

KS3 Physical Education Work booklet



Netball Rules and Regulations

The origination of netball began in England in the 1890s when the game was derived from an early version of basketball. A set of standard rules for international play was devised by the 1960s and the International Federation of Netball Associations now has over 60 teams playing in five regions around the world.

Object of the game

The object of netball is to score more points than your opponent. A netball game lasts for a regulation 60 minutes. This is split into four quarters, with each quarter lasting 15 minutes. Between the first and second quarter, and the third and fourth quarter, there is an interval of three minutes. Between the second and third quarter -half-time - there is an interval of five minutes.

The standard netball games features 7 players on each side although games can go ahead with a team having a minimum of 5 players. There are set positions in a netball team and these positions will limit where the player can be on the court.

- Goal shooter
- Goal Attack
- Wing Attack
- Centre
- Wing Defence
- Goal Defence
- Goal Keeper

The netball court, which is just bigger than a basketball court, traditionally measures up at 30.5 metres (or 100ft) long and 15.25 metres (50 ft) wide. The netball court is divided into three sections and this impacts on where players are allowed to move. The sections are referred to as the two goal thirds and the centre or middle-third. A netball game can be played with a court, two goals and a ball. Regulation uniforms are part of the game in official matches but impromptu netball games can take place with a minimum amount of equipment.

Scoring

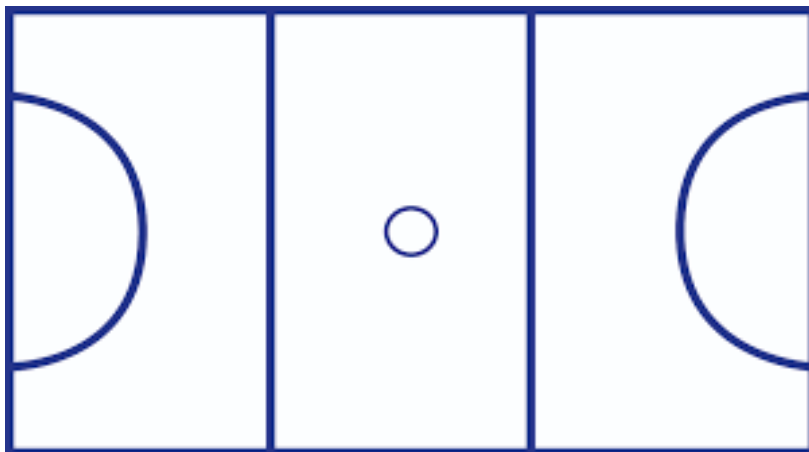
A goal is scored in netball when the ball is passed to a player in the goal third who shoots the ball through their opponent's goal ring. Only the Goal Shooter or Goal Attack can score goals in netball and they must be within the semi-circle when they shoot.

Rules of Netball

- A match consists of four quarters lasting 15 minutes each.
- Each team can have a maximum of 7 players and a minimum of 5.
- The court must be divided into 3 sections, with each player holding a specific position on the court.
- If a player moves into a position that they shouldn't be in, they will be deemed to be offside.
- Players cannot hold the ball for more than three seconds.
- The ball must go through the ringed hoop for a goal to be given.

Questions

1. Where did netball originate and in what year?.....
.....
2. What is the object of the game?.....
.....
3. How long does a game last for and how many 'parts' does a game have?
.....
4. What is an 'interval' and how long does one last in netball?.....
.....
5. What is the minimum and maximum number of players you can have on court?.....
.....
6. List the positions in netball and draw on the court where they begin the game.....
.....
.....



7. On the image above label the lengths of each side of the court.
8. Who scores goals in netball and where must they be stood when shooting?.....
.....
9. Describe the role of the goal keeper and goal defence.....
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.....
10. What happens if you move into an area that you are not allowed into?.....
.....
11. What other rules do you know that have not been mentioned?.....
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.....

Fitness

Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers. In other words, staying active is a crucial part of maintaining good health and wellness. Encourage your family to be more active, and challenge yourself to meet daily or weekly physical activity goals. Play outdoor sports with the whole family, schedule time each day to go to the gym, or pick up healthy, active hobbies like hiking or cycling.

