

Cambridge NATIONALS LEVEL 1/2

SPORT STUDIES



Unit R052– Developing sports skills

RESOURCE LINKS

Version 1

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INTRODUCTION

Resources Link is an e-resource, provided by OCR, for teachers of OCR qualifications. It provides descriptions of, and links to, a variety of independent teaching and learning resources that you may find helpful.

In Resources Link you will find details of independent resources, many of which are free: where this is the case this has been indicated.

If you know of other resources you would like to see included here, or discover broken links, please let us know. We would also like to hear from you if have any feedback about your use of these, or other, OCR resources. Please contact us at resources.feedback@ocr.org.uk.

We leave it to you, as a professional educator, to decide if any of these resources are right for you and your students, and how best to use them.

LINKS

Skills and techniques powerpoint presentation

This presentation gives a good overview of skills and techniques, simple and complex skills and different types of skills practices.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website – Powerpoint

<http://www.slideshare.net/PEEDC/skills-and-techniques>

Skill development – training articles

This webpage contains links to a range of different articles all related to aspects of skill development and training.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website

<http://www.brianmac.co.uk/articles/tindexski.htm>

Transforming play – teaching tactics and game sense

This book teaches the general tactics, team formations and gross motor skills needed for a range of attack and defence/invasion games.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: £23.99

Format: Book

http://www.amazon.co.uk/Transforming-Play-Teaching-Tactics-Sense/dp/0736075186/ref=sr_1_1?s=books&ie=UTF8&qid=1431337152&sr=1-1

Tactics and strategy video clips

This is a Netball specific clip but YouTube contains useful video clips concerning tactics and strategies for most sports.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website

<http://www.youtube.com/watch?v=WvRNenTQ9rk>

The Sports Rules Book

This book includes the rules, terms and procedures for 54 different sports – from alpine skiing to wrestling!

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website

http://www.amazon.co.uk/The-Sports-Rules-Book-Procedures/dp/0736076328/ref=dp_ob_image_bk



Sporting rules and regulations

This website gives the rules, court/field/pitch dimensions and markings and history of a range of sports.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website

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

How to officiate

The BBC sport website has a wealth of information including for a range of different sports including: how to be an official, rules and laws of the game, equipment, video clips of performers and much more.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website

http://news.bbc.co.uk/sport1/hi/football/rules_and_equipment/default.stm#atozlist

Open and closed skills video clips

These video clips show a range of open and closed skills and explain why each is classified as such.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website

<http://www.youtube.com/watch?v=h0o-1qNieYE>

Basketball skills and drills

This easy to use pack contains lots of basketball specific skills and drills for learners to use.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free

Format: Website

<https://www.cne-siar.gov.uk/media/5256/basketballgameskillsdrills.pdf>

Sports drills and practices

This website has tens of thousands of drills, practices and session plans across a range of different sports.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2 Unit R052
Developing sports skills

Cost: Free – but need to register

Format: Website

<http://www.sportplan.net/>



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