PONTEFRACT
ACADEMIES TRUST

OUT OF LESSON WORK TERM 1 YEAR 10 SPORTS STUDIES

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SPORTS STUDIES

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What to do

Use the VIP sheet on the next page to help you work through the booklet.

All content is about user groups, barriers and solutions from LO1.

Complete the exam questions.

RO51 - LO1 VIPS

Understand the issues which affect participation in sport

User groups

The different groups of people who face barriers to participation in sport and physical activity

- Ethnic minorities
- Retired people
- Families with young children
- Single parents
- Children
- Teenagers
- Disabled
- Unemployed
- Working singles and couple

Barriers

Factors that may make participation particularly difficult. Many of the possible barriers to participation are common to all user groups

- Lack of time
- Work commitments
- Lack of facilities
- Cost of equipment
- Lack of role models
- Lack of transport
- Lack of motivation
- Lack of awareness of activities
- Lack of disposable income
- Lack of childcare

Solutions

Solutions to barriers faced by the various user groups are often very similar and be solutions for many of the user groups

- Free or subsidised sessions
- Promote role models
- Free or subsidised transport
- Provide childcare (crèche)
- Provide equipment
- Promotion of activities
- Arrange sessions during the day

Popularity of sport

Sport is a popular part of the culture in the UK. There are many factors which can impact upon the popularity of sport in the UK

Spectatorship

The more people are viewing sports will increase participation rates of those sports

Media coverage

Some sports channels show sport 24/7, this increases participation in the sports that the media show

Participation

More people participate in sports that have widespread mass participation

Provision

Provision varies in the UK. People cannot participate with little or no provision or access to facilities

Environment

Weather in the UK can impact upon participation rates. There is a lack of snow in the UK for skiing

Roles models

Positive Roles models increase participation in the sport. A lack of role models has a negative impact

Acceptability

Many people believe boxing should be banned as it's dangerous

Success for teams

Sporting success inspires people to take part in the sports such as GB cycling

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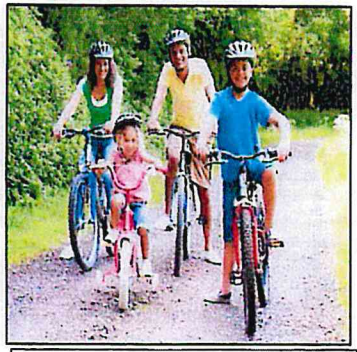
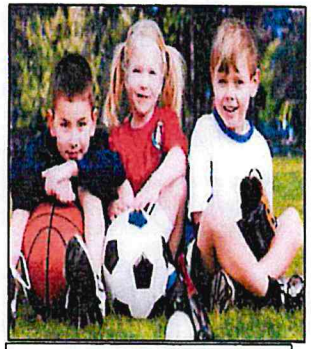
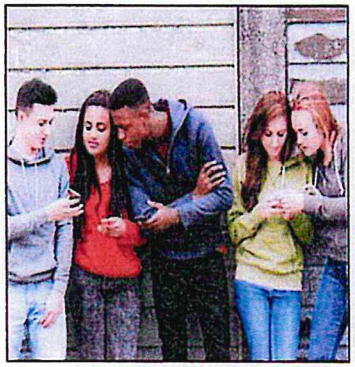
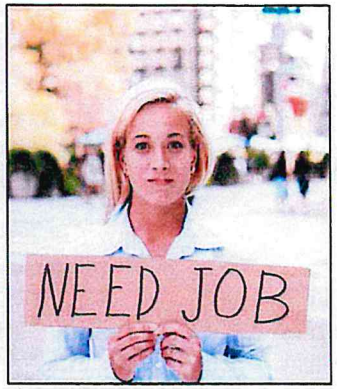
Using the images, identify the different user groups who may participate in sport









Three examples

- disabled
- teenagers
- single parents

Participation User Group	Barriers to Participation
Ethnic Minorities	• Lack of role _____ • Religious issues- (_____ _____ for women to be covered at all times and avoid free_____)
Retired/Over 50 People	• Accessibility of facilities/_____ • Too expensive on low _____/_____
Families with Young Children	• Lack of _____- due to looking after _____
Single Parent Families	• Work restrictions or family _____ • Lack of money
Working Single/Couple Adults	• Lack of free time due to working _____ _____ • Lack of motivation/ _____
Unemployed / Low Income	• Lack of disposable _____ • Lack of _____ • Working long hours

	•
Children	• Lack of time due to _____ • _____ stereotyping (boys _____/girls _____)
Teenagers	• Lack of _____ due to _____/part time work. • Gender stereotyping (boys dance/girls rugby)
Disabled	• Limited _____ • Issues with _____.

