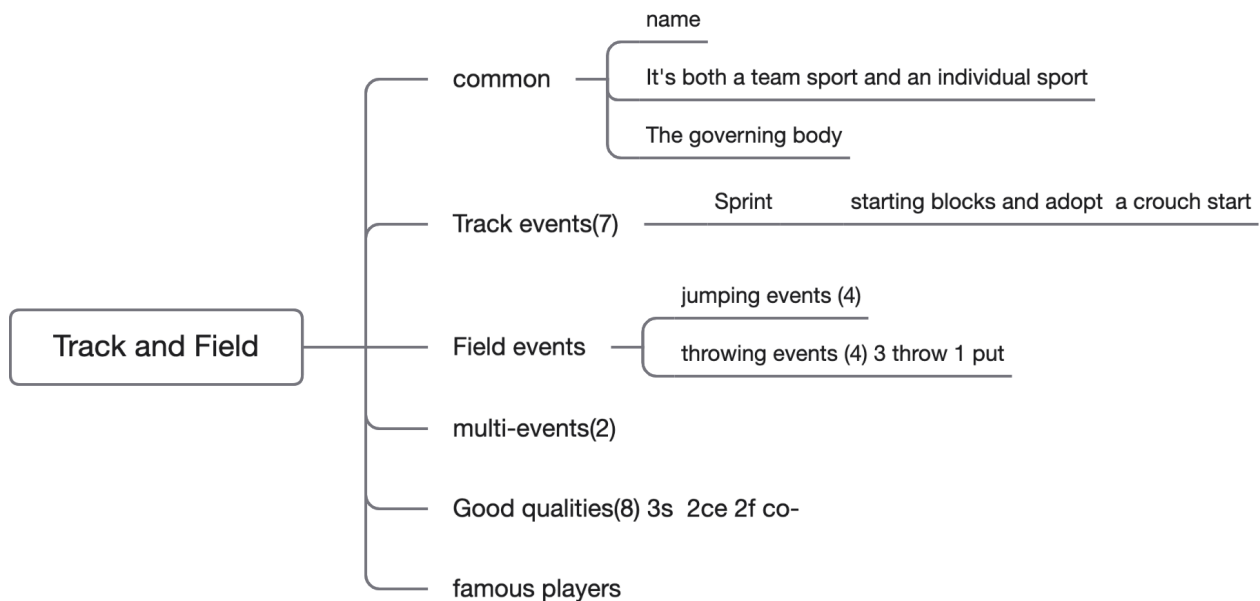


Track and Field



This sport is called track and field.

It is both a team sport and an individual sport. The governing body of this sport is IAAF

Track and Field is divided into two groups: Track events and Field events.

Track events include sprints, middle and long-distance races, marathon, hurdles, steeplechase and relays. Among them, the sprinters should use starting blocks and adopt a crouch start in the races.

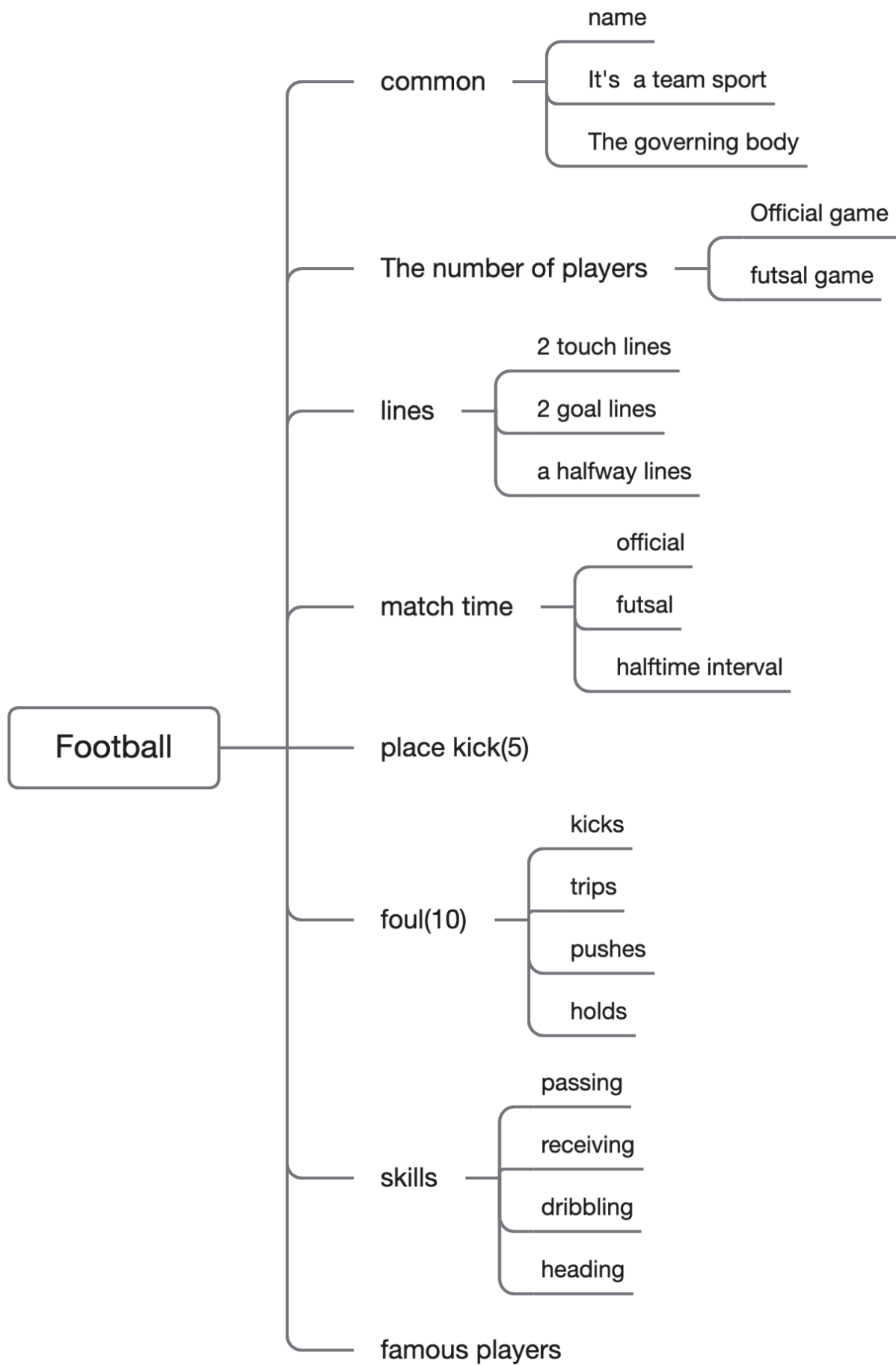
Then it's comes to field events, which consist of jumping events and throwing events. Jumping events include high jump, long jump, triple jump and pole vault while throwing events include javelin throw, discus throw, shot put and hammer throw.

