

## TOPIC1 ALL ABOUT SPORTS

**SO WHAT DOES SPORT MEAN?** Sport seems to involve several things. When a person says that they are doing sport, it tends to imply that they have done an intense physical activity. Sport involves some type of moving the body through the environment and burning calories doing so. Sport brings up the picture of sweat and physical exhaustion. Sport exercises the body during the physical activity, improving the body part that is used in sport. The definition of Sport than would seem to need to include the idea that a physical activity is occurring.

Sport also involves some type of competition. Sport deals with the struggle between individuals or teams. Sport has conflict in it that usually tends to end with winner(s) and loser(s). Sport is defined by conflict and by fostering competitive nature in individuals that results in the division of winner and loser after the game is played. Game is also a central idea to sport. While not all sports can be considered to be game (and not all games can be considered to be sport), game reveals much about sport.

Sport is bound by certain rules and regulations, such that there are activities that are encouraged and there are activities that are penalized if done during the activity. These rules are previously agreed to and usually have not been altered extensively in several years. Sport, as in games, also discourages cheating (viewing such behavior as cheating to run completely contrary to the reason for play the activity).

### WHAT ARE THE DIFFERENT TYPES OF SPORTS?

The different types of sports categories are:

- Individual Sports
- Dual Sports
- Team Sports
- Extreme Sports

**1. INDIVIDUAL SPORTS** emphasize the training and dedication needed to succeed in sports where each player has only themselves to count on.

**2. DUAL SPORTS** is a type of sports that are played by two people playing against each other.

**3. TEAM SPORTS** emphasize cooperation with others, working together as a team and finding ways to win through managing the strengths and weaknesses of other players.

Team sports can then be broken down into four categories:

- Invasion Games
- Net Games
- Fielding & Striking Games
- Target Games

An **invasion game** is any game a team has to attack another team's area and to score a point. For example, Football is an invasion game as one team has to maintain the position of the ball, take the ball into the other teams half and then try and score a goal in the opponent's net (invade another team's area).

A **net game** is when a net is involved in the sport and keeps players separated. For example, Badminton is a net game as there is a net in the middle of the court and two players remain opposite the net at all times.

A **fielding and striking game** is when a game involves a set of fielders and one person striking an object at one time (such as a ball) and running a set course. For example, in cricket, a Batter strikes a cricket ball and has to run from one crease to another to score a run. There are also fielders form the opposite team around the cricket field.

A **target game** is when a player has to aim and project an object to a designated area. For example, golf is a target game as a player has to hit a golf ball to a set area aiming to putt the ball into a set hole.

**4. EXTREME SPORTS** normally have a risk of danger involved and can also be called adventure sports.

**ACTIVITY TIME - CLASSIFY:** Sort the following examples of sports into the appropriate category using the table below.

- |                  |                 |                      |
|------------------|-----------------|----------------------|
| • Archery        | • Baseball      | • Soccer             |
| • Volleyball     | • Chess         | • Skydiving          |
| • Badminton      | • Rugby League  | • Fencing            |
| • Darts          | • Rock Climbing | • Whitewater Rafting |
| • Ski Jumping    | • Judo          | • Ballroom           |
| • Weight Lifting | • Table Tennis  | • Ice Hockey         |
| • Cheerdance     | • Gymnastics    | • Tennis             |
| • Ballroom       | • Kayaking      | • Basketball         |
| • Golf           |                 |                      |

INDIVIDUAL	DUAL SPORTS	TEAM SPORTS	EXTREME SPORTS

## TOPIC2 (ALL ABOUT BADMINTON)

**BADMINTON**, the world's fastest racquet sport is played using racquets to hit a shuttlecock across the net.

**OBJECTIVES:** To hit a shuttlecock across the net to land in your opponent's court without having them return it using their own racket. If it is hit by your opponent, then a rally occurs until the shuttle is either hit out of the designated area or lands on the court before being hit.

### HISTORY

The origin of badminton is supposed to be coming from ancient China and Greece approximately 2000 years back, where players used to play similar games called battledore and shuttlecock. A very similar game, called 'Poona', was also played in India in the 18th century.

In the 1860s, it was later adopted by the British Army officers sheltered in India, who later took it to England, where it gained fame and success under the name 'Badminton'. The first world governing body of badminton was established as IBF (International Badminton Federation), which was later renamed to BWF (Badminton World Federation) on 24 September 2006.

### PARTICIPANTS

One player on each side in "singles" matches and two players on each side in "doubles" matches. It is played by both men as well as women.

