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https://t.me/UAElinks_bot

Unit 1

Team players

Preparing for sport

In this unit, you will develop your skills in handball or basketball. You will increase your knowledge of the rules and be a good team player. You will also demonstrate a warm-up at the beginning of each lesson.

Activity 1

A warm-up will help to prepare your body for sport.

Identify three exercises that you can include in a warm-up.

1 Sit and reach

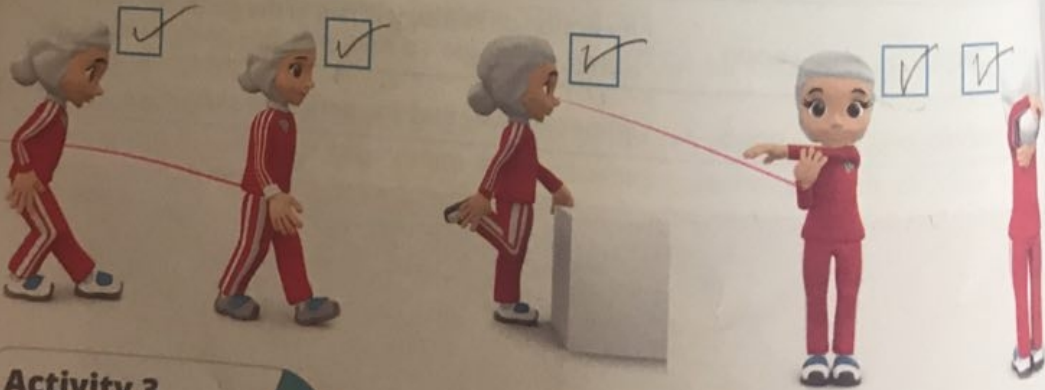
2 Press up

3 30m sprint



Activity 2

Stretching will help to prepare the muscles for exercise. Try these stretches in your warm-up. Tick each one that you have completed.



Activity 3

To play a sport successfully, you must learn the rules. Discuss with your classmates the rules of your sport. Are there any other rules you could follow in your lessons?

Elite Extension Task E1

Activity 4

Think about the skills

jumping

shoot

Top Tip

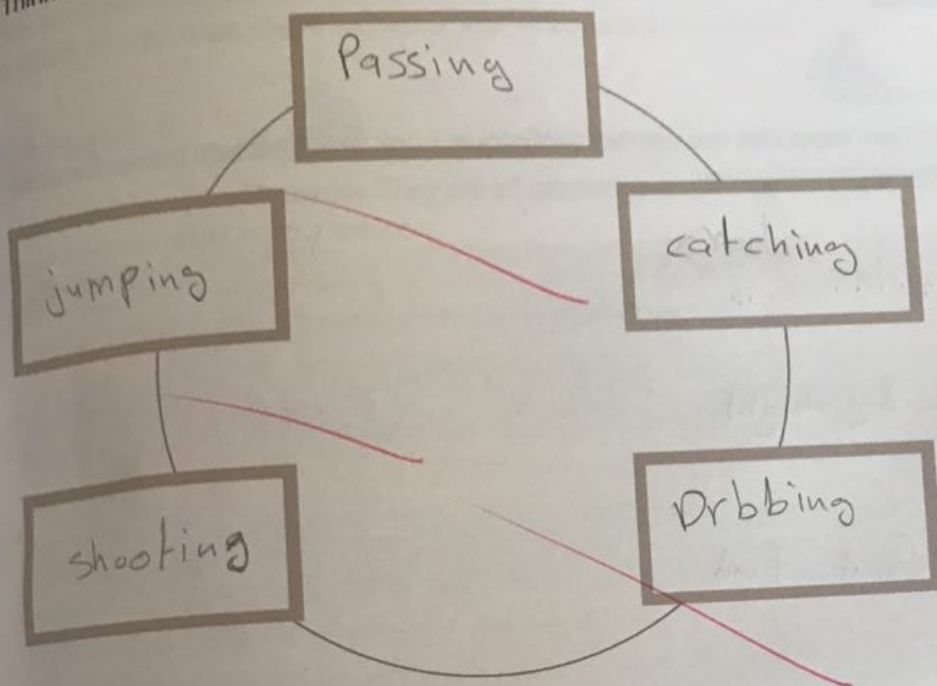
Activity 5

Why is po

1. To cre
2. To inc
3. To sc

Activity 4

Think about the skills that you need to pass and receive successfully. Write these below.



Top Tip

Consider the different passes you use in your sport. What components of fitness will help you to be successful?

Activity 5

Why is power important when passing the ball? Tick the correct answer

1. To create space
2. To increase the distance of the throw ✓
3. To score a goal

Movement skills

Movement is important in basketball and handball. You need to have good movement so that you can work with your teammates to score. You must learn how to move and where to move during a game. You must also have an awareness of what is around you.