Besides, there are also multi-events which include decathlon and heptathlon.

Now ,I'd like to talk about some good qualities that track and field athlete needs , like speed, strength, stamina, endurance, balance and so on

Last but not the least ,I'd like to introduce some famous players of track and field to you,they are Liu Xiang, Usain Bolt, Su Bingtian etc.

Football



This sport is called football. It is a team sport, and its governing body of football is FIFA,

There are 22 players in the match, and each team has no more than 11 players. For futsal games, there are only 10 players in the match and each team has 5 players.

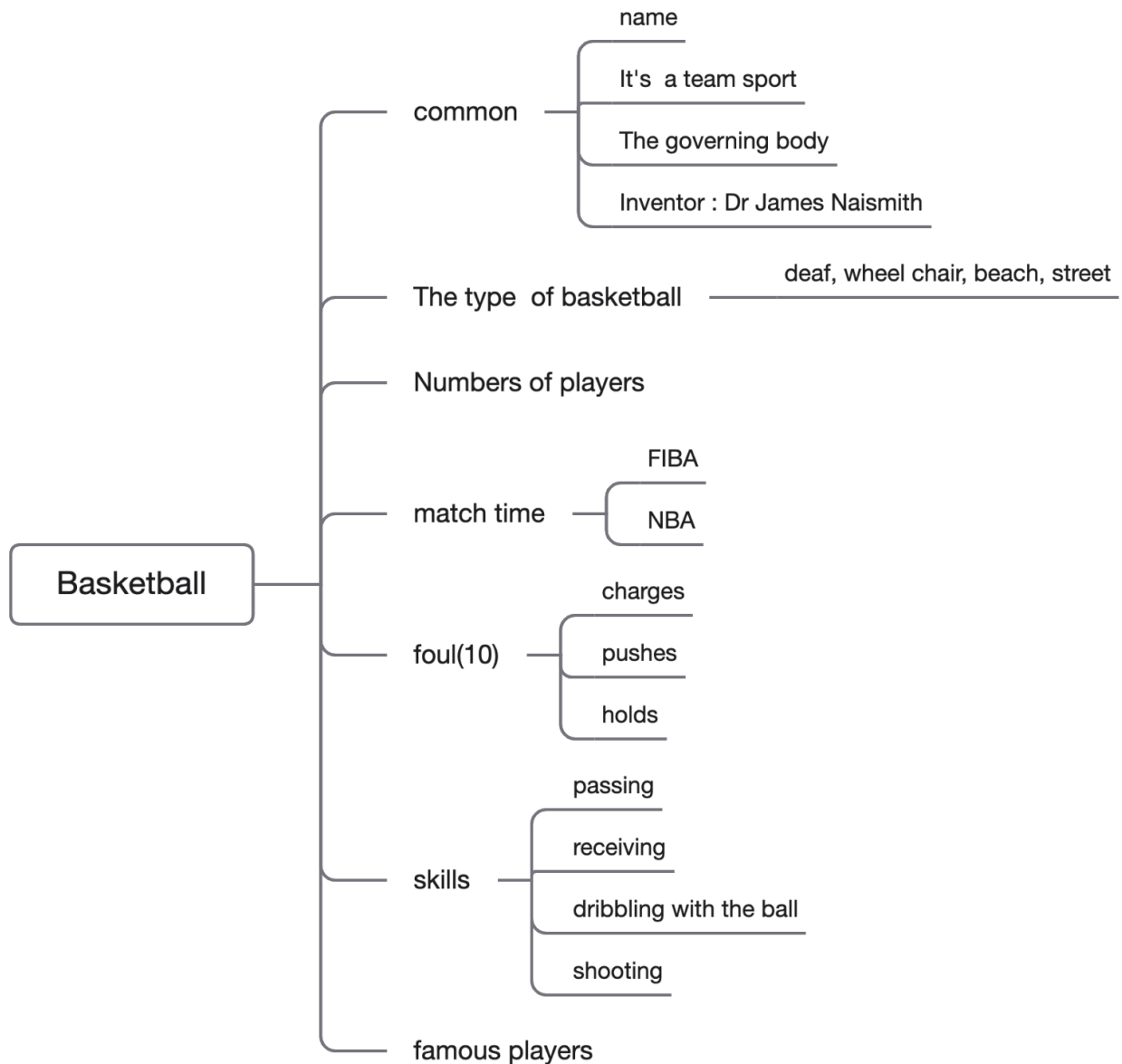
The main lines in a football pitch are two touch lines, two goal lines and a halfway line.

Now let's talk about **match time and place kicks**. A football match usually lasts two equal periods of 45 minutes, but for futsal match a period only lasts 20 minutes. Besides, players are entitled to a halftime interval which must not exceed 15 minutes. The place kicks in football refer to the kick-off, goal kick, corner kick, free kick and penalty kick.

Then it's come to **fouls and skills** of football, In the game, a foul is committed if one player kicks, charges, pushes, holds, and so on **while** some of the basic individual skills of football include passing, receiving, dribbling ,shooting and so on.

Last but not the least, I'd like to introduce some famous football players to you, like David Beckham, Cristiano Ronaldo, Lionel Messi, etc.

Basketball



This sport is called basketball. It is a team sport and it's governing body is FIBA. The game of basketball was created by Dr. James Naismith.

There are various types of basketball, such as **deaf basketball, wheelchair basketball, beach basketball and street basketball**

