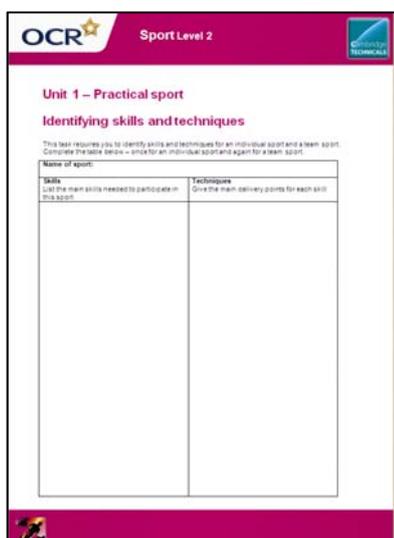


Unit 1 – Practical sport

Identifying skills and techniques

Instructions and answers for Teachers

These instructions should accompany the OCR resource 'Identifying skills and techniques', which supports the OCR Level 2 Cambridge Technical in Sport Unit 1 – Practical sport



The screenshot shows a worksheet titled 'Unit 1 – Practical sport' and 'Identifying skills and techniques'. It includes instructions for the task and a table for recording skills and techniques.

Name of sport:	
Skills	Techniques
<small>List the main skills needed to participate in this sport.</small>	<small>Give the main delivery points for each skill.</small>

Associated files:
Identifying skills and techniques

Task 1 – approx. 1 hour



ABC This activity offers an opportunity for English skills development.

This task enables the learner to identify skills and techniques for an individual sport and a team sport.



Learners can either pick one team sport and one individual sport, or the teacher can allocate sports in order to get a range of different activities across the group, or learners could pick sports at random.

You might want to bear in mind the six categories within Key Stage 4 National Curriculum Physical Education (as listed below) if allocating sports

- Games
 - Invasion
 - Net/wall/racket
 - Striking/fielding
- Athletics
- Gymnastics
- Swimming
- Dance
- Outdoor & Adventurous

Learners can then complete the following table – once for an individual sport and again for a team sport.

Name of sport: Badminton	
Skills	Techniques
List the main skills needed to participate in this sport	Give the main delivery points for each skill
<p>Basic grip</p> <p>Feeding Technique</p>	<ul style="list-style-type: none"> - Used for playing the forehand clear, drops, lift and net shots - Hold at a firmness of 3 out of 5 so that players can change grip, produce more power and save energy. - Create a V shape between the thumb and first finger. - The bottom of the V is not on top of the racket handle, but slightly over to the bevel of the handle. <p>Holding the shuttles</p> <ul style="list-style-type: none"> - Cradle shuttles in the arm - Support under the cork to aid control. <p>Underarm hand feeding</p> <ul style="list-style-type: none"> - Take the bottom shuttle with the throwing hand. - Shuttle can be held with the thumb inside and fingers cradling the feathers. - Make sure you are feeding from a safe position. - Basic grip



Forehand high serve	<ul style="list-style-type: none">- Shuttle held high- Weight on rear foot- Weight transfer onto front foot- Racket continues to drop to gain momentum- Shuttle released (dropped not thrown)- Swing racket arm forwards- Hit through the shuttle and follow through over non-racket arm shoulder
Forehand/backhand low serve	<ul style="list-style-type: none">- Basic grip for forehand- Thumb grip for backhand- Weight on rear leg- Racket back- Transfer weight forwards- Drop/place shuttle in “45°” area – to side and in front- Push through the shuttle- Bring racket up to threaten receiver's reply
Forehand net shot	<ul style="list-style-type: none">- Basic grip- Reach forward to hit the shuttle as early as possible- Present strings to shuttle- Lunge with racket leg- Keep the wrist high and push through the shuttle- Aim for the shuttle to travel low over the net and land in front of the opponent's service line
Forehand lift	<ul style="list-style-type: none">- Basic grip- Prepare the racket back to swing through the shuttle- Reach forward and hit the shuttle in front of you- Hit through line of shuttle- Racket may move across body as player relaxes



Backhand net shot	<ul style="list-style-type: none">- Basic grip- Reach forward to hit the shuttle as early as possible- Present strings to shuttle- Lunge with racket leg- Keep the wrist high and push through the shuttle- Aim for the shuttle to travel low over the net and land in front of the opponent's service line.
Overarm	<ul style="list-style-type: none">- Get your body behind the shuttle- Load weight onto your rear leg- Keep your body side on- Drive upwards and forwards off rear leg- Reach up and hit the shuttle at the highest point- Strike shuttle above/slightly in front of striking shoulder- Hit the shuttle using a 'throwing' action- Step through as you hit the shuttle

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OCR Resources: the small print

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