Activity 8

Look at the list of words below. They are all related to movement in sport. Tick which of these you have demonstrated in your lessons.

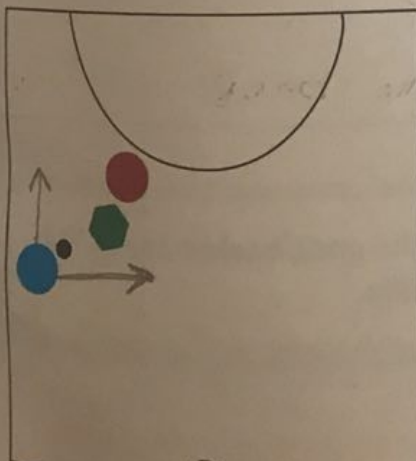
Evasive movement (dodging and changing direction)	No
Sprinting	Yes
Jumping	Yes
Forward movement	Yes
Backwards movement	No
Dribbling	Yes
Fake step	Yes






Let's focus on evasive movement. When your team is attacking, evasive movement will help you or a teammate to create space to receive the ball.

Activity 9

Look at the diagram below. Draw two arrows to show where you could move to receive the ball from your teammate.



-  you
-  player with ball
-  Defender

Elite Extension Task E3

Team players

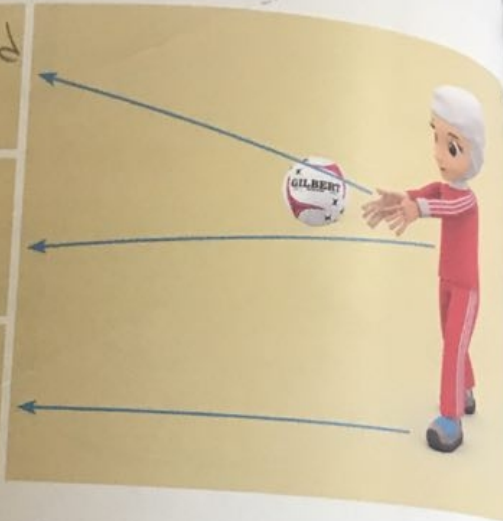
Activity 6

To increase the power, you must use the correct technique. Look at the picture below and list three ways you can increase your power.

1 felt and extend my hand

2 twist my body right and left

3 one foot in front of and one back



UAE HERO

The UAE entered a women's basketball team into the Special Olympics. The players can pass with accuracy and power to help them win games.



Activity 7

Accuracy means to have a good aim. Why is accuracy important when passing? Tick the correct answer.

1. To improve your movement
2. To make sure the ball goes to the target ✓
3. To stop the ball

Elite Extension Task E2

Moveme

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Activit

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Evasive m

Sprinting

Jumping

Forward

Backwar

Dribbling

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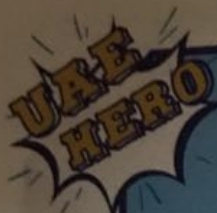
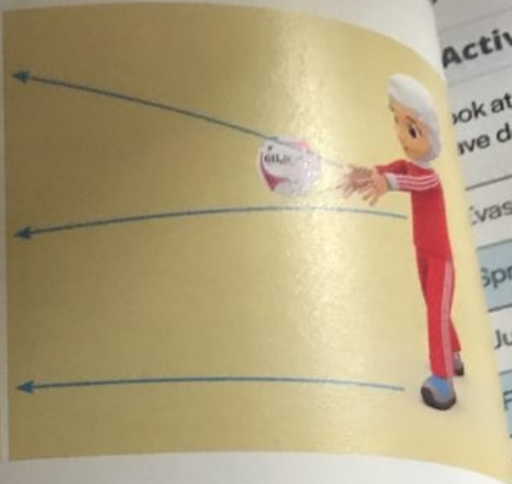


Team players

Activity 6

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- 1 flex and extend my hand
- 2 twist my body might and left
- 3 one foot in front of and one back



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Elite Extension Task E2

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Let's focu or a team

Acti

Look a from

Shooting skills

You will need a good shooting technique to score points for your team. You must have accuracy so that the ball goes to the target.



Activity 10

Look at the shooting technique. Discuss with a classmate why this is a good technique. Now that you have discussed the technique, write three teaching points below.

- flex and extend my arm
- my body is facing the target
- one foot in front of and one in the back

Top Tip

Try shooting at different distances from the goal, basket or net. This will help you to improve your shooting skills.

Game tactics

A tactic is an action or strategy that you can use to win. You should consider changing tactics during a game.

Activity 11

Write down three tactics you can use in a game. Write them below.

Playing positions

Middle

Activity 12

Draw your own playing position.

Team players

You should reflect on your tactics and think about how effective they were. For example, when you play sport, the muscles you use to perform different skills are different. Think about how effective you were at moving and shooting.