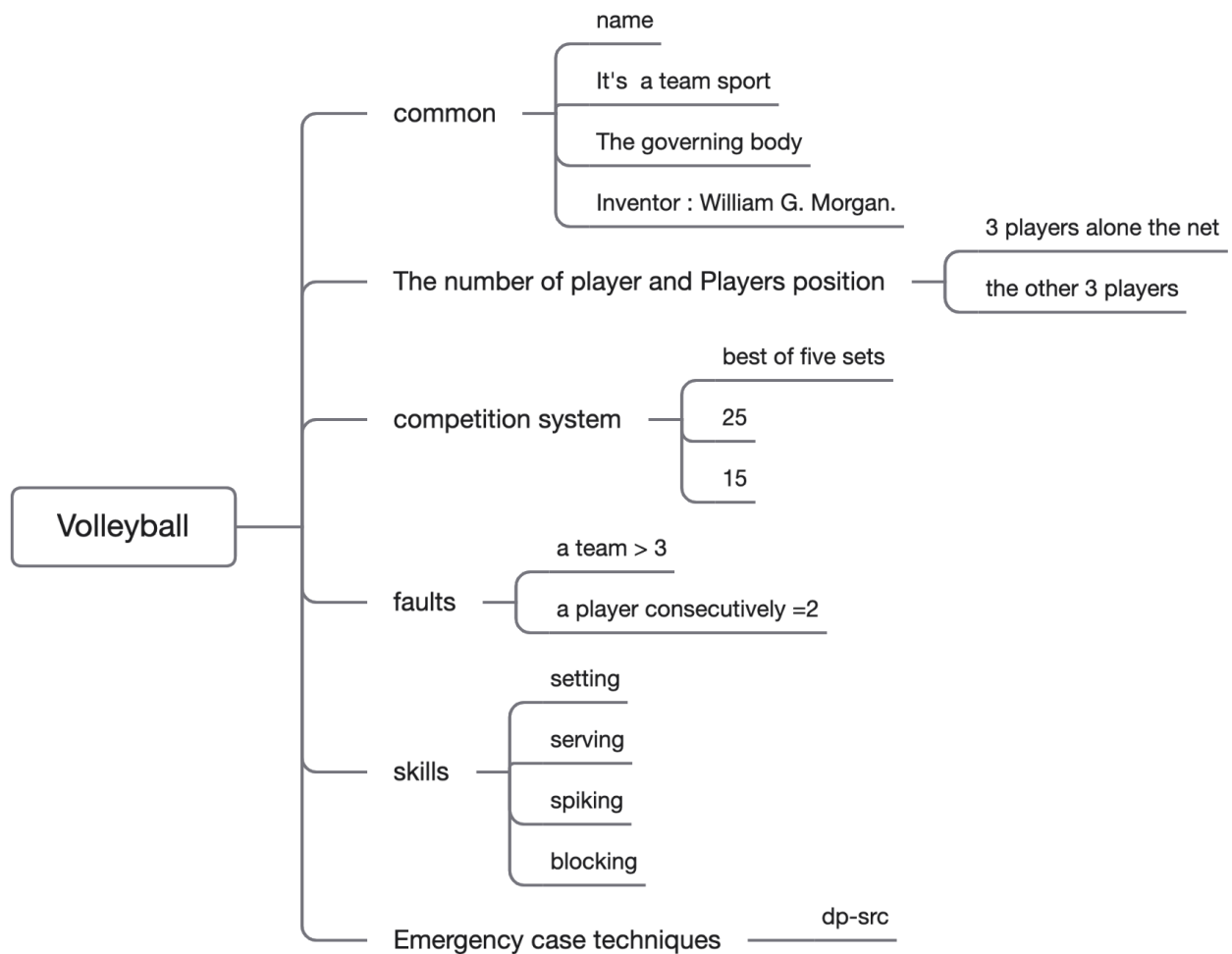
There are 10 players in the game, and each team has 5 players.

Now let's talk about **match time**: FIBA game lasts about 40 minutes and NBA game lasts about 48 minutes.

Then it's come to **fouls and skills** of basketball : In the game, a foul is committed if one player charges pushes, holds and so on **while** the basic skills of basketball include passing , receiving , shooting dribbling with the ball and so on

Last but not the least, I'd like to introduce some famous basketball players to you, like Michael Jordan, Kobe Bryant, LeBron James etc.

Volleyball



This sport is called volleyball. It is a team sport. The governing body of volleyball is FIVB, and the game of volleyball was created by William G. Morgan.

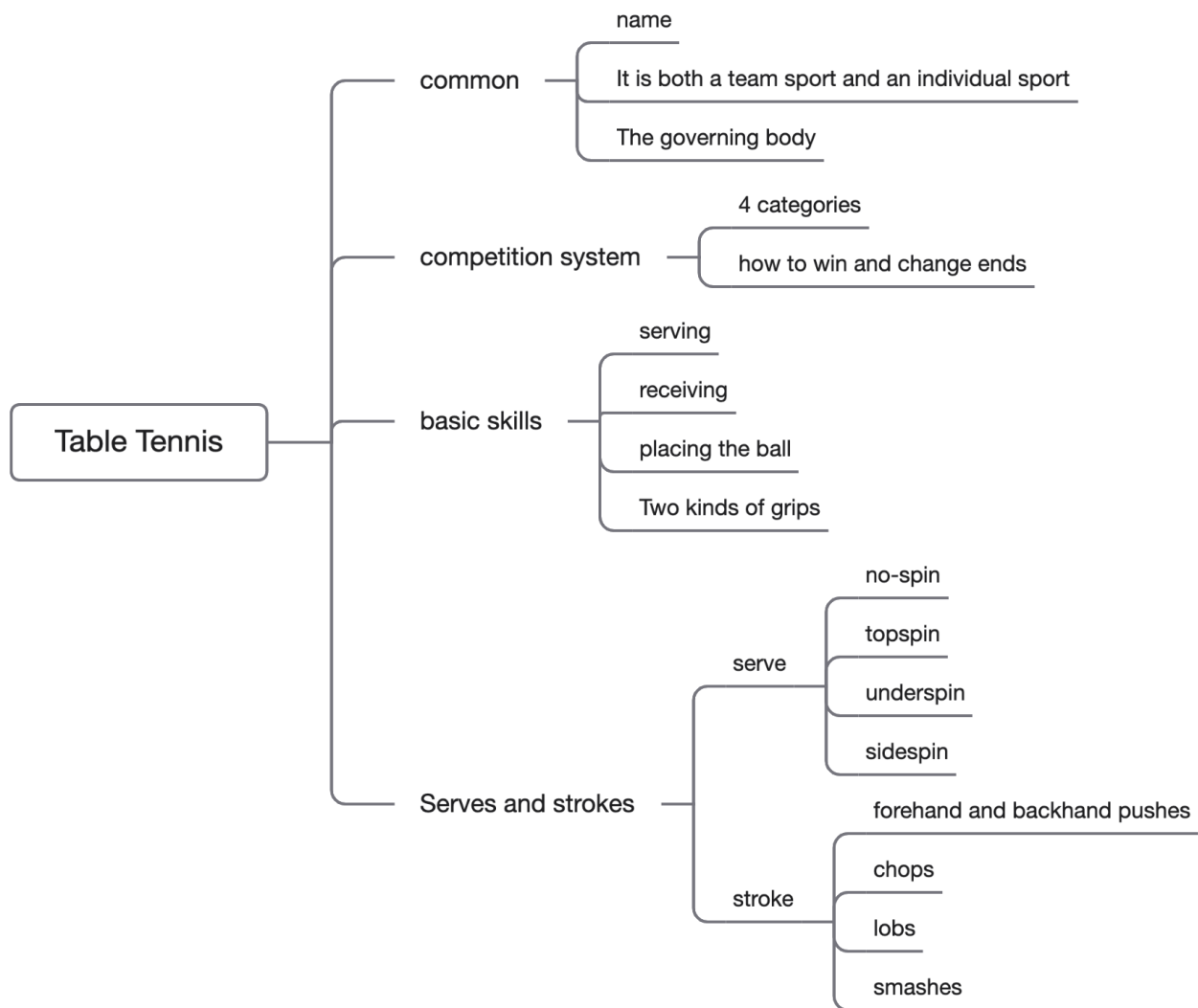
There are 12 players in the game, and each team has 6 players. The three players along the net are front-row players occupying Position 4, 3 and 2, while the other three are back-row players occupying Position 5, 6 and 1.