### EQUIPMENT

- **Badminton Rackets.** The earliest form of badminton rackets consisted of remarkably heavy wooden frames which hindered a player's speed. Players then moved towards lightweight rackets made up of aluminum frames, which later evolved to the modern day design consisting of carbon fibre composite materials.
- **Racket Strings.** In the ancient days of the badminton sports, strings were made from natural animal gut. However, in the later and modern days of the game, players were opting out of the sleazy traditional equipment and choosing modern ones. Thus, natural strings were replaced by synthetic materials which allowed players to attain maximum speed and string tension. Synthetic strings also allow better durability and are less costly than natural ones.
- **Racket Grip.** Due to the same reason stated above, players used to choose grips made up from synthetic materials over the ones made up from animal

skin and leather. Synthetic grips made up from Polyurethane, and other kinds of similar materials help the players to achieve a good grip on the racket and also provide comfort. The grip is used to increase the thickness of racquet handle and to get a comfortable surface to hold which depends upon the choice of the player in which he/she is comfortable in playing.

- **Badminton Net.** The badminton net is what equally divides the badminton court into two sides, creating the objective of attempting to make the shuttlecock hit the floor on the other side to win a point.
- **Badminton Shuttlecock.** The shuttlecocks are conical-shaped equipment used in badminton. They are also regarded as a bird or birdie. A shuttle can achieve a speed up to 200 mph after being hit by a racket. The shuttles are composed of real feathers, usually of goose or duck.
- **Badminton Clothing.** Comfortable cotton shirts and a pair of shorts or skirts are worn that keeps the player cool.
- **Badminton Shoes.** Lightweight non-marking rubber-soled shoes are worn by the players that provide an excellent grip along with thick cotton socks to prevent blisters.
- **Badminton Wristband.** Wristband or Sweatband is used to prevent sweat from dripping down onto the racquet handle.

### PLAYING AREA

The court is rectangular, i.e., 17 feet (5.18 metres in width) by 44 feet (13.4 metres in length) for singles matches and 20 feet (6.1 metres in width) by 44 feet for doubles matches. The overall court is divided into halves by a net (dividing the length of the court). It measures 5 feet high in the center and 5.08 feet high at the posts (edges). The two uprights of the net are always positioned on the doubles sidelines, even when singles is played.

The singles sideline, i.e., the edge of the court in the singles game is 1.6 feet inside the doubles sideline. The center line divides the width of the court & marks the left and right service courts. The short service line is 6.6 feet from the net.

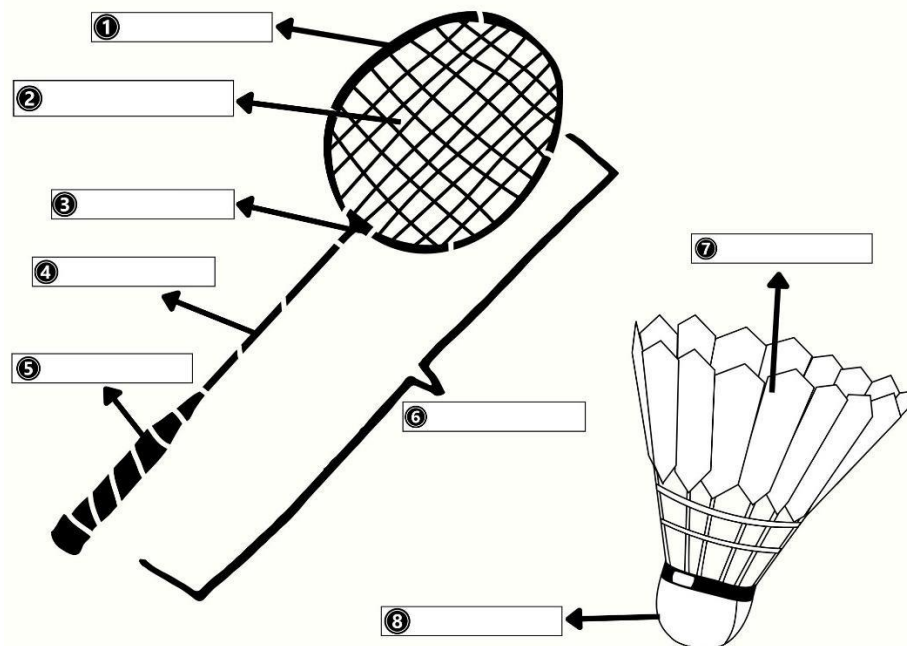
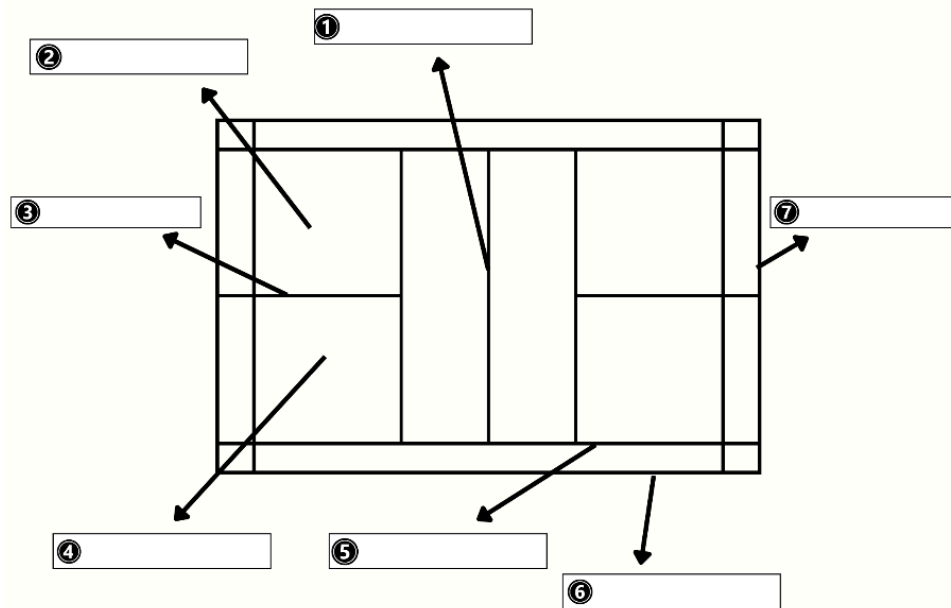
The long service line for doubles is 12.75 feet behind the short service line (2.6 feet from the back boundary). The long service line for doubles is 2.4 feet ahead of the long service line for singles. The long service line is also called the back boundary line.