Activity 13

After you have played a game, talk with your teammates about your tactics. What changes do you make to improve?

[2-4]



It is important to understand how to defend in sport. If you and your teammates know how to defend, you will stop the opponents from scoring. There are many different ways to defend.

Activity 14

Read the paragraph below about defending. Use the key words to help you.

When you defend, you must try to stop your opponents from scoring. One way you can do this is to close the space. This means you are more likely to pass the ball. This will stop the other team from gaining possession. You should try to stay close to your opponents. This will make it more difficult for them to reduce the ball. The defensive players on your team must work together to get possession of the ball.

~~reduce~~ ~~close~~ ~~pass~~ ~~stop~~ ~~intercept~~

Now see if you can find the key words in the wordsearch.

Q	E	F	K	P	F	F	K	S
F	Y	C	X	F	A	M	J	T
H	K	F	U	J	N	S	Z	O
T	I	L	F	D	O	Q	S	P
T	P	E	C	R	E	T	N	I
C	L	O	S	E	P	R	U	X

Basic anatomy

When you play sport, the muscles you use to perform different skills are different. Think about how effective you were at moving and shooting.

Activity 15

Look at the pictures of the muscles.



biceps



quadriceps

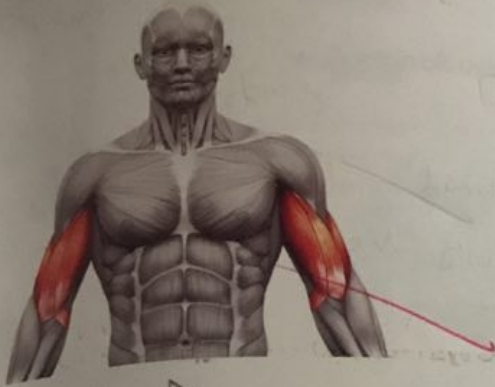
Keywords:

quadriceps

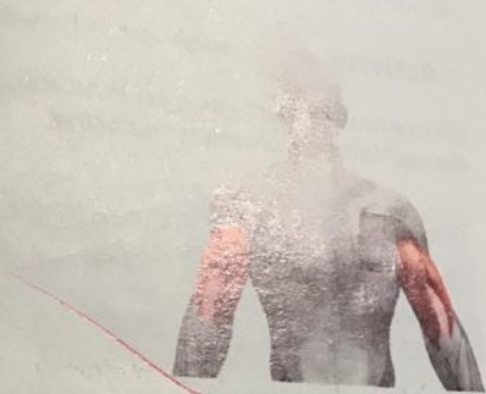
When you play sports, bones in your body work together. This helps you to move and to perform different skills. You will use your muscles for skills such as passing, receiving, moving and shooting.

Activity 15

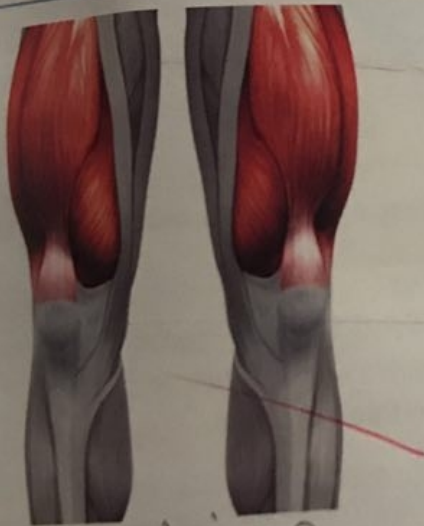
Look at the pictures of the muscles. Label them correctly.



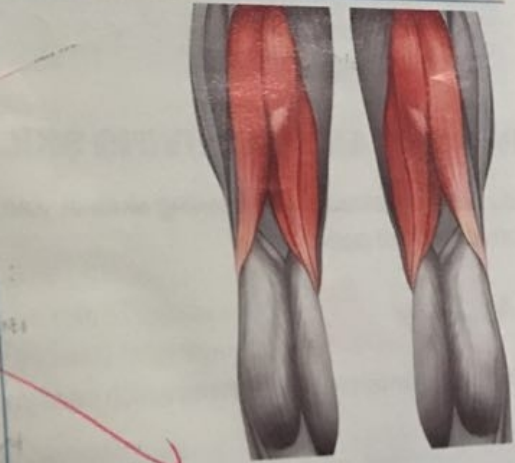
biceps



triceps



quadriceps



hamstrings

Keywords:

~~quadriceps~~

hamstrings

~~biceps~~

triceps

Elite Extension Task E6

ب. يوجد
من
ملاحظة

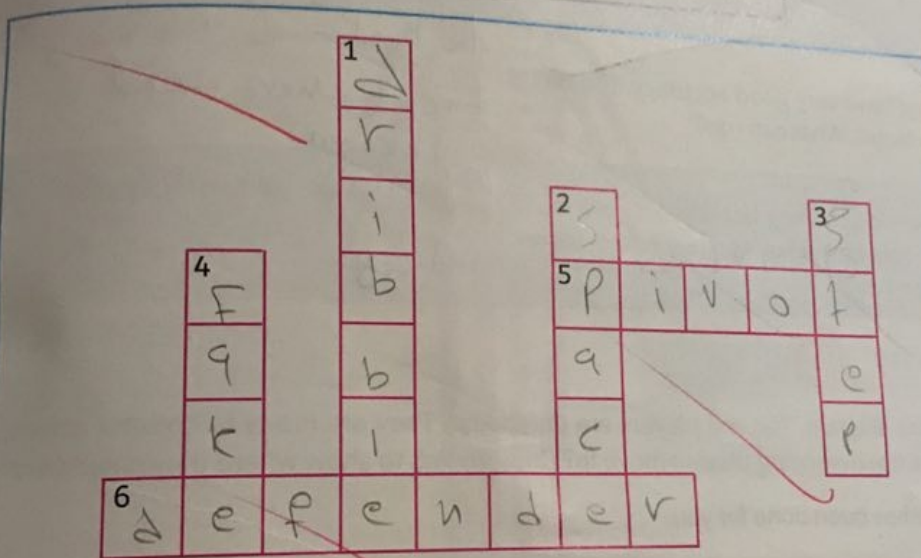
MOVEMENT SKILLS

Evasive movement is important when you cannot pass to a teammate. It involves using actions or techniques to avoid the defender and keep possession of the ball.

Activity E3

Complete the crossword. All of the answers are linked to evasive movement skills. Use the words to help you.

—step— defender
—pivot— dribble



ACROSS

- When you stop dribbling, you can use this to turn around.
- You need evasive movement to move away from this player.

DOWN

- Bouncing the ball with either your dominant or non-dominant hand.
- You need to move into this when in attack.
- Placing your foot forward to change your body position.
- When you move your body in one direction, then quickly change to another.

PREPARING FOR SPORT

Rules are important in sport to make sure everyone plays fairly. If you do not follow the rules, there are consequences.

Activity E1

Choose two rules from your sport. What will happen if you do not follow this rule? Write the consequences below.

Rule 1:

Push
opponent

Consequence

red card
foul

Rule 2:

If the ball kick
behind the
goal line

Consequence

corner

PASSING AND RECEIVING SKILLS

You have developed your passing skills in your lessons. During a game you must choose the correct type of pass.

Activity E2

Read each sentence below. Write which pass you would use in this situation.

'Your teammate is far away. They have an opponent in front of them.'

The pass I would choose is...
over arm

'You have a defender standing in front of you. Your teammate is to the side of you.'

The pass I would choose is...
under arm

'Your teammate is in an open space. They are close to you.'

The pass I would choose is...
chest pass

MOVEMENT SKILLS

Active movement is important. Use techniques to avoid the defender.

Activity E3

Complete the crossword. Ask your teacher for help.

ACRO
5.
6.
DO

Defending tactics

When you defend, it is important to keep the attacker and the ball in front of you and your teammates.

Activity 7

Explain why it is important to keep the attacker and the ball in front of you when defending your goal.

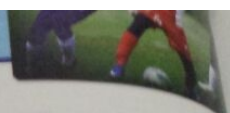
To reduce the angle for the attacker to pass and receive the ball, so the attacker will have no time to score the goal.



cle the ones

DID YOU KNOW?

When attacking, a team need power and accuracy they shoot to beat the goal keeper.



Activity 6

Are the actions below examples of good shooting techniques for an attacker? Circle the ones that are.

- position your body away from the ball
- use the laces of your boot
- miss the ball
- follow through with the kick

- have a balanced body
- use the top of your head
- keep your eyes on the ball
- wave your arms around



Explain why it is important to receive the ball quickly to reduce the time to...

To reduce receive the time to...

Communicate with your teammates to reduce the number of targets.

Act

Read the instructions and...



A power shot to pass
the ball to a far teammate.



receiving a tight pass
by head to stop it
and change it direction.

Describe the techniques attackers use to score goals.

Read the sentences below. Tick the situations where you think communication will help a teammate.

<input type="checkbox"/>	asking for support to reduce space when you defend
<input checked="" type="checkbox"/>	informing a teammate where to move
<input checked="" type="checkbox"/>	shouting at a teammate for a bad action
<input checked="" type="checkbox"/>	informing a teammate to defend against an attacker
<input checked="" type="checkbox"/>	asking or informing a teammate where to pass the ball
<input type="checkbox"/>	shouting at an opponent

Activity 8

Communication is required for a team to work together effectively. This is so they achieve their targets.