Barriers to Participation in Sport	What solution is there to this barrier to participation? *Highlight either Provision / Promotion / Access and write an example of a solution for each barrier.*
Family Commitments	Provision Promotion Access *e.g. family commitments mean spare time for physical activity is restricted to therefore leisure centres and gyms could stay open late on week days and open Saturdays and Sundays.*
Employment and Time	Provision Promotion Access
Disposable Income	Provision Promotion Access
Accessibility to Facilities and Equipment	Provision Promotion Access

Barriers to Participation in Sport	**What solution is there to this barrier to participation?** *Highlight either Provision / Promotion / Access and write an example of a solution for each barrier.*
Lack of Role Models	Provision Promotion Access
Provision of Activities	Provision Promotion Access
Awareness of Activity Provision	Provision Promotion Access
Portrayal of Gender Issues by the Media	Provision Promotion Access

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Exam Questi

1 Raheem and Malika are a married couple. They moved from Pakistan to the UK six months ago. Both would like to be able to play sport more regularly.

(a) Identify **two** barriers which could affect Raheem and Malika's participation in sport.

1 .....

..... **[1]**

2 .....

..... **[1]**

(b) Suggest **two** strategies to overcome these barriers.

1 .....

..... **[1]**

2 .....

..... **[1]**

2 Regular participation in golf can help retired people maintain physical fitness. The majority of golf participants over the age of 50 are currently men.

(a) Describe **two** potential barriers that might prevent women over 50 from participating in golf.

1 .....

..... **[1]**

2 .....

..... **[1]**

(b) Explain **two** ways that women over 50 could be encouraged to participate in golf.

1 .....

..... **[1]**

2 .....

..... **[1]**

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LO1

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R051 - LO1 VIPS

Understand the issues which affect participation in sport

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Factor Affecting Sport Popularity in the UK	Give a sports example from the UK where this factor has had a POSITIVE impact on popularity
Participation	
Provision	Parkrun has emerged a weekly athletics event because of public access to so many country parks which can be used as cross-country courses.
Environment/Climate	
Spectatorship	
Media Coverage	BBC1 and BBC2 has sole coverage of Wimbledon, therefore, avid tennis fans will watch this.
Success of Teams or Individuals	
Role Models	
Acceptability	

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Exam practice – factors affecting popularity of sports in the UK

2 Using a practical example for each, explain how each of the following factors can impact on the popularity of sport in the UK.

Environment .....

.....

.....

.....

.....

..... [2]

Spectatorship .....

.....

.....

.....

.....

..... [2]

Social acceptability .....

.....

.....

.....

..... [2]

4 Explain how the following factors might impact on the popularity of tennis.

(a) Media coverage .....

.....

.....

..... [2]

(b) Social acceptability .....

.....

.....

..... [2]

(c) Success of professional tennis players .....

.....

.....

..... [2]

5 Futsal is a version of football, played mainly indoors between teams of five players. A smaller, less bouncy ball is used than in association football. Games are in two 30-minute halves.

Give **three** reasons why Futsal might be growing in popularity in the UK.

Reason 1 .....

..... [1]

Reason 2 .....

..... [1]

Reason 3 .....