Now let's talk about **competition system** of volleyball: Volleyball matches are played best of five sets. A team must get at least 25 points to win a set, but in the deciding set, a team must get at least 15 points.

Then it's come to **fauls and skills** of basketball . If the opposing team use a combination of more than three contacts with the volleyball, or a player hit the ball two times consecutively, these might be judged as the faults. The basic skills of volleyball include serving, setting, spiking, blocking and so on.

When it comes to emergency cases, there are five common techniques: dive, pancake, sprawl, roll, collapse

Table Tennis



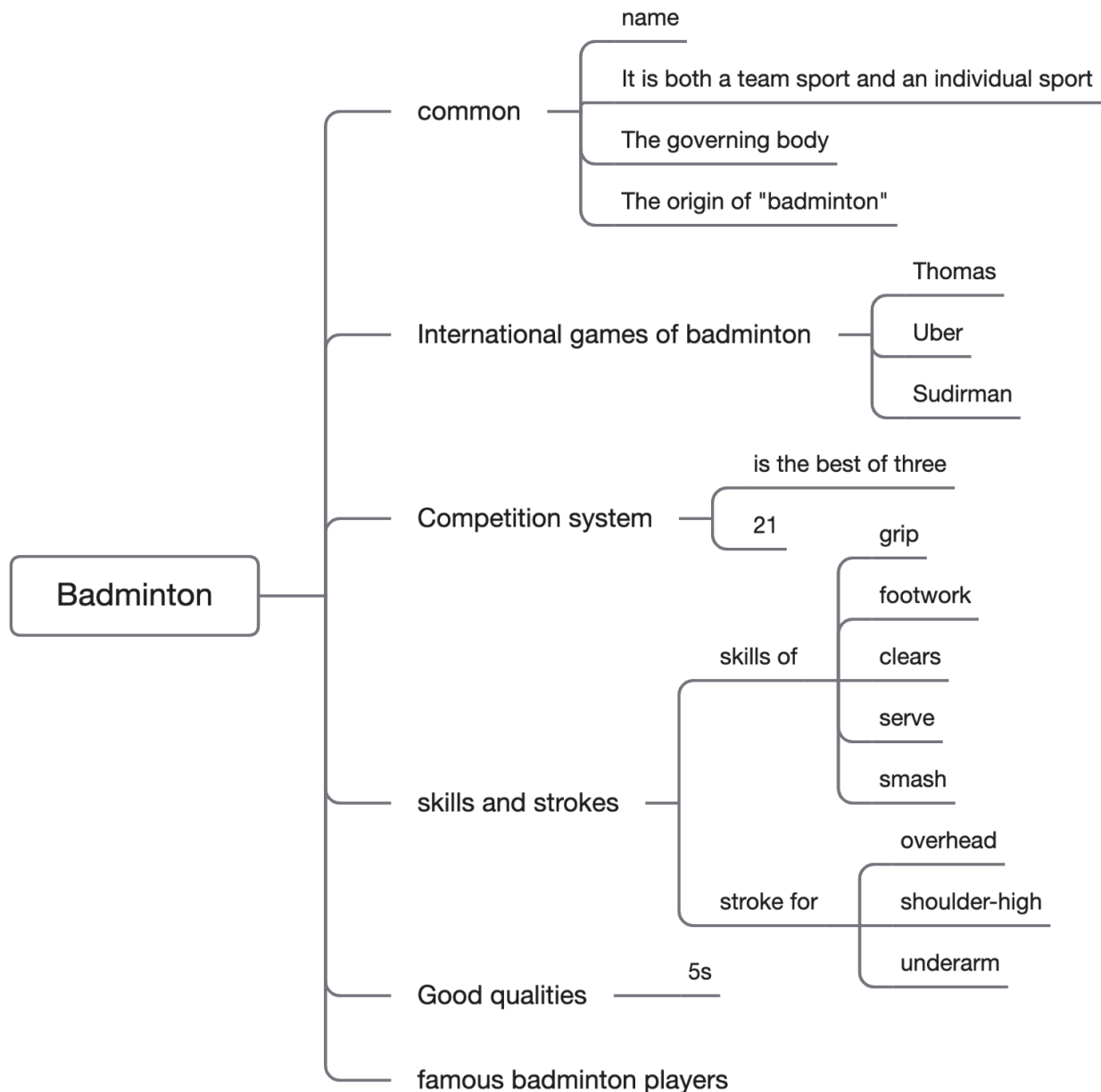
The name of this sport is table tennis. It is both a team sport and an individual sport. The governing body of table tennis is ITTF.

Now let's talk about **competition system and basic skills** of table tennis. The events of table tennis competitions fall into four categories: singles, doubles, mixed doubles and team competitions. Besides, the players must get at least 11 points to win a game. After each game, the players should change ends.

The basic skills of table tennis include serving, receiving and placing the ball. Additionally, there are usually two kind of grips for table tennis: penhold grip and shakehand grip.

Then it's come to the different types of **serves and strokes**. There are many different types of serves based on various speed and spins, including no-spin, topspin, underspin and sidespin while the basic strokes include the forehand and backhand pushes, chops, lobs, smashes and so on.

Badminton



The name of this sport is badminton. It is both a team sport and an individual sport. The governing body of badminton is BWF. You may be curious about how “badminton” got its name? Because the Duke of Beaufort held a lawn party at Badminton House.