The surface of a badminton court consists of a sprung, often plywood, and the floor beneath a vinyl covering or strips of treated hardwood.

## RULES

- A match consists of the best of three games of 21 points.
- The player/pair winning a rally adds a point to its score.
- At 20-all, the player/pair which first gains a 2-point lead wins that game.
- At 29-all, the side scoring the 30th point wins that game.
- The player/pair winning a game serves first in the next game.
- A badminton match can be played by two opposing players (singles) or four opposing players (doubles).
- A competitive match must be played indoors utilizing the official court dimensions.
- A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.
- At the start of the rally, the server and receiver stand in diagonally opposite service courts.
- A legal serve must be hit diagonally over the net and across the court.
- A badminton serve must be hit underarm and below the server's waist height. The whole of the shuttle should be below 1.15 metres from the surface of the court when it is hit by the server, with the racquet shaft pointing downwards. The shuttlecock is not allowed to bounce. After a point is won, the players will move to the opposite serving stations for the next point.
- The rules do not allow second serves.
- During a point a player can return the shuttlecock from inside and outside of the court.
- A player is not able to touch the net with any part of their body or racket.
- A player must not deliberately distract their opponent.
- A player is not able to hit the shuttlecock twice.
- A 'let' may be called by the referee if an unforeseen or accidental issue arises.
- A game must include two rest periods. These are a 90-second rest after the first game and a 5-minute rest after the second game.

**TIVITY TIME - NAME THE PARTS:** Identify the parts of badminton Racket, shuttle cock and court place you answer on the space provided.



## TECHNIQUES

- **Service.** The shuttlecock must be played below the server's waist. The arm must remain below shoulder height & both feet must be on the ground.
- **Drive.** A quick shot that passes through the net in a horizontal trajectory. It can be forehand or backhand. Forehand drive is like hitting with the palm & backhand drive is like hitting with the knuckles.
- **Smash.** It is the most spectacular & powerful attack shot that drives the shuttle down on the opponent's court and is used to end a rally.
- **Clear.** It is a high and deep shot, usually a forehand stroke that slows down the momentum of the play and gives the hitter a chance to get back into a good position.
- **Net Play.** Shots played from around the net area that reduces the opponent's reaction time and forces him to move a long distance.

## OFFICIALS

- **Referee.** The most senior official and overall in-charge of the tournament.
- **Umpire.** The in-charge of the match and the court; usually sits on a high chair overlooking the net and reports to the referee.
- **Service Judge.** To call service faults and to watch that the serve is legal.
- **Line Judges.** Ten judges to indicate whether a shuttle is in or out of bounds.

## WORKSHEETS (BADMINTON)

SKILLS	SCORE	REMARKS
SERVICE DRILL: BACKHAND		
SERVICE DRILL: FOREHAND		
REACTION TIME DRILL		
BALL BALANCING		
BADMINTON MATCH (BOX GAME)		

## TOPIC3 ALL ABOUT VOLLEYBALL

**VOLLEYBALL** is a team sport played with a ball and a net. There are teams on each side of the net. One team hits the ball over the net and into the other team's court, the other team must then hit the ball back over the net and in bounds within three tries without letting the ball touch the ground.