..... [1]

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15* Explain factors which affect the popularity of different sports in the UK (8 marks)

Paragraph 1 ❒ state the factor that affects popularity ❒ Give an example ❒ Explain the impact of this factor on popularity of different sports	A factor that affects the popularity of sports in the UK is the environment/climate. For example, the lack of mountains and snow across the country for taking part in winter sports. Consequently, the environment/climate means that winter sports such as skiing make the sport less popular. Participants don't have access to an environment with many mountains and a climate with snowfall that allows them to train and compete so alternatively may get involved in sports that are much more accessible in the UK. An example would be football where there are lots of readily available facilities.
Paragraph 2 ❒ State the factor that affects popularity ❒ Give an example ❒ Explain the impact of this factor on popularity of different sports	
Paragraph 3 ❒ State the factor that affects popularity ❒ Give an example ❒ Explain the impact of this factor on popularity of different sports	
Literacy challenge ❒ Use at least 4 connectives ❒ Marks you think you have achieved	

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SPORTS STUDIES

RO51

Contemporary Issues in Sport

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What to do

Use the VIP sheet on the next page to help you work through the booklet.

All content is about sporting values, The Olympics and sporting behaviour from LO2.

Complete the exam questions

RO51 - LO2 VIPS - Values

Know about the role of sport in promoting values

Values which can be promoted through sport

Team spirit	You can gain the feeling of pride and loyalty from being a member of a team which makes you want your team to do well or be the best.
Fair play	Allows you to show polite behaviour which involves respect for fellow competitors and playing by the rules.
Citizenship	Allows performers to act in a way that citizens of a country should. This can involve getting involved in the local community through sport
Tolerance and Respect	Helps you to tolerate and understand others and show respect to opponents. This could be respecting different cultures and countries through respecting the national anthem
Inclusion	Sport allows people to be included within teams and competitions. This can be to encourage under-represented social groups to get involved in sport
National Pride	Sport develops a sense of pride in the name, culture and practices of a country. National pride is shown when supporters and performers unite behind their country when singing the national anthem or wearing country colours
Excellence	Sport helps to encourage and develop excellence. Performers strive to be the best that they can.

Olympic and Paralympics

The Paralympics are games for people with a disability which run in parallel with the Olympic games. They are both held once every four years in the same host city. Both Olympic and Paralympic movements aim to represent

The Creed

Baron Pierre de Coubertin - Founder of the modern olympics

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

The Symbol

Five interlocking rings to represent the union of the five continents of the world which take part

The symbol is closely linked with all aspects of the Olympics and Paralympics and reminds everyone that the brand logo for the sporting event involves all areas of the world

Olympic Values

3 Olympic values
- Frienship
- Respect
- Excellence

4 Paralympic values
- Determination
- Inspiration
- Courage
- Equality

RO51 - LO2 VIPS

Know about the role of sport in promoting values

Initiative and campaigns can be used to instil certain values for those taking part. Often the campaigns try to show the good that can be gained by taking part

Other initiatives and events which promote values through sport

FIFAs 'Football for Hope'	• Started in 2005 as a collaboration between FIFA and 'street football world' • Funds 'not for profit' organisations to encourage social projects for disadvantaged people
ECB's 'Chance to shine'	• Since 2005, has aimed to ensure that cricket is played in states schools. • Aims to bring cricket to thousands of inner city children • Help develops social cohesion, teamwork and respect and reduce anti-social behaviour
Sport relief	• Annual campaign encourages people to get active and raise money for vulnerable people • Intended to help those people live happier, healthier, safer lives
Premier leagues 'Creating chances'	• Education - including the Premier league reading stars • International initiatives - including Sport relief and premier skills • Health - including Premier League health initiative • Community cohesion - Premier league into Work initiative • Participation - Premier league schools tournament
£10 Sport England scheme to increase participation in sport	• Increase the participation rates of women • 'This Girl Can' programme is funded by the National lottery and is developed by Sport England • Aims to allow women to overcome the fear of being judged and make the choice to take part in physical activity

Sports initiatives to break down barriers

Kick it out

Barrier to be broken: Racism

Respect campaign

Barrier to be broken: Abuse to referees in football

Transforming British tennis together

Barrier to be broken: Cost and accessibility of tennis

Back to Netball

Barrier to be broken: Age

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RO51 - LO2 VIPS Etiquette

Know about the role of sport in promoting values

The importance of etiquette and sporting behaviour

Etiquette	Etiquette includes the unwritten rules concerning player behaviour. Examples include kicking the ball out of play when someone is injured. Not walking across someone else's putt in golf
Sporting behaviour	Behaving in a way that shows sportsmanship. Involves polite and fair behaviour while playing in a sporting event.