There are three important international games of badminton: Thomas Cup, Uber Cup and Sudirman Cup

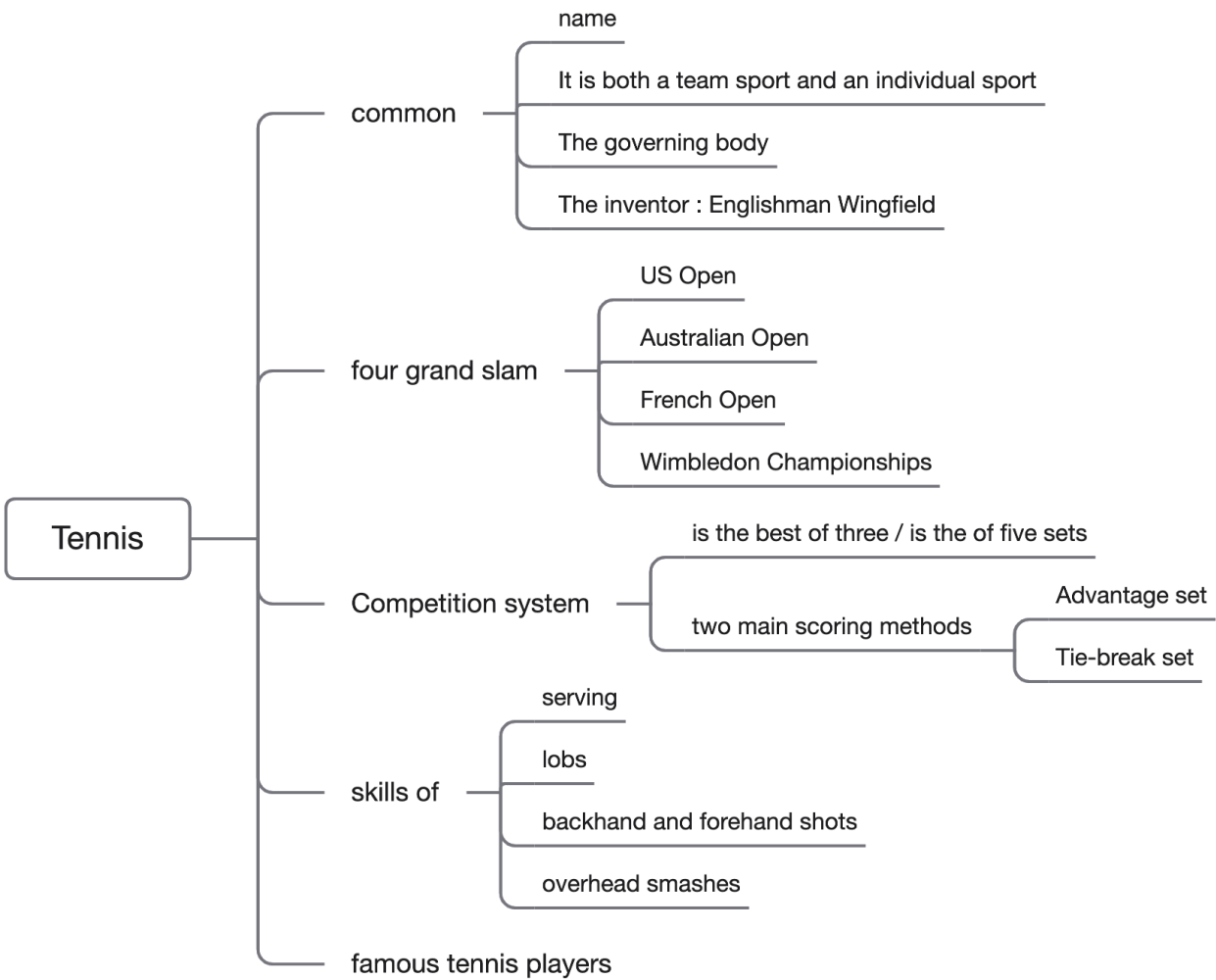
Now let's talk about **competition system** of badminton. In international badminton competitions, a match is the best of three games. The players should get at least 21 points to win a game.

Then it's come to the different types of **skills and strokes**. The basic skills of badminton include grip, footwork, serve, clears, smash and so on while the basic strokes for badminton include overhead, shoulder-high and underarm strokes, on both forehand and backhand.

Besides, a player should have many qualities such as speed, strength, stamina, skills, smartness and so on.

Last but not the least, I'd like to introduce some famous badminton players to you, like Lin Dan、 Li Zongwei and Kento Momota.

Tennis



This sport is called Tennis. It's both a team sport and an individual sport. The governing body of tennis is ITF and the Englishman Wingfield is usually regarded as the inventor of the modern tennis.

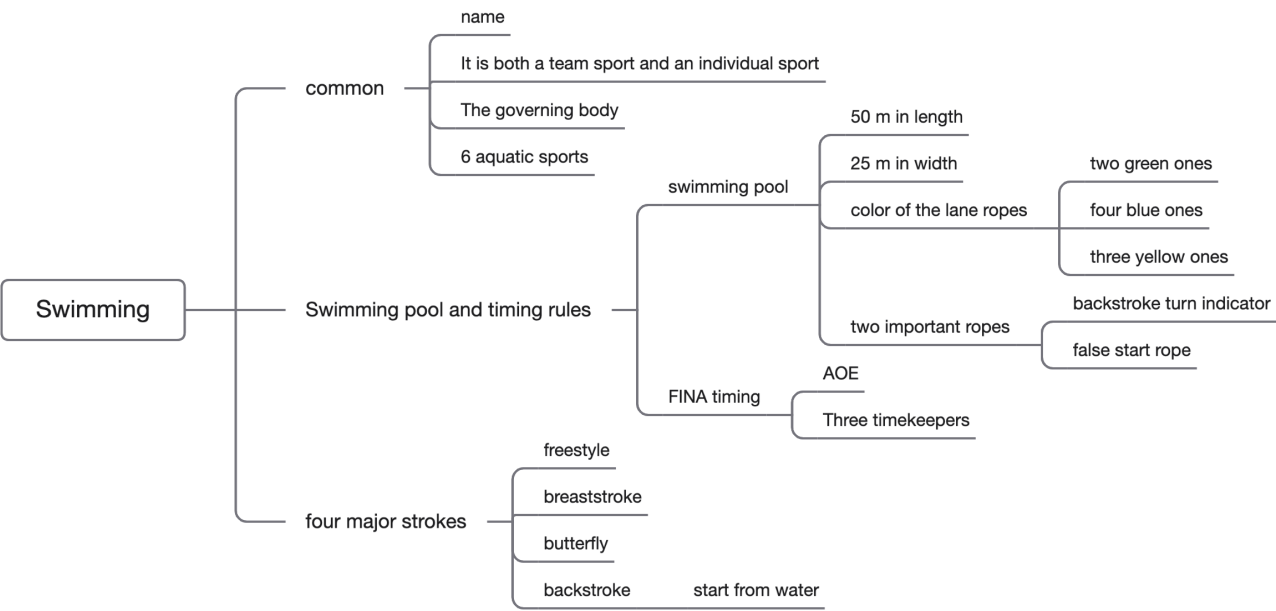
In tennis, the “four grand slam tournaments” are very popular, which refer to Australian Open, French Open, US Open and Wimbledon Championships. Among them , Australian Open and US Open are played on hard courts, French Open is played on red clay court, while Wimbledon Championships is played on natural grass.

Now let's talk about **competition system** of tennis. A tennis match is the best of three sets or the best of five sets. Besides, there are usually two main scoring methods for tennis games: Advantage Set and Tie-break Set(抢七).