There are two main kinds of competitive volleyball played in the world right now. They are team volleyball and beach volleyball. Both are Olympic sports and have competitive leagues. Team volleyball is played indoors on a hard court with 6 people per team. Beach volleyball is played outdoors on the sand with 2 players per team. The rules, strategy, and discussion here will focus on team volleyball.

Volleyball can be a lot of fun to play. To play with friends you can play with any number of people and most anyone can join in. To be a competitive player takes a lot of practice. Good height and jumping ability helps a lot.

## OBJECTIVES

The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact).

## HISTORY OF VOLLEYBALL

Volleyball was originally invented by William Morgan in 1895. He was an athletic director at the YMCA and was trying to come up with a game that would be fun, like basketball, but less taxing. Of course the rules have changed some since then, but it quickly became a popular sport at the YMCA. The name volleyball came about when a man named Alfred Halstead noticed how the game had a volleying nature. People started calling it volley ball and the name stuck.

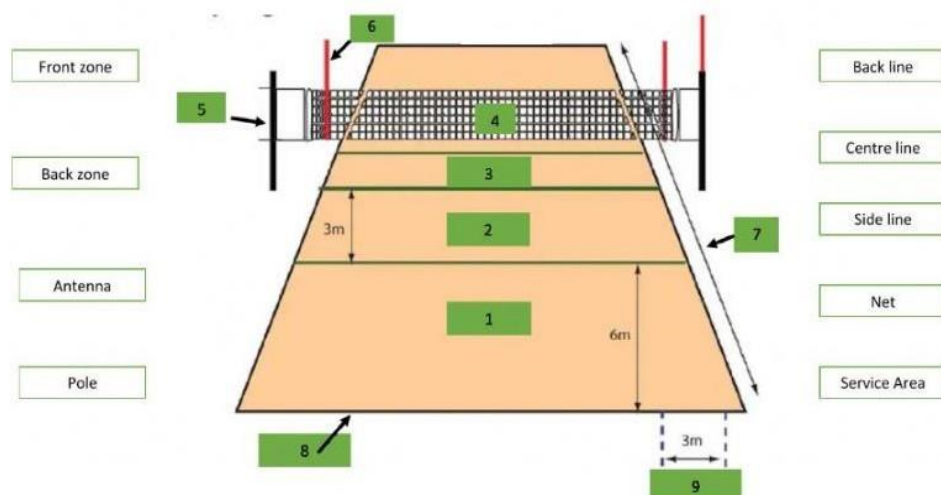
Volleyball was first played as an official Olympic sport in the 1964 Olympics. Japan won the first gold medal in women's volleyball and the USSR won the first gold for men's volleyball.

## VOLLEYBALL EQUIPMENT AND COURT

An indoor volleyball is typically white, but may have some other colors as well. It's round with 8 or 16 panels and is usually made of leather. The official indoor volleyball is 25.5 -26.5 inches in circumference, weighs 9.2 - 9.9 ounces, and has 4.3-4.6 psi air pressure. A youth volley ball is slightly smaller. Beach volleyballs are slightly bigger, weigh the same, but have much less air pressure.

The volleyball court is 18 meters long and 9 meters wide. It's divided in sides in the middle by the net. The net is 1-meter-wide and is set up so that the top of the net is 7 feet 11 5/8 inches above the ground (right around 8 feet). The only other key feature is a line that is drawn on each side 3 meters from the net and parallel to the net. This line is called the attack line. It defines the front row and back row areas.

**ACTIVITY TIME - VOLLEYBALL COURT:** Match the name in each part of the volleyball court.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

## PLAYER POSITIONS

In volleyball there are 6 players on each side. Three of the players are positioned on the front court and three on the back court. Players have to rotate clockwise whenever their team wins serve so their positions on the court will change. However, their positions on the team may remain somewhat the same with a certain player always being responsible for setting, digging, or attacking. Typically, players in the front row will be attackers and blockers, while players in the back row will be passers, diggers,

and setters. However, these roles are not set in stone and different teams may employ different volleyball strategies.