Reasons for observing etiquette and sporting behaviour

- Performing in a fair way
- Promoting positive values
- Keeping yourself and other performers safe
- Respecting performers in your own team and on the opposition
- Being a positive role model for young children

Sportsmanship

Fair and polite behaviour is also known as sportsmanship

- Being gracious and respectful when winning or losing
- Clapping an opposition goal
- Shaking hands before and after a game

Gamesmanship

When a performer bends the rules.

- Taking a long time to collect the ball to waste time
- Re-tying shoe laces when an opponent is about to serve in tennis
- Grunting loudly when playing a tennis shot to put off the opponent

Spectator etiquette

Spectators also have unwritten rules to follow

- Being quiet during rallies at tennis games
- Respecting an opponents national anthem
- Staying quiet at the start of an athletics race
- Staying quiet when a rugby player kicks a conversion

It is very difficult to control spectator behaviour and many spectators do not follow sporting etiquette

It is common for NBA basketball spectators to deliberately put the opposition players off when shooting free throws

Some sports such as Golf can be very respectful and quiet when players are taking their shots

LO2: Values that can be promoted through sport

Value: Team Spirit
Learning how to work together and support others by playing as part of a team.
Specific example in a sport: Encouraging fellow teammates during a netball match by giving them praise when they have done something well.

Value:
Learning the importance of adhering to rules and being fair to others through playing sport
Specific example in a sport:

Value:
Get involved in your local community through sport.
Specific example in a sport:

Value:
Developing understanding of different countries and cultures through sport.
Specific example in a sport:

Value:
Striving to be the best that you can in your favourite sport.
Specific example in a sport:

Value:
Supporters and performers unite behind country in an international
Specific example in a sport:

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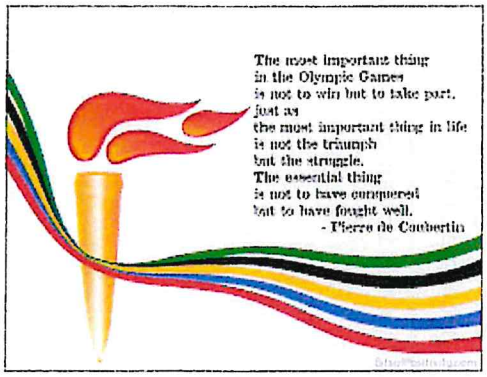
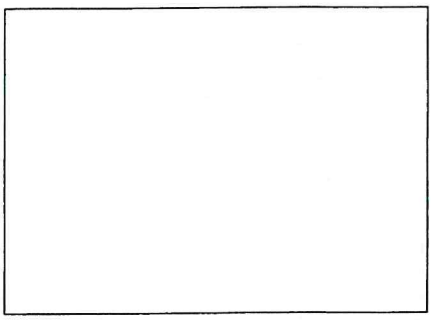
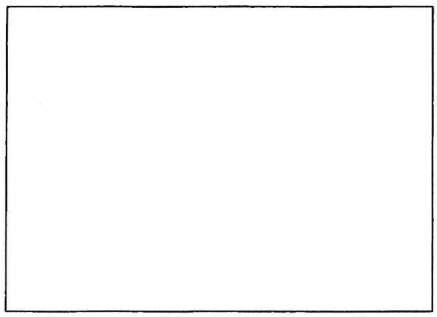
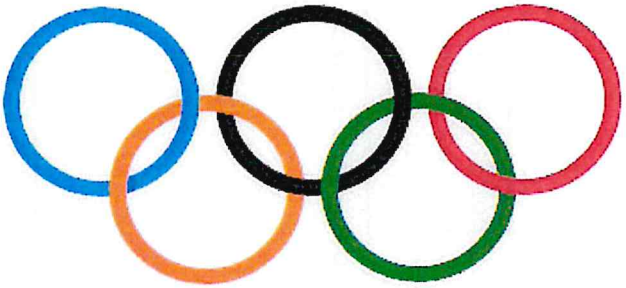
The Olympic and Paralympic Movement – Identify the key aspects of the creed and the Olympic rings









Unjumble the values	
IEMNOTEANIRTD	
RCPTESE	
PSIRHDFENI	FRIENDSHIP
AELYUTIQ	
CROAEUG	
LNEECLEECX	
OINSTRANIPI	

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Fill in the blanks for the Olympic and Paralympic Values.

