



# **BTEC SPORT TECH AWARD**



**Component 1 : Preparing Participants to  
take part in Sport and Physical Activity  
Knowledge Organisers**





# **BTEC SPORT TECH AWARD**



**Component 1 : Learning Aim A  
Knowledge Organisers**



**BTEC Sport Tech Award**  
**Component 1: Learning Aim A Knowledge Organiser**

**Sport and Physical Activity**



**Sport** - An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.



Sports have rules and regulations that are governed by National Governing bodies.



**Physical Activity** - Any bodily movement produced by skeletal muscles that results in energy expenditure.

**Team Sports** - A team sport includes playing any sport with other people which involves players working together towards a shared objective.

Sport	Physical Activity
Tennis	Running
Football	Cycling
Rugby	Swimming
Badminton	Gardening
Rowing	Walking
Hockey	Cleaning



**Individual Sports** - An individual sport includes a sport where you play alone, and you rely on no one else to help you achieve your goals.



**Benefits of Sport and Physical Activity**



Benefits of Sport	Benefits of Physical Activity
Improve fitness	Meet new people
Meet new people	Set fitness goals
Develop new leadership skills	Improve confidence
Resilience	Improve body composition
Self confidence improved from competition.	Improve physical health





**Outdoor activity**

Outdoor activity refers to activities engaged in outside, most commonly in natural settings.

When the activity involves exceptional excitement, physical challenge, or risk.



**Why take part?**

- They enjoy it.
- They feel a sense of achievement from the challenge.
- Something different to traditional sports that they may not enjoy.

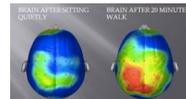


**Positive risk taking**

- Not all risk taking is bad!
- Some risks are good and promote healthy development. Risk taking is linked to development changes in the brain that help you become a healthy adult.
- An element of this is required for children and young adults to test the boundaries and develop as individuals.

**Endorphin release**

- Endorphins are released into the brain when you exercise.
- Endorphins are neurotransmitters – a chemical linked with an energetic and positive outlook on life.
- They also have other benefits such as:-
  - Reducing stress
  - Helping to fight anxiety and depression
  - Boosting self-esteem
  - Promoting restful sleep



**Benefits of outdoor activity**

- Improved self confidence
- Improved self-esteem
- Meet new people
- Learn new skills
- Time away from life stressors
- Time away from electronic devices





**What are the physical activity needs?**  
 Physical health needs  
 Social health needs  
 Mental health needs



- What are the physical health needs?**
- Improve fitness
  - Improve body composition
  - Improve sleep
  - Immunity to help prevent illness
  - Symptoms of long-term health conditions

- What are the social health needs?**
- Meeting new people
  - Make new friends
  - Have fun
  - Develop leadership
  - Team working skills
  - Decrease loneliness

**What are the benefits of exercise on physical health?**

 Reduced risk of cardiovascular disease	 Strengthens bones and muscles	 50% lower risk of type 2 diabetes	 Helps to control weight
 Improves sleep	 Improves energy levels	 30% lower risk of dementia	 Prevents cognitive decline



- What are the mental health needs?**
- Decrease stress levels
  - Improve work life balance
  - Decrease risk of depression
  - Improve mood
  - Increase self-confidence
  - Increase self-esteem



# BTEC Sport Tech Award

## Component 1: Learning Aim A Knowledge Organiser

### Sports Provisions



**Sports Provision**  
 The supply of sporting activities. The provision of sports facilities and opportunities in Britain is the result of the interaction between the public, private and voluntary sectors.



**Provision** – The action of proving or supplying something for use.



**Bannatyne**  
 Health Club & Spa



**Lancashire**  
 County Council

**Private Sector**  
 The private sector is the part of the economy that is run by individuals and companies for profit and is not state controlled.  
*Examples: Pure Gym, Crow Wood Leisure*



**Public Sector**  
 Public sector organisations are owned by the government. They provide goods and services for the benefit of the community. They are run by the government. They operate with money raised from taxes.  
*Examples: Pendle Leisure Centre, Wavelengths, West Craven Sports Centre*

**Volunteer sector**  
 The 'voluntary sector' refers to organisations whose primary purpose is to create social impact rather than profit.  
*Examples: Colne Swimming Club, Seedhill Athletics Club, Pendle Forest Sports Club, Colne Football Club*



**pendle leisure trust**  
 Committed to your health & wellbeing



**Types of participants**



**What can influence participation in sport?**

People have different preferences and reasons for choosing to participate in sport and their choice is influenced by a number of factors including:

Age	Gender	Role Models
Ethnicity	Disability	Economic status
Religion	Cost	Access
Social factors	Sexuality	
Family and peers		



**What are the different age categories?**

- Early years (0 - 5 years old)
- Adolescents (5 - 18 years old)
- Adults (19 - 64 years old)
- Older adults (65+ years old)

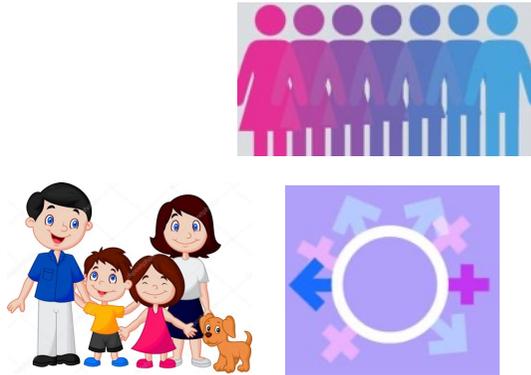
**Why might age affect your participation?**

Older adults may experience weight-gain and decreasing flexibility and strength making it harder to engage in some activities.