Then it's come to the **skills of tennis** , which include serving,lobs , backhand and forehand shots overhead smashes and so on.

Last but not the least, I'd like to introduce some famous tennis players to you, like Roger Federer from Switzerland, Novak Djokovic from Serbia, Rafael Nadal from Spain, LiNa from China etc .

Swimming



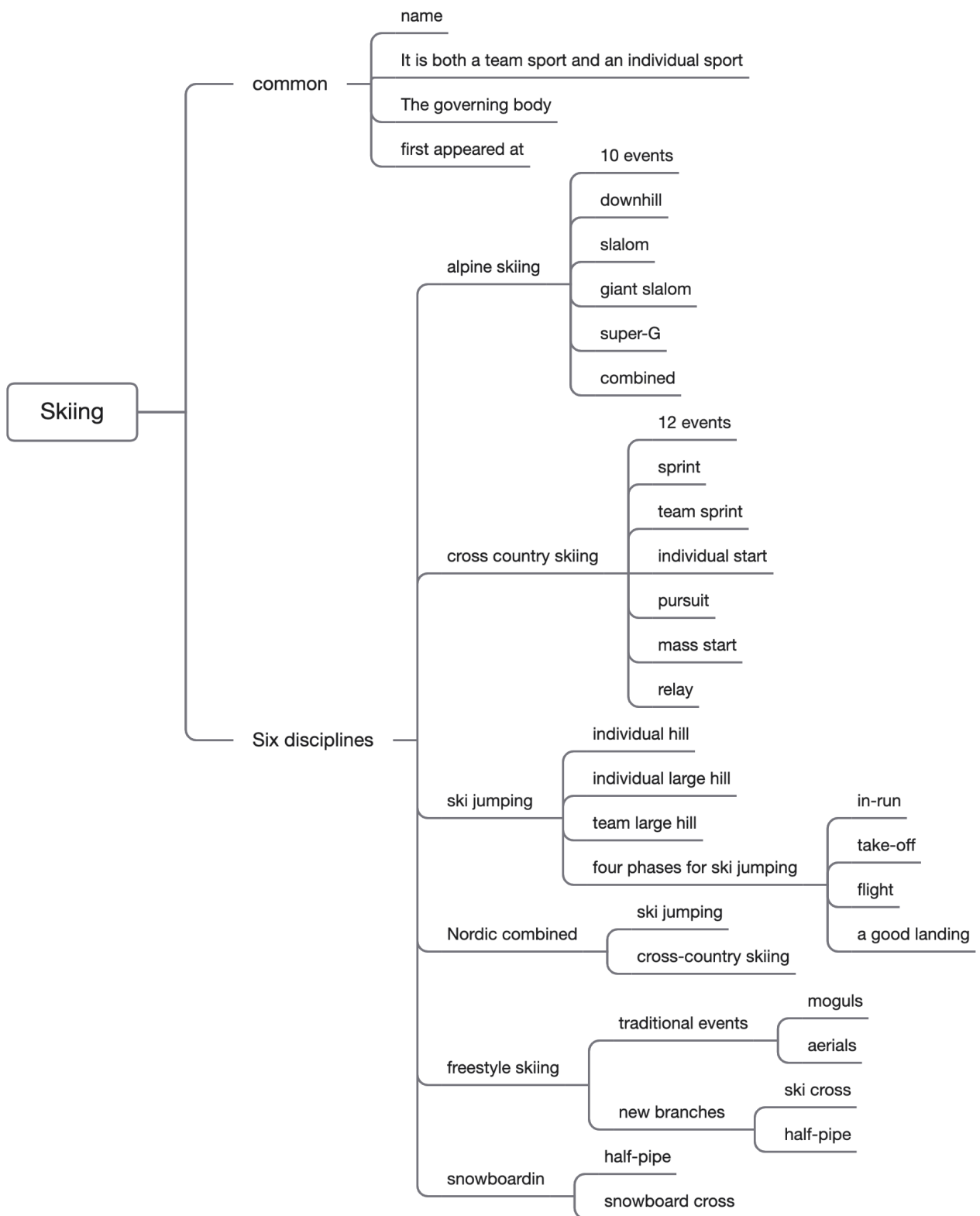
The name of the sport is Swimming. It is both a team sport and an individual sport. The governing body of swimming is FINA. FINA governs 6 aquatic sports, they are: swimming, artistic swimming, open water swimming, diving, high diving and water polo,

Now let's talk about **the swimming pool and timing rules** . An Olympic-size swimming pool must be 50m in length, 25m in width. For an 8-lane swimming pool, the color of the lane ropes should be as follows: **two green** ones **for** lanes 1 and 8, **four blue ones** for lanes 2,3,6 and 7, **another three yellow ones** for lanes 4 and 5. Besides, the two important ropes in the swimming pool for a formal competition are **Backstroke Turn Indicator** and **False Start Rope**.

FINA timing is based on the premise of AOE or three manual timekeepers.

Then it's come to **four major strokes of swimming**: freestyle, breaststroke, butterfly and backstroke The forward strokes all start with a dive, but the start in backstroke and medley relay should be from the water.

Skiing



The name of the sport is Skiing. It's both a team sport and an individual sport. The governing body of skiing is FIS.

Skiing appeared at the 1st Winter Olympic Games in Chamonix, France in 1924.

Skiing includes **six disciplines**, they are alpine skiing, cross country skiing, ski jumping, Nordic combined, freestyle skiing and snowboarding. Now let me introduce these disciplines one by one.

Fistly, the **alpine skiing** competition consists of 10 events: five each for women and men. The events are: downhill, slalom(障碍滑雪赛) , giant slalom, super-G(大回转) and combined.

Secondly,the **cross-country skiing** competition consists of 12 events: six each for women and men, but **with** different distances. The events are: sprint, team sprint, individual start, mass start, pursuit and relay.