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

- walking to school
- playground activities
- riding a scooter
- skateboarding
- rollerblading
- walking the dog
- [cycling](#) on level ground or ground with few hills

What activities strengthen muscles and bones?

Examples for young people include:

- gymnastics
- rock climbing
- football
- basketball
- tennis
- dance
- resistance exercises with exercise bands, weight machines or handheld weights
- aerobics
- running
- netball
- hockey
- badminton
- skipping with a rope
- martial arts
- sit-ups, press-ups and other similar exercises

A Balanced Diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.



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The NHS says that in order to have a healthy, balanced diet, people should try to:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (at least 6 to 8 glasses a day)
- If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients.

Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

Questions:

1. Using 'The Eatwell Plate' diagram, estimate the percentages for each category of food in a balanced diet.

- Fruit and Vegetables:%
- Bread, Rice, Potatoes, Pasta:%
- Milk and Dairy:%
- Meat, Fish, Eggs, Beans:%
- Foods high in sugar and/ or fat :%

2. What are the challenges when maintaining a healthy and balanced diet?

.....

.....

.....

3. Using the diagram from 'The Eatwell Plate' on the previous page, create a balanced diet plan for a person from Monday to Friday. Remember to consider the percentage of each category of food.

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Football

The rules of the game are called The Laws and can only be changed by a meeting of representatives from England, Scotland, Wales, and Northern Ireland. That makes changes rare and the rules reasonably straightforward. You can get a copy of the Laws of the Game from FIFA. What's FIFA? It's the international governing body for soccer that runs the World Cup. What's the World Cup? That's the biggest tournament in soccer that features 32 National Teams that qualify by region.

The Referee:

There is one referee on the field who controls the whistle and the cards. In football, punishment is given through the referee raising a yellow or red card. A yellow card warns a player for breaking the rules. If the incident is serious, the referee can hold up a red card. That means the player has to leave the game for good, with his team unable to put in a sub. That's called 'playing a man down' and it means the team plays with 10 instead of 11 players. Two yellow cards to the same player also equals a red and a sending off. A team can play with no less than 7 players on the field. If a foul happens in the 18-yard-box, the referee can award a penalty. That means the fouled team gets to take a kick directly at the goalkeeper from the penalty spot 12 yards from the centre of the goal line.

Positions:

The 4 types of positions are:

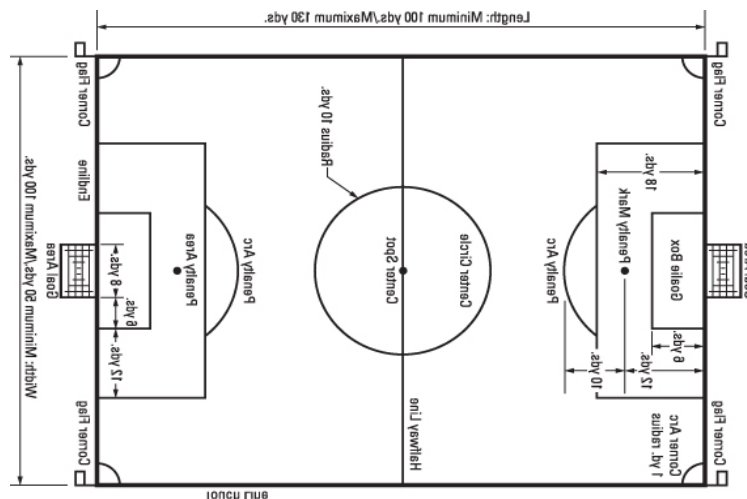
- **Goalkeeper** (The only player in a team who can use their hands, but only when inside their 18 yard area. Their main responsibility is to prevent the ball from going into the goal)
- **Defender** (Again, their main responsibility is to prevent goals being scored, although they do start attacks and assist players further forward on the pitch)
- **Midfielder** (They take on attacking and defensive responsibilities, linking the defenders with the forwards)
- **Forward** (These are the players closest to the oppositions goal and most expected to score)

Within these four positions are more specific positions. For example: a defender can play Right Back, Centre Back, Left Back, Sweeper, Right Wing Back or Left Wing Back.