Here is a list of typical volleyball positions and the roles they play on the team:

- **SETTER.** The setter's main job is to put the ball in the perfect place for the attackers. Typically, they will take a pass from another player and take the second touch. They will try to put the ball softly in the air at just the right height for an attacker to spike the ball into the opponent's court. The setter also runs the offense. They have to be quick both physically (to get to the ball) and also mentally (to decide where and who to set the ball to). The volleyball position setter is much like the point guard in basketball.
- **MIDDLE BLOCKER.** This volleyball position is both the main blocker and the attacker for the middle of the net. Top level teams will often have 2 players playing this position on the court at the same time.
- **OUTSIDE HITTER.** The outside hitter is focused on the left side of the court and is generally the main attacking position. They tend to get most of the sets and most of the attacking shots in the game.
- **WEEKSIDE HITTER.** The week side hitter is positioned on the right side of the court. This is the backup attacker. Their primary job is blocking against the other team's outside hitter.
- **LIBEROS.** The volleyball position responsible for defense is the liberos. This player will generally receive the serve or dig the attack. There are unique rules for this position as well. They wear a different color jersey from the rest of the team and they can substitute for any player on the court generally replacing a player on the back row.

## VOLLEYBALL POSITION SKILLS

The hitters, attackers, and blockers are generally tall players that can jump high. They need to be able to jump above the net for spikes and blocks. Setters and liberos players need to be quick and able to pass and set the ball with a lot of control.

## GENERAL VOLLEYBALL GAMEPLAY

A point or rally is started when one team serves the ball. The player serving the ball must stand behind the end line or restraining line at the back of the court until after they have contacted the volleyball. To serve a player hits the ball with their hand over the net and into the opposing team's side. If the ball doesn't go over the net or hits the ground, the point is over. The opposing team must now return the ball without letting it hit the ground. They can hit the ball up to three times. No single player can hit the ball twice in a row (blocks don't count). Typically, a team will try to set up an attack. They use the first two hits to set the ball for a spike or hard hit over the net. The two

teams continue hitting the ball back and forth until the point ends. A point can end by one team hitting a winning shot that hits the ground within the opponent's court or by one team causing a fault and losing the point.

Which volleyball team serves the ball is determined by the previous point. Whoever won the previous point, gets to serve next. At the start of a match, the first serve is determined by a volley.

### TEAM ROTATION

Although players play certain roles on a volleyball team, they all must play all positions. There are three players on the front line and three in the back. Each time a team gains the serve they must rotate. The entire team rotates in a clockwise manner with one player moving to the front line and another player moving to the back line. This way each player plays each spot.

### SCORING

Scoring in volleyball is pretty simple, but it also has changed over time. Most matches are divided up into sets. A typical match may be a best of 5 sets where the first team to win 5 sets wins the match. In each set, the first team to 25 points wins as long as they are 2 points ahead. A point is scored on every rally, regardless of which team serves.

It used to be that only the volleyball team serving could score a point on a won rally. Also, sets were typically played to 15 points. This was changed in 1999.

### VOLLEYBALL FAULTS

There are several ways to fault and lose the point. Here are some examples:

- Hitting the volleyball illegally - you must strike the ball in a manner such that you don't hold the ball or palm, carry, or throw it.
- Stepping over or on the line while serving
- Not hitting the ball over the net
- Touching the net
- Reaching under the net and interfering with a player or the ball
- Not serving in the correct order
- Hitting the volleyball out of bounds
- Double hitting - when the same player hits the ball twice in a row
- Hitting the ball more than 3 times



### WORKSHEETS (VOLLEYBALL)

SKILLS	1st	2nd	3rd	Last	REMARKS
SERVICE					
RECEIVING					
BALL BALANCING					
VB MATCH					



## TOPIC4 ALL ABOUT BASKETBALL

**BASKETBALL** is a game played between two teams of five players each on a rectangular court, usually indoors. Each team tries to score by tossing the ball through the opponent's goal, an elevated horizontal hoop and net called a basket.

### OBJECTIVES

The core objective in a basketball game is to score points by putting the ball inside the hoop (basket) and to prevent the opposing team from doing the same. A basketball game starts at the centre of the court when the ball is thrown high up by the referee and one player from each team competing to gain possession.

### WHO INVENTED BASKETBALL?

The origin of basketball can be traced to Springfield, Massachusetts in the USA. Dr James Naismith, a Canadian physical instructor working at the YMCA International Training School in Springfield, introduced basketball in 1891.

Instructed to devise an indoor sport to keep the YMCA athletes in shape during the harsh winter months, Naismith came up with a sport involving two peach baskets and a soccer ball with a set of 13 rules.

The first game of basketball was a 9 vs 9 contest according to Naismith's rule book but over the years, the laws have been changed and fine-tuned to make what we know as modern-day basketball.

### BASKETBALL COURT: DIMENSIONS AND MARKINGS

To understand basketball, it's important to have an idea of the court's layout.

According to FIBA (international basketball federation) guidelines, a basketball court is a rectangular playing area 28m in length and 15m in width. International competitions including the Olympics follow FIBA guidelines.

The border markings along the length of the court are called sidelines and the breadth of the court are called end lines or baselines.

The outer edge of the key parallel to the end line is called the free-throw line. There's a 3.6m diameter semi-circle drawn on the outer part of the free-throw line called the free-throw circle.

