are awarded to a player or team whenever the opponent fails to correctly return the ball within the prescribed dimensions of the court.

Major competitions: Wimbledon, The Davis Cup, Australian Open, The French Open, US Open

Tennis is an Olympic sport. Andy Murray won the men's single gold in 2012

Tennis is played with a sprung racket and a tennis ball



Vital Vocabulary

Racket – used to hit the ball. Strung springs and rubber handle

Net – dividing the court into playing halves

Court – the lines marking out the area where the game is played

Serve – a player serves a ball to start a game

Forehand – hitting the ball in the direction of inner arm

Backhand – hitting the ball with the back of hand facing the ball

British Players



Websites:

<https://www.lta.org.uk/>

https://www.eastglos.co.uk/tennis/?doing_wp_cron=1613393773.5510029792785644531250

<https://www.youtube.com/watch?v=pQQrifqFycc>

HEATHER

WATSON

ANDY

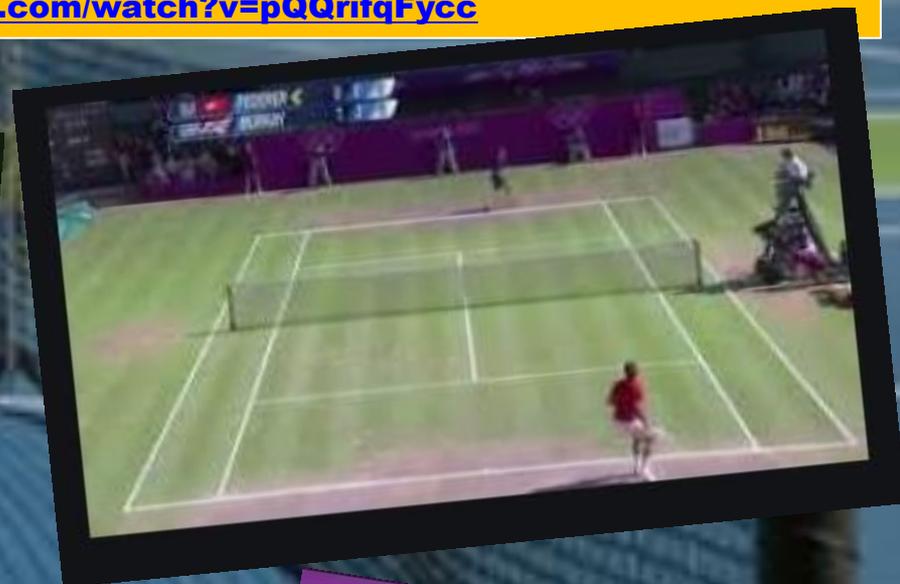
MURRAY

KYLE

EDMUND

JAMIE

MURRAY



Rounders



KEY SKILLS

- **Throw and catch a ball accurately**
- **Develop consistency of throwing skills**
- **Develop batting skills**
- **Develop a range of fielding techniques**
- **Understand the rules of rounders**
- **Use tactics when playing in a team**
- **Direct ball away from fielders when batting**

KEY FACTS

Rounders games are played between two teams. Each team has a maximum of 15 players and a minimum of 6 players. No more than 9 players may be on the field at any one time

Rounders is a bat-and-ball game played between two teams.

Rounders is a striking and fielding team game that involves hitting a small, hard, leather-cased ball with a rounded end wooden, plastic, or metal bat.

The players score by running around the four bases on the field.

Games are usually played over 2 innings with the aim of the game to score the most Rounders



Rounders is played with a wooden bat and a leather ball

Vital Vocabulary

Bat – usually wooden, to hit the ball

Bowl – under arm throw to batter – aimed between shoulder and waist

Post – the 4 posts around the field

Batter – person holding bat

Fielder – team member returning ball to bowler

Back stop – fielder behind batter

No Ball – where a bowled ball is too high/low

Out – when a batting player is out of the game

A. Keywords:

Under arm bowling :

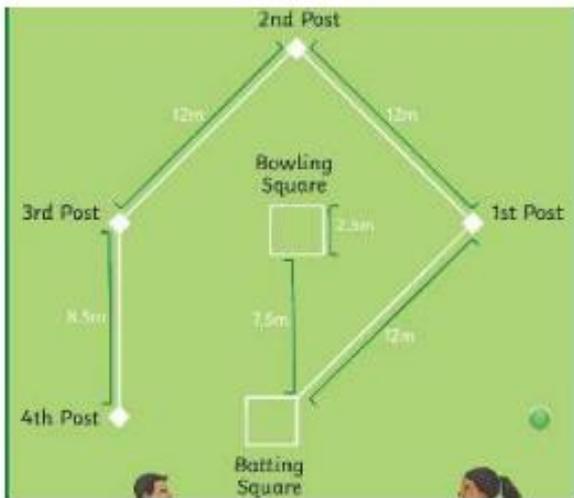
A bowling technique which is a progression from underarm throw. Varying speed and spin will outwit the batter.

Back stop:

A position on the fielding team. Player who stands behind the batter to field the ball back quickly to the fielding team.

Bowling Square:

A square on the rounders pitch that identifies where the bowler must be whilst bowling the ball to the batter.



Underarm bowling

- Hold ball in dominant hand.
- Step forward with opposite leg.
- Swing arm and release ball before shoulder height.
- Aim for backstops hands



UNDER 21 SQUAD



Websites:

<https://www.roundersengland.co.uk/>

<http://www.rounders.com/>

<https://www.thisgirlcan.co.uk/activities/rounders/>

Athletics



KEY SKILLS

- **Sprint successfully – starting position and technique**
- **Accurately clear obstacles at speed**
- **Develop stride patterns**
- **Very pace and tempo for endurance running**
- **Complete a 3 stride pull throw**
- **Complete a push throw**
- **Complete a heave and fling throw**

KEY FACTS

Athletics is the name for various sports which test speed and strength

A person who takes part in athletics is called an athlete

There are two types of athletic events: track and field

Track events are running and walking races

Field events are jumping and throwing contests

Objects thrown include a discus (a hard disc) and a javelin (a light spear)

Most track events take place on an oval track, split into 8 lanes

They are among the most popular events at the Olympics

Athletics can be track of field related

Vital Vocabulary

Sprint – running over a short distance at speed

Hurdles – jump over during a sprint

Tempo – speed

Endurance – pace over different distances

Javelin – long spear shape for throwing

Pace – speed of doing something

British Olympic Athletes



Websites:

Find out about Athletics

<https://www.dkfindout.com/uk/sports/athletics/>

Find out about Athletics in Gloucestershire

<https://www.athletics4u.co.uk/>

Find out about British Olympic Athletes

<https://www.britishathletics.org.uk/athletescat/athlete/>



Discus Throw



Long Jump



Javelin



Shotput Throw



Hurdles



Sprint