The Ball

Footballs come in different sizes. A young player might use a size 3, increasing to size 4 as she or he gets older, and eventually using the regulation adult size 5 ball. Balls used to be made of leather, were not waterproof, and had laces. Imagine trying to kick that around on a wet field! the modern football is normally made with a plastic covering and is surprisingly light.

The Pitch



Questions:

1. How many teams play in the World Cup?

2. When can the referee award a penalty?

.....

3. What happens if a player receives two yellow cards?

.....

4. Why is important that a player ensures he doesn't commit an offence that warrants a red card?

.....

.....

5. Where can a goalkeeper use their hands?

6. In which position are you most responsible for scoring goals?

7. Can you think of and name a famous footballer for the following positions?

Forward:

Defender:

Goalkeeper:

Midfielder:

8. What size ball would you recommend a 5 year old to use when playing football?

9. Can you think of any disadvantages of footballs from 'the olden days'?

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10. What's the minimum and maximum length (in yards) a football pitch can be?

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Orienteering

Orienteering is a group sport which requires navigational skills using a map and a compass to navigate from point to point in diverse terrain whilst moving at speed. Orienteering originates from the 19th century in Sweden where it was first introduced as military training. The actual term "orienteering" was first used in 1886 at the Swedish Military Academy and meant the crossing of unknown land with the aid of a map and a compass. The first civilian orienteering competition open to the public was held in Norway in 1897, when Norway was still a part of the Swedish union. From the beginning, locations selected for orienteering have been chosen in part for their beauty, natural or man-made. For the first public orienteering competition in Sweden, in 1901, control points included two historic churches called Spanga kyrka and Bromma kyrka.

Objective

The main objective of orienteering is to test the navigational skills of the individuals involved. Participants are required to find the control points on the map provided as quickly as possible. Control points are points that are placed on features on the map and can be clearly identified on the ground. These control points are marked in the terrain by orange and white square flags. Participants will receive a clue sheet which provides a clear description of the feature and the location. For example, the clue sheet might say "boulder, 5m, north side".

Each participant will be required to carry a piece of paper called a control card and this is required to be handed in at the end of the course. The control card is to be marked when the participants reach each control point. At each control point there will be either a number or a letter displayed on the orange and white flag and this will be required to be noted down on the control card at each control point to prove that the course has been completed. The winner is the participant who completes the course in the fastest time.



Questions

1. Where did orienteering originate from?

2. In what century did orienteering originate?

3. In what year was the term "orienteering" first introduced?

4. When was the first civilian orienteering competition?

5. What were the 2 control points in the first public orienteering competition?

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6. What is the main objective of orienteering?

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7. What is a control point?

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8. What is displayed on the control point?

9. What is a clue sheet?

10. How is the winner determined?

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Volleyball

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organised rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964.

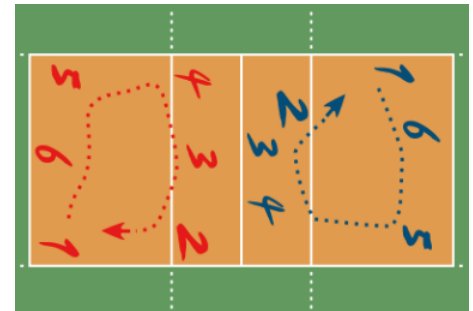


Rules:

A player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back-boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball touch the ground within their court. The team may touch the ball up to 3 times, but individual players may not touch the ball twice consecutively. The rally continues until either (1): a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point and serves the ball to start the next rally. The ball is usually played with the hands or arms, but players can legally strike the ball with any part of the body.

Player Rotation

After a team gains the serve, its players must rotate in a clockwise direction, with the player previously in area "2" moving to area "1" and so on, with the player from area "1" moving to area "6" (as shown in the image). Each player rotates only one time after the team gains possession of the service; the next time each player rotates will be after the other team wins possession of the ball and loses the point.



Scoring

The first team to score 25 points by a two-point margin awarded the set. Matches are normally best-of-five sets and the fifth set, if necessary, is usually played to 15 points. This can change between different leagues and countries, but it is the most common scoring method.