VALUE	OLYMPIC EXAMPLE	PARALYMPIC EXAMPLE
RESPECT		Treating people with disabilities with dignity
	Achieving a PB in an event	
COURAGE		Athletes overcoming their disability to compete
		Acting as role models to other disabled people
	Sports performers overcoming barriers to train and compete	
	Championing equal rights for (disabled) people	

SP X 3	

1

FIFA FOOTBALL FOR HOPE

2

CHANCE TO SHINE
Spreading the power of cricket

3

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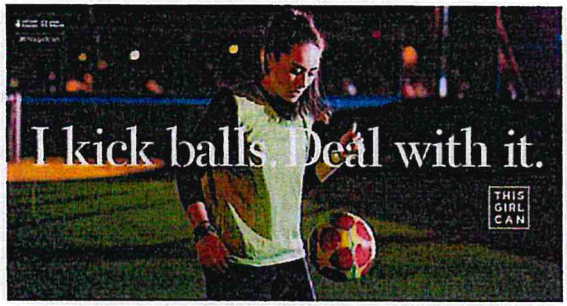
4



5

PREMIER LEAGUE
CREATING chances

6

SPORT RELIEF

Identify each initiative or event and write a short description on what their aims and objectives are below:

		Let's Kick Racism Out of Football Kick It Out is primarily a campaigning organisation which enables, facilitates and works with the football authorities, professional clubs, players, fans and communities to tackle all forms of discrimination.

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Sportsmanship, Gamesmanship and Spectator Etiquette

SPORTING BEHAVIOUR	DEFINITION	EXAMPLE
SPORTSMANSHIP		1. 2.
GAMESMANSHIP		1. 2.
SPECTATOR ETIQUETTE		1. 2.

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Using the scenarios, can you identify which is an example of Sportsmanship, Gamesmanship or Spectator Etiquette

All the players are lined up to shake hands before the game. One player (Steven) refuses to shake his opponents' hand (Eric). This results in the crowd booing. Eric grabs Steven's hand to shake it but the player still refuses. The next player on Eric's team (Tom) then refuses to shake Steven's hand.

Manchester City are attacking Arsenal's goal. The winger is through on goal. The goal keeper rushes out of the goal to collect the ball. The player jumps over the goal keeper but simulates contact. The referee gives a penalty. What would you do if you were the winger?

(At the end of a great match between Brazil and England the crowd are on their feet applauding (clapping) both teams. One of the England players is clearly very upset as England lost and are now out of the World Cup. One of the Brazilian players makes his way over and speaks to him. He explains that he is great player and nothing to be upset about. The Brazilian then make a gesture to the crowd to applaud the English player. The crowd recognise this and applaud the English player.

Two boxers are at about to begin the bout (fight). They square up for the official to explain the rules. As they do this one of the boxers is telling the other boxer how he is going to knock him out, beat him with ease and that his opponent cannot handle his hand speed and power.

a. Describe why gamesmanship is sometimes used by performers in sport

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.....

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..... [2]

b. Give three examples in which gamesmanship is used by sports performers

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.....

.....

.....

.....

..... [3]

c. Describe possible negative effects of gamesmanship in sport

.....

.....

.....

.....

.....

.....

..... [3]

Which one of the following is not a value that is promoted by the Olympics? (Circle your chosen option to indicate your answer.) [1]

(a) It is the taking part that counts

(b) It is important to gain success and world recognition

(c) It is important to represent your nation

(d) All nations compete on an equal basis

"The most important thing is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered, but to have fought well."