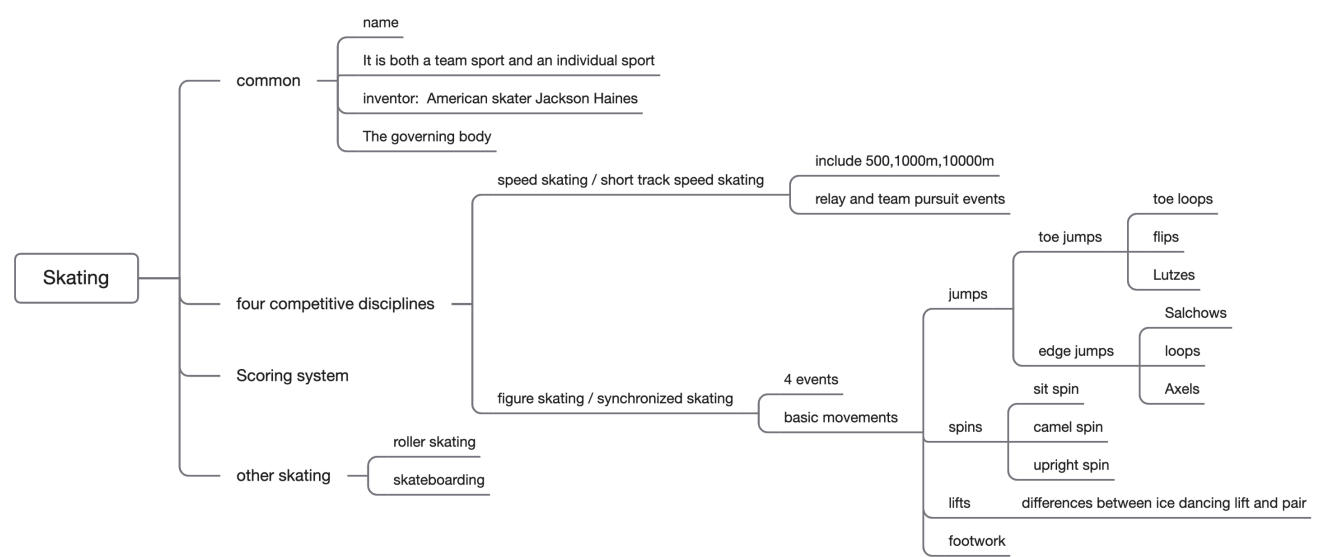
Then it comes to the **Ski jumping** competition,which include the individual normal hill, the individual large hill, and the team large hill. Besides, The four phases for ski jumping are: in-run, take-off, flight, and a good landing.

After that is the **Nordic Combined** ,which start with a ski jumping followed by a cross-country skiing competition.

Additionally, traditional events of **freestyle skiing** are moguls(雪上技巧) and aerials(空中技巧) while some new branches of freestyle skiing are **ski cross**, **half-pipe**(U型管) and so on.

Last but not the least, the **snowboarding** events in Olympic Winter Games include **half-pipe**, **snowboard cross** and so on.

Skating



The name of the sport is skating. It is both a team sport and an individual sport. The American skater Jackson Haines is regarded as the "father of modern figure skating". The governing body of skating is ISU. It governs **four competitive** ice skating disciplines: speed skating, short track speed skating, figure skating and synchronized skating.

First ,let's talk about speed skating.**Speed skating events** include 500m, 1000m, 10000m and so on, but the distance for men and women is a little bit different. There are also relay and team pursuit events.

Next,let's come to the figure skating. **Figure skating events** include men's single, ladies' single, **pair skating**, and ice dancing. The basic movements in figure skating are jumps, spins, lifts, footwork and so on.

Now ,let me introduce some knowlege about jumps、 spins and lifts to you.

There are six basic jump elements which could be divided into **two categories**: **toe jumps**, including toe loops, flips and Lutzes; and **edge jumps**, including Salchows, loops and Axels.

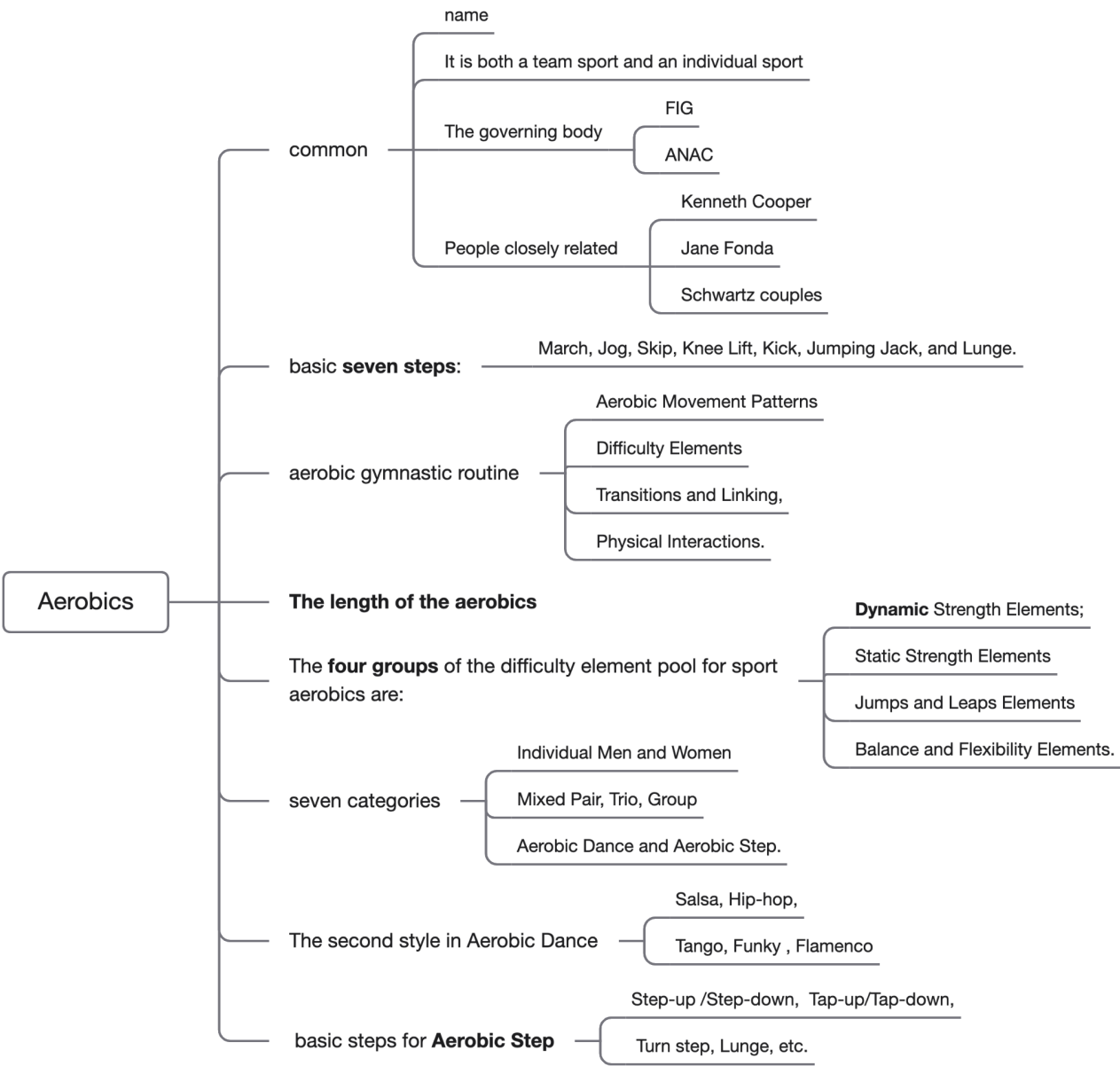
The basic positions for spins are sit spin, camel spin and upright spin.