Types of Hits:

- **Serve**- The first shot in every point. This is done from the baseline at the back of the court and can be underhand or as an overhand jump serve. Underhand serves use a closed fist or open palm to hit the ball over the net. This type of hit provides more loft than other serves. Overhand serves involve throwing the ball up into the air first and hitting the ball.
- **Bump**- The bump is a type of "forearm passing," and typically used as the first hit as the ball comes over the net to pass the ball to a teammate. This allows the team to set up for a more planned attack back over the net.
- **Set**- This is another form of passing, that is traditionally the second hit after the bump. The set involves hitting the ball up in the air to line up the perfect shot for the third hit. This form of passing is "overhead passing," which typically uses the fingers in an upward or overhead motion to direct the ball closer to the net
- **Spike**- This hit is used to direct the volleyball with force towards a specific area of the court. After the set has placed the ball in the air close to the net, a member of the team can jump into the air and use the force of their arm and shoulder muscles to increase the speed of the ball towards an area of the opponent's court which is not defended.

Questions:

1. When and where did Volleyball first feature in the Olympic games?

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2. What are the two ways in which a rally can end?

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3. How many times can one team touch the ball per return?

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4. Which parts of the body can players use to strike the ball?

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5. When do players rotate round the court?

.....

6. Can you think of any benefits to players rotating around the court, as oppose to remaining in same position throughout the game?

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7. In a standard game, what is the difference in scoring between 'sets 1 to 4' and 'set 5'?

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8. Why is the 'Bump' hit used?

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9. Why is it important that pall players on the team are competent at playing all 4 types of hits?

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10. Why is it important to have strong arm muscles in Volleyball? Which type of hit utilises arm muscles the most?

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Table Tennis

The aim of the game is simple; hit the ball over the net onto your opponent's side. A point is won by you if your opponent is unable to return the ball to your side of the table (e.g. they miss the ball, they hit the ball but it misses your side of the table, or the ball hits the net), or if they hit the ball but it bounces on their side of the table.



return
but it
before

Scoring:

The winner of a game is the first to 11 points. There must be a gap of at least two points between opponents at the end of the game though, so if the score is 10-10, the game goes into extra play until one of the players has gained a lead of 2 points. The point goes to the player who successfully ends a rally, regardless of who has served.

A match can consist of the number of games you like, just make sure you agree this in advance!

Serving (Singles):

A player takes two serves before the ball switches to the opponent to serve, except during periods of extra play where it changes each time. The first person to serve at the start of the game can be determined in many different ways, we'll leave that up to you to decide! Service can be diagonal or in a straight line in singles.

Serving (Doubles):

Service must be diagonal, from the right half court (marked by a white line) to the opponent's right half court.

Service changeover in Doubles is as follows:

At the start of a game, the serving team will decide which player will serve first. The first player to serve is A1:

A1 serves to B1 (2 services) B1 then serves to A2 (2 services) A2 then serves to B2 (2 services) B2 serves to A1 (2 services) Repeat

At the end of game 1 and the start of game 2, team B will take the first serve; B1 must serve to A1. A1 then serves to B2 and so on.

In doubles, you should alternate hitting the ball with your partner. So, for example, A1 serves the ball to B1, who returns the ball. A2 then hits the ball and B2 returns this. A1 hits and B2 returns, A2 hits and B1 returns....and so on.

Service rules you must obey:

The ball must first bounce on your side and then in your opponents. Your opponent must allow the ball to hit their side of the table before trying to return this.

The ball must pass cleanly over the net – if it 'clips' the net and goes over, it is a 'let' and the serve is retaken. If it hits the net and doesn't go over, the point goes to the other player/team. There are no second serves.

Questions:

1. How many points do you need to win a game?
2. Are there any exceptions where getting that number of points does not mean the game is over?
.....
3. Name all the equipment required to play table tennis.
.....
4. How many serves does a player have before the service swaps?
5. List the differences between playing singles table tennis and playing doubles table tennis.
.....
.....
6. Can you think of any other sports that can be played in both singles and doubles?
.....
7. List the ways in which you can win a point.
.....
.....
8. What direction must the service go when playing doubles?
9. In doubles, why is it important to play with a partner of similar ability?
.....
.....
10. If a player hits the ball into the net on their serve, what is the outcome?
.....
.....