## BASKETBALL RULES AND SPORT'S REGULATIONS

Basketball is a team sport and the game is played between two sides. The core objective in a basketball game is to score points by putting the ball inside the hoop (basket) and to prevent the opposing team from doing the same.

A basketball game starts at the centre of the court when the ball is thrown high up by the referee and one player from each team competing to gain possession. The team that catches the ball, or in possession, is called the offensive team while the team not on the ball is the defensive team.

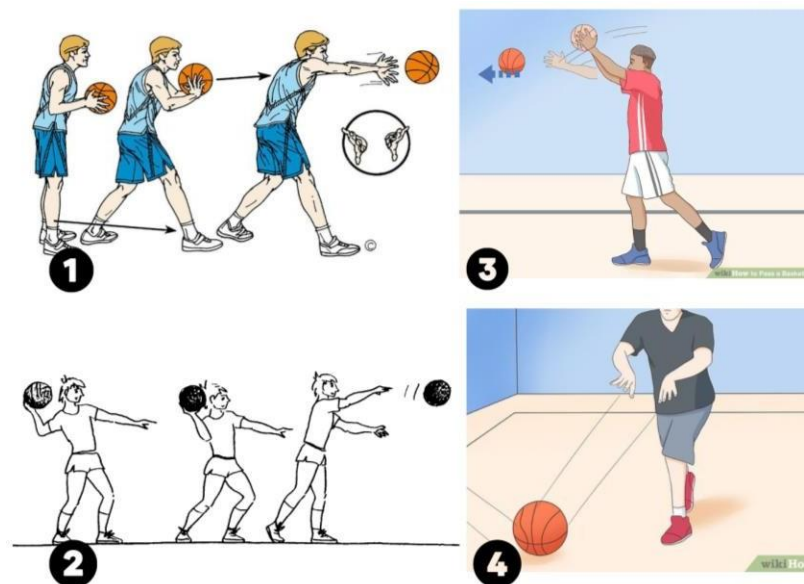
The offensive team plays with the intent of getting the ball through the opposition hoop or scoring a field goal after moving the ball around the court by passing or dribbling the ball, abiding by a fixed set of basketball rules.

**ACTIVITY TIME - BALL PASS:** Use the words from the word bank to label the basketball passes.

### BOUNCE PASS

### OVERHEAD PASS BASEBALL PASS

### CHEST PASS



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## BASKETBALL POINTS-SCORING SYSTEM

- **Three-point shot:** Shooting and scoring a field goal from anywhere outside the three-point line arc wins the team three points. These are referred to as three-pointers.
- **Two-point shot:** A field goal which is scored from inside the area encircled by the three-point arc in the opposition half is worth two points. These are called two-pointers.
- **One-point shot:** Points can also be accumulated through free-throws, which are worth a point each. Free throws are awarded to a team when the opposition team fouls.

During free throw, the fouled player is allowed a fixed number of shots -- depending on the nature and referee's interpretation of the foul committed -- at an open basket from anywhere inside the free-throw circle with both his feet behind the free-throw line.

Illegal physical contact or obstructions without the intention of winning the ball by a defender when an offensive player is aiming to shoot is regarded as a foul.

A FIBA sanctioned game typically consists of four quarters of 10 minutes each. After two quarters or half-time, the teams switch sides on the court. The team with more points at the end of the four quarters wins the match. If the score is tied at the end of regulation time, the game can go into an overtime period.

## BASKETBALL VIOLATIONS

An offensive player can keep the basketball moving around the court by dribbling or passing the ball to a teammate. In a basketball dribble, a player needs to bounce the ball against the floor continuously using one hand at a time.

Using both hands simultaneously to dribble or touching the ball twice before it bounces once constitutes a **double dribble violation**, which ends in ceding possession to the opponent team.

Furthermore, if a player stops a dribble completely, they need to pass or shoot the ball. In case they start dribbling the ball again after stopping, it is also considered a double dribble violation.

While receiving a ball on the move, a player is allowed to take a maximum of two steps before passing, shooting or starting a dribble. Basically, a player is not allowed to run with the ball. Otherwise, they are called for **traveling violation**, which again results in turning over possession.

If in a stationary position while receiving a ball or after stopping a dribble, a player also needs to establish a **pivot foot**, on which they need to stay planted in the same spot while swerving or turning until a pass or shot is made.

Players receiving the ball can start a dribble but can't lift or displace the pivot foot until the ball leaves his hands. Failure to comply results in a traveling violation.

When a team gains possession inside its own half, the players get 10 seconds to move into the opposition half. Once a team crosses into the midline, possession needs to be maintained in the defending team's half and offensive players cannot go back to their own half. If the ball is passed back, it results in **backcourt violation**.