Olympic creed – Pierre De Coubertin (founder of the Modern Olympics)

Which of the following **best** matches the Olympic creed?

(Circle your chosen option to indicate your answer).

(a) Breaking a world record

(b) Winning a gold medal

(c) Finishing a race after falling badly

(d) Finishing 1st in a relay race

[1]

5) Which of the following is not an example of gamesmanship (1)

(Circle your chosen option)

1. Asking the official to punish an opponent
2. Shaking hand at the end of the match
3. Wasting time in a game
4. Pretending to be injured

7a) Give three examples why professional footballers should adopt good sporting behaviour (3)

1. .....

.....

2. .....

.....

3. .....

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.....

Give three examples of spectator etiquette when watching sport (3)

1. .....

.....

2. .....

.....

3. .....

.....

Schools and colleges often use sport to promote team spirit and teamwork.

Give **three** ways that team spirit and teamwork can be promoted through participation in sport.

1 .....

2 .....

3 .....

[3]

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SPORTS STUDIES

RO51

Contemporary Issues in Sport

Early October

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RO51 - LO2 VIPS PEDS

Know about the role of sport in promoting values

The Use of performance enhancing drugs (PEDs) in sport

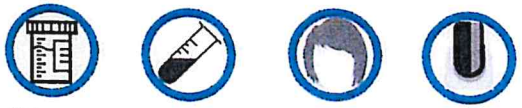
Reasons why PEDs are used

- To lose weight
- To mask pain
- Increased ability to train
- Improved recovery
- Improved performance
- Improve strength
- Pressure to win
- Belief that others are taking them

Reasons against using PEDs

- Unfair advantage
- Suffer long term ill-health
- Become addicted
- Damage reputation
- Harsh consequences when caught
- Immoral to take PEDs and cheat

Testing methods



Drug offences by elite performers

- Ben Johnson → Anabolic steroids
- Lance Armstrong → EPO / Blood doping
- Dwain Chambers → Anabolic steroids
- Dwain Millar → EPO
- Justin Gatlin → Stimulants

Impact of drug taking on the reputation of sport

- Reputation of the sport can be damaged
- Spectators may question whether the sport is clean and fair
- People will mistrust the results of the sport
- Spectators think all performers involved in the sport are cheating

Performance enhancing drugs

- Anabolic steroids
- EPO / Blood doping
- Stimulants
- Diuretics
- Beta Blockers

The whereabouts rule

Is for out of competition testing

Performers must inform the authorities of their location to allow drug testing to take place

Must notify of a one hour period in every 24 hours so that they can be tested

Notifi a national organisation/NGB for the sport who inform WADA

Must notify of any change to normal location/routine

Performance Enhancing Drugs (PEDs)	Why do people take PEDs?
B	
S	
Diuretics	
S	
N A	
P H	
B	

Create a spider diagram to identify the negative effects of PEDs. See example below:

An athlete would gain long-term ill health as a result

Health

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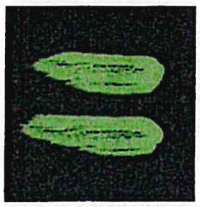
PEDs Photoboard

1 2 3 4 5



What links all five photos?

.....

.....

.....

.....

.....

.....

What does each photo represent?

1. .....

2. .....

3. .....

4. .....

5. .....

Odd one out!

Identify each athlete and discuss any link to PEDs. Think about sanctions, impact on the sport, reputation on the sport and athlete.

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Exam questions

a. Identify four testing methods used in detecting the use of performance-enhancing drugs in sport.

.....

.....

.....

.....

.....

.....

..... [4]

10 Some elite sports performers have tried to gain an unfair advantage through the use of performance-enhancing drugs.

(a) Give **two** examples of drug offences and the sports performers who committed them.

1 Sports performer.....

Drug offence.....

2 Sports performer.....

Drug offence.....

[4]

(b) Explain the 'whereabouts' rule in relation to drug testing.

.....

.....

.....

.....

.....

..... **[3]**

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What to do

Use the VIP sheet on the next page to help you work through the booklet.

All content is about Performing enhancing drugs from LO2.

Complete the exam questions.