Handball

Origin

Handball as we know it today was codified at the end of the 19th century in northern Europe: primarily in Denmark, Germany, Norway and Sweden. The first written set of team handball rules was published in 1906 by the Danish gym teacher and Olympic medallist Holger Nielsen. Games similar to handball were played in Ancient Greece and are represented on amphoras and stone carvings (as seen in the picture from 500 BC). There's also evidence of ancient Roman women playing a version of handball called Expulsim Ludere.



Rules

Two teams of seven players (six field players plus one goalkeeper) take the field and attempt to score points by putting the game ball into the opposing team's goal. In handling the ball, players are subject to the following restrictions:

- After receiving the ball, players can pass, keep possession, or shoot the ball.
- Players are not allowed to touch the ball with their feet, the goalkeeper is the only one allowed to use the feet but only within the goal area.
- If possessing the ball, players must dribble/ bounce the ball (similar to a basketball dribble), or can take up to three steps for up to three seconds at a time without dribbling.
- No attacking or defending players other than the defending goalkeeper are allowed to touch the floor of the goal area (within six metres of the goal). A shot or pass in the goal area is valid if completed before touching the floor. Goalkeepers are allowed outside the goal area, but are not allowed to cross the goal area boundary with the ball in their hands.
- The ball may not be passed back to the goalkeeper when they are positioned in the goal area.

Handball legacy

The current worldwide attendance record for seven-a-side handball was set on 6 September 2014, during a neutral venue German league game between HSV Hamburg and the Mannheim-based Rhein-Neckar Lions. The matchup drew 44,189 spectators to Commerzbank Arena in Frankfurt.

The popularity of handball continues to grow and is now considered a major sport in Germany, Spain, Sweden and Algeria. It is also played in Brazil, South Korea and Kenya, to name just a few countries. This illustrates its value on the world sport scale. However, it is still only the 22nd most participated sport in the world.



Questions

1. List the 4 countries where Handball originated.

.....

2. What job did the inventor of Handball have?

.....

3. What was the Roman's version of Handball called?

4. What can a player do once they receive the ball?

.....

5. When can the goalkeeper touch the ball with their feet?

.....

6. When in possession of the ball, how long can you take before having to bounce the ball?

.....

7. How many metres away from the goal does an outfield player have to be before they can touch the ball?

8. Between which two teams was the highest ever handball attendance?

.....

9. Can you think of any reasons why Handball does not higher participation levels?

.....

.....

.....

10. Can you suggest a way in which Handball participation could increase within the UK?

.....

.....

Basketball

Origins:

The game of basketball as it is known today was created by Physical Education teacher Dr James Naismith in December 1891 in Springfield, Massachusetts, to condition young athletes during cold months. The objective of the game was to throw the basketball into the fruit baskets nailed to the lower railing of the gym balcony. The image at the side shows the required equipment and clothing, which hasn't changed much since Basketball was invented. Some studies have found that Basketball is the 3rd most popular sport in the world, with 2.2 billion fans.



Rules:

1. Basketball players cannot kick the ball or hit it with their fist.
2. No player can touch the ball while it is traveling downward towards the basket.
3. The player must bounce, or dribble, the ball with one hand while moving both feet. If, at any time, both hands touch the ball or the player stops dribbling, the player must only move one foot. The foot that is stationary is called the pivot foot.
4. The basketball player can only take one turn at dribbling. In other words, once a player has stopped dribbling they cannot start another dribble, otherwise it's a foul.
5. The ball must stay in bounds. If the offensive team loses the ball out of bounds the other team gets control of the basketball.
6. The player's hand must be on top of the ball while dribbling. If they touch the bottom of the basketball while dribbling and continue to dribble this is called carrying the ball and is a foul.
7. Once the offensive team crosses half court, they may not go back into the backcourt. This is called a backcourt violation.
8. The main rule for the defensive player is not to foul. A foul is described as gaining an unfair advantage through physical contact. In other words you, cannot touch the opposing player.

The basics:

Basketball is a team sport, where two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without the ball is called the defence. The defence tries to steal the ball, contest shots, deflect passes, and garner rebounds. The offense tries to shoot the ball through the hoop to score either 2 or 3 points.

