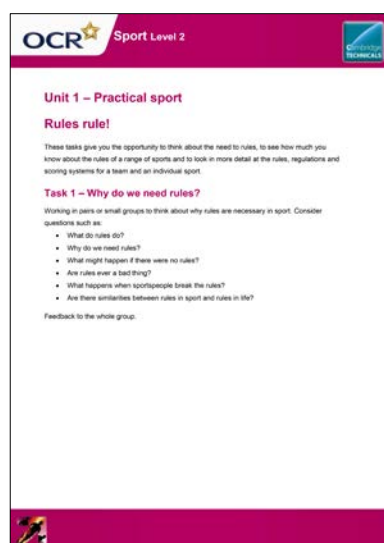


Unit 1 – Practical sport

Rules rule!

Instructions and answers for Teachers

These instructions should accompany the OCR resource 'Rules rule!', which supports the OCR Level 2 Cambridge Technical in Sport Unit 1 – Practical sport



Associated files:
Rules rule!

Task 1 – 30 minutes
Task 2 – 30 minutes
Task 3 – 1 hour



This activity offers an opportunity for English skills development.

These tasks give learners the opportunity to think about the need to rules, to see how much they know about the rules of a range of sports and to look in more detail at the rules, regulations and scoring systems for a team and an individual sport.



Task 1 – Why do we need rules?

Ask learner to work in pairs or small groups to think about why rules are necessary in sport. Ask questions such as:

- What do rules do?
- Why do we need rules?
- What might happen if there were no rules?
- Are rules ever a bad thing?
- What happens when sportspeople break the rules?
- Are there similarities between rules in sport and rules in life?

Learners can feedback to the whole group and the teacher can facilitate discussion of the main points.

Task 2 – Rules quiz

Question	Answer
How many people in a volleyball team?	6
How many points is the blue ball worth in snooker?	5
Name the six events in men's gymnastics	Floor, high bar, parallel bars, rings, vault, pommel horse
What is 'par' in golf?	Number of strokes it should take a skilled golfer to complete play on that hole
In handball, how many steps can a player take whilst in possession of the ball?	3



Question	Answer
<p>How is play restarted after a goal has been scored in field lacrosse? Extra point for explaining/demonstrating what it is!</p>	<p>Face off. Two players lay their stick horizontally next to the ball, head of the stick inches from the ball and the other end of the stick pointing down the midfield line. Face-off-players then 'scrap' for the ball, often by 'clamping' it under their stick and flicking it out to their teammates.</p>
<p>What are the points in tennis?</p>	<p>Love, 15, 30, 40, deuce</p>
<p>What are the four swimming strokes in an individual medley? Extra points for getting them in the right order!</p>	<p>Butterfly Backstroke Breaststroke Freestyle (most swimmers use front crawl, but officially it can be any stroke except butterfly, backstroke or breaststroke)</p>
<p>What is the make up of a Korfball team?</p>	<p>8 players – 4 men and 4 women.</p>
<p>What is an 'inning' in baseball? Extra point for knowing how many innings make up a professional game.</p>	<p>One turn in bat for each team. A professional game has 9 innings.</p>



Task 3 – Rules, regulations and scoring systems for specific sports

Research the rules, regulations and scoring system of one team sport and one individual sport. Learners can pick the sports they want to research. Select at random/from a pre prepared list or you can allocate in order to get a good mix of sports.

Learners can complete the table below for their team sport and create their own way of presenting relevant information regarding their individual sport.

Team sport	
Learner name	Sport
Number of players in a team	Number of players in a squad
Aim of the game - how do you win?	What kit do players wear/use?
Draw the playing area, including line markings/areas	
Main rules of the game	



Explain the scoring system	How are players who break the rules penalised?
Other relevant information	

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OCR Resources: *the small print*

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