Ice dancing lifts differ from **pair skating lifts** most notably in that dancers are not allowed to lift their partners above their **shoulders**.

It's worth noting that the scoring system used by ISU is the International Judging System, also called CoP, Code of Points.

Nowadays,there are some other kinds of skating activities include roller skating(旱冰) and skateboarding, etc.

Aerobics



This sport is Aerobics. It's both a team sport and an individual sport. Currently two governing organizations for sport aerobics are recognized by most nations. They are FIG and ANAC

Some people are closely related to the development of aerobics, such as Kenneth H. Cooper, Jane Fonda, Schwartz couples.

In aerobics, there are basic **seven steps**: March, Jog, Skip, Knee Lift, Kick, Jumping Jack, and Lunge.

The **four groups** of the difficulty element pool for sport aerobics are:

- A. **Dynamic** Strength Elements;
- B. **Static** Strength Elements;
- C. Jumps and Leaps Elements
- D. Balance and Flexibility Elements.

The World Aerobic Championship consists of seven categories: Individual Men and Women, Mixed Pair, Trio, Group, Aerobic Dance and Aerobic Step.

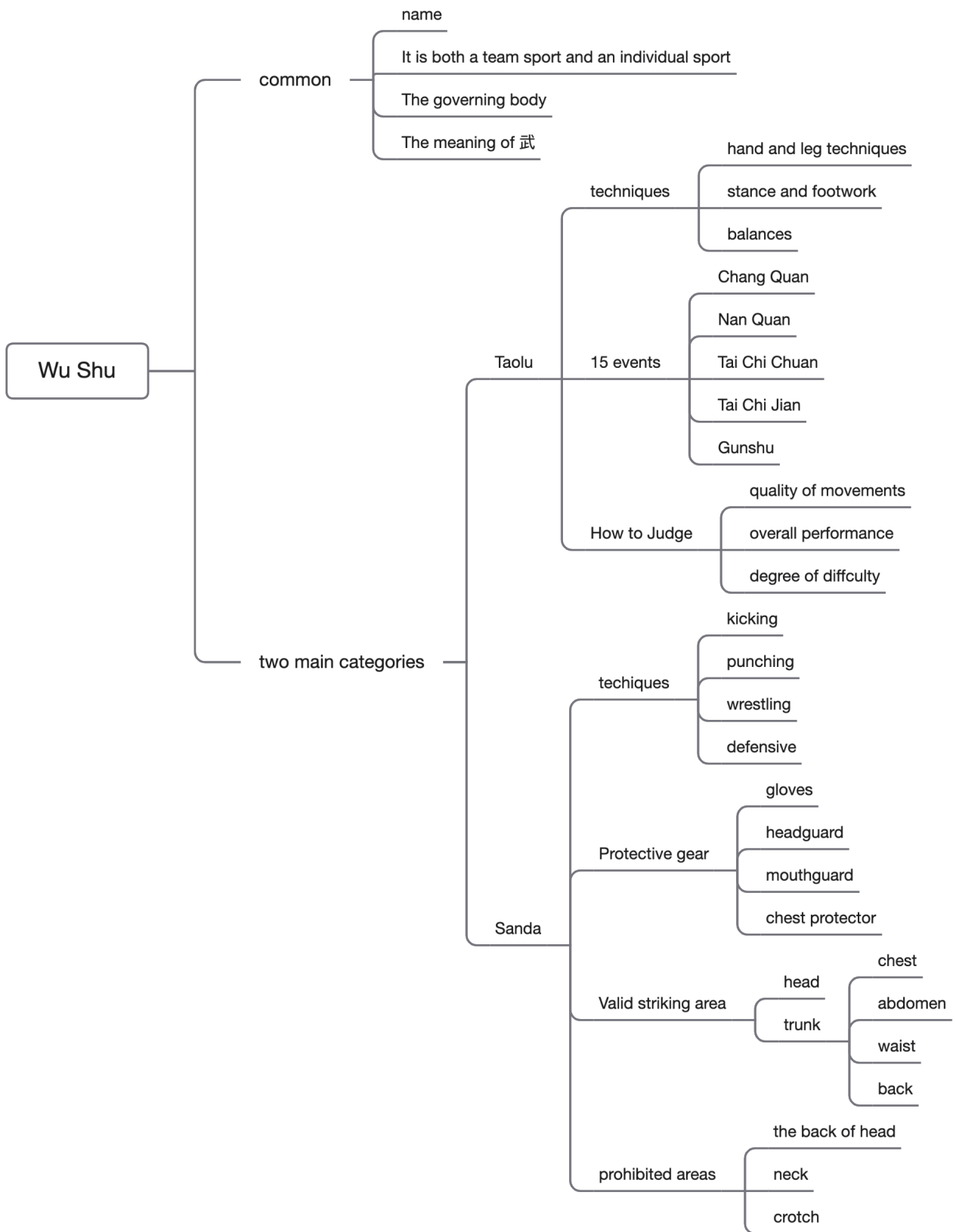
An **aerobic gymnastic routine** is composed of the following movements: Aerobic Movement Patterns, Difficulty Elements, Transitions and Linking, Lifts, and Physical Interactions.

The length of the aerobics routine is 1 minute 30 seconds for all categories with a tolerance of plus or minus 5 seconds.

The second style in Aerobic Dance refers to the **dancing element** in the Aerobic Movement Patterns, such as Salsa, Hip-hop, Tango, Funky , Flamenco and so on.

The basic steps for **Aerobic Step** include: Step-up /Step-down, Tap-up/Tap-down, Turn step, Lunge, etc.

Wushu



The name of the sport is Wushu. It is both an individual sport and a team sport. The governing body of Wushu is IWUF, International Wushu Federation.

The Chinese character “武” is composed of “止” and “戈”, which means “to stop conflict and promote peace”.

The two main categories of Wushu are Taolu and Sanda. Let me introduce them to you one by one. The techniques in Taolu include hand and leg techniques, stances and footwork, balances and so on. There are **15 events** of Taolu, including "Chang Quan", "Nan Quan", "Tai Chi Chuan", "Tai Chi Jian", "Gun Shu" and so on. In Taolu competition, judges will give a score by evaluating the quality of movements, overall performance and degree of difficulty.

Sanda primarily makes use of kicking, punching, wrestling, and defensive techniques. The Sanda athletes should wear special protective gear, including gloves, headguard, mouth-guard, chest protector and so on.

In Sanda competition, the valid striking areas are the head and trunk including the chest, abdomen(腹部), waist and back. The prohibited areas include the back of head, the neck and the crotch.