Required Skills:

- **Dribbling** - advancing the ball up the court by bouncing it with one hand.
- **Passing and catching** - moving the ball around the court by throwing it to teammates.
- **Shooting** - putting the ball through the hoop.
- **Rebounding** - gaining possession of the ball from a missed shot that bounces off the backboard or rim.
- **Jumping** - an important skill used in rebounding, shooting, and blocking shots.
- **Defending** - keeping the opponent with the ball from scoring.
- **Moving without the ball** - to get open for a pass or shot, players must break away from their defenders and cut to openings on the court.

Questions

1. What was Basketball first invented for?

.....

2. What is the aim of Basketball?

.....

3. Can you think of any reasons why basketball is so popular worldwide?

.....
.....
.....

4. List 3 pieces of equipment required to play Basketball

.....

5. What's it called when the offensive team goes back into their half with the ball?

.....

6. List the 4 things that defenders do?

.....
.....

7. What happens if a player dribbles with the ball, then stops dribbling with it, and then resumes dribbling once again?

.....

8. How many players are on each team?

.....

9. Why is moving when you don't have the ball such an important skill?

.....
.....

10. Many professional basketball players are tall. Can you think of any reasons why that would be an advantage in the sport?

.....
.....

Badminton



Introduction

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles". Each side may only strike the shuttlecock once before it passes over the net. Play ends once the shuttlecock has struck the floor or if a fault has been called by the umpire, service judge, or the opposing side.

The game developed in British India in the 19th Century from the earlier game of battledore and shuttlecock. European play came to be dominated by Denmark but the game has become very popular in Asia, with recent competitions dominated by China. Since 1992, badminton has been a Summer Olympic sport with four events: men's singles, women's singles, men's doubles, and women's doubles, with mixed doubles added four years later.

Rules:

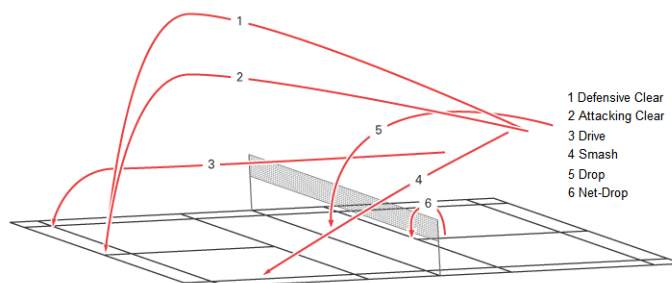
- At no time during the game should the player touch the net, with his racquet or his body.
- The shuttlecock should not be carried on or come to rest on the racquet.
- A player should not reach over the net to hit the shuttlecock.
- A serve must carry cross court (diagonally) to be valid.
- During the serve, a player should not touch any of the lines of the court, until the server strikes the shuttlecock. During the serve the shuttlecock should always be hit from below the waist.
- A player wins a rally when he strikes the shuttlecock and it touches the floor of the opponent's side of the court or when the opponent commits a fault. The most common type of fault is when a player fails to hit the shuttlecock over the net or it lands outside the boundary of the court.
- Each side can strike the shuttlecock only once before it passes over the net. Once hit, a player can't strike the shuttlecock in a new movement or shot.
- The shuttlecock hitting the ceiling, is counted as a fault.

Skills required

At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements.

Type of shots:

1. Defensive Clear
2. Attacking Clear
3. Drive
4. Smash
5. Drop
6. Net Drop



Questions:

1. List the ways in which a point can end.

.....
.....

2. List all the equipment required to play Badminton.

.....
.....

3. What year did Badminton mixed doubles become an Olympic sport?.....

4. How many events in the Olympics does Badminton now have? Can you list them all?

.....
.....

5. When does a player win a rally?

.....
.....

6. Why do you think that precision is such an important skill to have when playing badminton?

.....
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7. Are there any other sports you can think of that require similar skillsets to Badminton?

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8. Where on the court should you aim for when playing attacking and defensive clear shots?

.....

9. When would a drop shot be most beneficial to use?

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10. What are the pros and cons of playing a smash shot?

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