A defensive player is also not allowed to block or touch the ball when in a downward trajectory towards the basket. This is called **goaltending violation**.

During an attack, an offensive player isn't allowed to stay in the opposition key for over three seconds without attempting a shot. It is called the three-second rule and results in **lane violation**.

## SHOT CLOCK

Once a team gains possession of the ball, they are put on a 24-second Shot Clock, which means they have to throw the ball at the hoop or attempt a valid field goal before time runs out.

Failure to do so again results in the possession being turned over to the opposition team.

## HOW MANY PLAYERS IN A BASKETBALL TEAM?

A traditional basketball team has 12 players, with five basketball players on the court at any given time. Unlimited substitutions are allowed.

The five players can be segregated into the following positions:

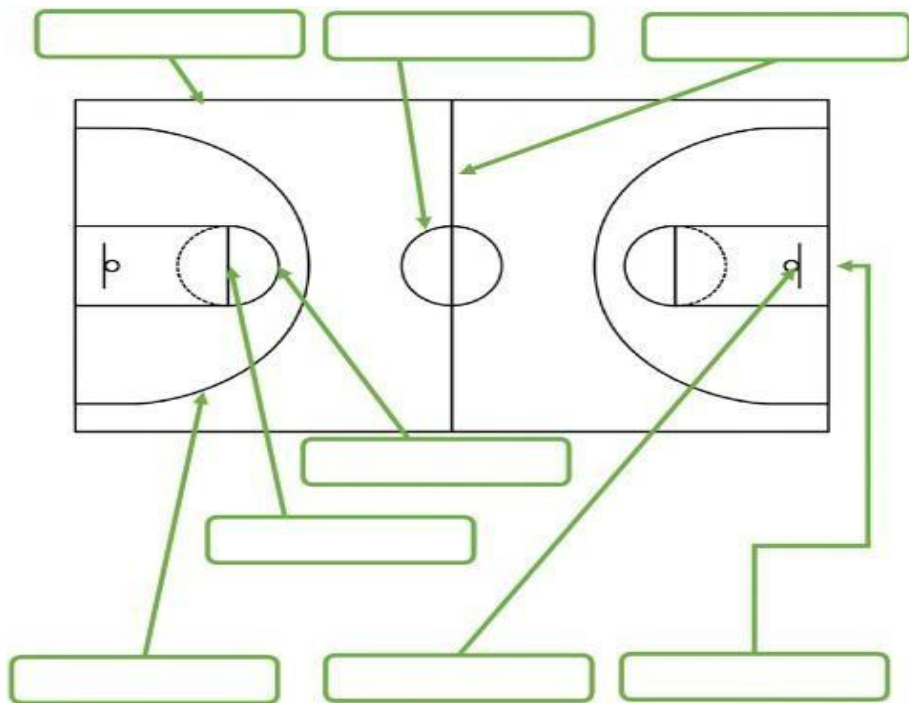
- **Point guard:** Usually players with the best ball-handling skills and vision in the team play as point guards. A point guard's primary role is to orchestrate both offensive and defensive plays and set up scoring opportunities for team-mates.
- **Shooting guard:** Typically, the best long-range and mid-range shooter in the team. Players patrolling the position constantly look for three-pointers or can help drag defenders out wide to create space near the basket for their team-mates.



- **Small forward:** Playing as a short forward needs a versatile skill set. It requires strength and height as well as speed and dribbling abilities. Mid-range and short-range shooting abilities are also important.
- **Power forward:** A power forward is somewhat similar to a small forward but with a bigger focus on physicality. A power forward is usually a foil for the center and are the team's most dependable scorers from inside the paint.
- **Center:** Usually the tallest player in the team, a center is required to occupy the space nearest to the basket in both halves. In defense, they are tasked to pick rebounds and block opposition shooters while their offensive duties require them to finish off short-range moves or shield out defenders to allow their team-mates a clean drive at the basket.

**ACTIVITY TIME – BASKETBALL COURT AND POSITIONS:** Fill in the box with the term according to the label.

<b>BASELINE</b>	<b>FREE THROW CIRCLE</b>	<b>MIDCOURT LINE</b>	<b>BASKETBALL NET</b>
<b>SIDELINE</b>	<b>CENTER CIRCLE</b>	<b>FREE THROW LINE</b>	<b>THREE POINT LINE</b>



### Time Management Signals

These officiating basketball hand signals are used to communicate between the referee and the time keeper in order to notify starting and stopping of the clock.

**Stop Clock –** To stop the clock at any point in the game, the referee will raise one hand straight over head with his palms facing out and finger tips pointed.



**Start Clock –** Beginning with one hand raised above head, the start of the clock is indicated by dropping the raised hand directly towards the floor.



**Full Timeout –** When an official wishes to signal for a full timeout it is indicated by two arms spread to the sides forming a "T" shape.



Thirty Second Timeout – To indicate a thirty second timeout has been called by one of the teams, the official will take both hands and place them on top of his shoulders with his elbows out.



Jump Ball – When both players have control over the ball at the same time, it is indicated by both thumbs pointing upwards with arms extended.



Substitution – If a substitute player wishes to enter the game it is indicated by having one hand facing the time keeper, raised in a “stop” manner, and the other hand waving the substitute player into the game.



## Basketball Foul Signals

When a player commits a personal foul, the referee will give a specific signal to indicate the type of foul and which player has committed the foul.

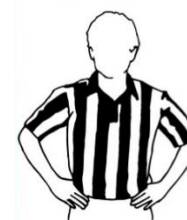
Player Control Foul (Charge) – One hand on the back of the head and the other pointing in the opposite direction of the play indicates a charge call has been made.



Hand Check – When a player commits a hand check foul, it is signaled by having one arm extended in front of the chest with the fingers up, and the other arm grabbing the wrist.



Blocking – If a defensive player commits a blocking foul the official will have both hands, in fists, touching his hips, and his elbows in tight against his body.



Holding – The holding signal is made by having one arm extended upwards in front of the face, and the other hand grabbing the wrist.



Pushing – To signal a pushing foul, the official will have both hands extended straight in front of him, with his palms facing outward.



Intentional Foul – When a player commits an intentional foul, the official will put both arms above his head and cross them.



Technical Foul – To signal a technical foul has occurred the referee will place both his hands in front of him and put them in the formation of a letter “T”.



Double Foul – If two players have committed a foul at the same time, the referee will put both hands, in fists, extended out towards the sides.



Illegal Hand Use – An illegal hand use foul is signaled by the official putting both of his hands in front of him, at waist level, and grabbing one of his wrists with the other hand.



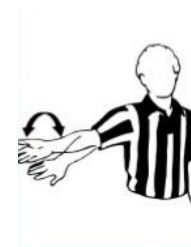
### Basketball Violation Hand Signals

A violation is a rule which is broken, but it does not result in a player picking up a personal foul. The other team is awarded possession of the ball.

Traveling – When a player has committed a traveling violation, the official will signal it by placing both of his hands in front of him and moving them in a circle.



Carrying or Palming – In order to signal a palming or carrying violation, the referee will have one hand at the side, flipped over from palm up to palm down.



Double Dribble – The official will signal a double dribble violation has been committed by putting both of his hands in front of him, with palms down, and alternating them up and down, as if dribbling a basketball.



Three Seconds – The official will indicate that a player has committed a three second violation by having three fingers raised, and the hand makes a swiping motion back and forth at the side.



Five Seconds – In order to signal a five second violation the official will have five fingers raised with arm extended upward.



Ten Seconds – The ten second violation is shown when the official has ten fingers raised with both arms extended upwards.



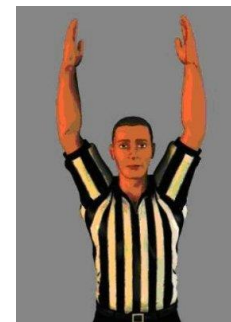
Kicking the Ball – When a player kicks the ball, the referee will have one foot raised in front.



## Hand signal Indicators

These indicators allow officials to communicate information to the scorer's table during the game.

Two Point Basket Scored – When a two point basket is scored, the official will extend one arm parallel to the floor and point with two fingers.



Three Point Basket Scored – The official will extend both arms directly upwards with fingers pointed to signify that a player has scored a Three Point Basket.



Counting – The referee indicates he is counting for a timed violation by moving his hand back and forth from the middle of the chest to straight in front continuously. Each movement represents one second.



Basket Counts – To indicate a basket counts, when a foul has also occurred, the referee will drop his hand from shoulder height directly down.



Basket Does Not Count – To “wave off” a basket, or indicate it does not count because a foul has occurred, the referee will start with both hands at the shoulders, elbows out, and extend hands out directly towards the side.



Bonus Free Throws – When a player at the free throw line is to be awarded a bonus free throw, the official will extend both of his arms out to his sides completely straight and then move one up and down.



Lane Violation – If a player is shooting a free throw and a lane violation occurs, the referee will signal it by raising one of his arms out to his side and holding it there until the free throw is completed.



WORKSHEETS (BASKETBALL)

SKILLS	1st	2nd	3 <sup>rd</sup>	Last	REMARKS
SHOOTING					
DRIBBLING DRILLS					
BASKETBALL MATCH					

Reference:

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LONG QUIZ ANSWER SHEET:

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