**Why might family and peers affect your participation?**

If your family and your peers and not interested in taking part are you likely to try it? Family and peers can influence the decisions that you make and what you do with your life.



**Why might gender affect your participation?**

Women may feel more aware of their body image and have low self-esteem. Women are also sometimes discriminated against in certain sports and therefore feel uncomfortable taking part.



# BTEC Sport Tech Award

## Component 1: Learning Aim A Knowledge Organiser



### Disability in Sport

#### What is a disability?

A physical or mental condition that limits a person's movements, senses or activities.



#### What are the three main disabilities?

Physical  
Visual  
Hearing

#### Equality Act 2010

You're classed as disabled under the Equality Act 2010 if you have a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.



#### What is a physical impairment?

The physical capacity to move, coordinate actions, or perform physical activities is significantly limited, impaired, or delayed.



#### What is a visual impairment?

Visual impairment is a term experts use to describe any kind of vision loss, whether it's someone who cannot see at all or someone who has partial vision loss.

#### What are some specific disability sports?

BOCCIA  
Goalball  
Sitting Volleyball  
Wheelchair rugby  
Wheelchair basketball  
Amputee football

#### What is a hearing impairment?

Hearing impairment or deafness covers are terms we use to refer to someone who has some level of hearing loss.



# BTEC Sport Tech Award

## Component 1: Learning Aim A Knowledge Organiser

### Medical conditions in Sport



**What common medical conditions can impact on participation?**

- Asthma
- Diabetes
- Coronary Heart Disease
- High Blood Pressure



**What is diabetes?**

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high or too low. This is because the body doesn't have the ability to produce or respond to the hormone insulin.



**What is asthma?**

Asthma is a condition in which your airways narrow and swell. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.

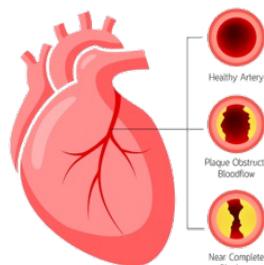


**What is high blood pressure?**

When the force of the blood pushing through your vessels is consistently too high. This can lead to heart disease and further health complications.

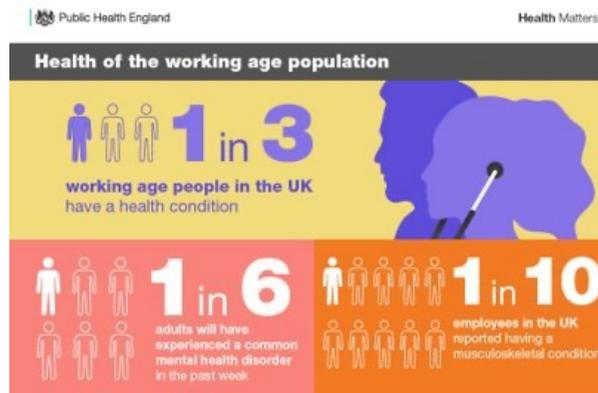


CORONARY ARTERY DISEASE



**What is coronary heart disease?**

A disease in which there is a narrowing or blockage of the coronary arteries (blood vessels that carry blood and oxygen to the heart).





**What are the government physical activity guidelines?**  
 This is guidance set out by the government to try and encourage you to move more and make it less likely for you to develop life threatening conditions.



5 – 18 years old	19 – 64 years old	65+
<ul style="list-style-type: none"> <li>All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.</li> <li>Muscle and bone strengthening activities must be incorporated at least 3 days a week.</li> <li>Minimise the amount of time spent being sedentary for extended periods.</li> </ul>	<ul style="list-style-type: none"> <li>150 minutes of moderate intensity activity a week in total in bouts of 10 minutes or more.</li> <li>Or 75 minutes of vigorous intensity activity spread across the week or combination of moderate and vigorous intensity activity.</li> <li>Should undertake muscle strengthening activities two days a week.</li> <li>Minimise the amount of time spent being sedentary.</li> </ul>	<ul style="list-style-type: none"> <li>150 minutes of moderate intensity activity a week in total in bouts of 10 minutes or more.</li> <li>Or 75 minutes of vigorous intensity activity spread across the week or combination of moderate and vigorous intensity activity.</li> <li>Should undertake muscle strengthening activities two days a week.</li> <li>Older adults should incorporate balance and co-ordination at least two days a week to reduce the risk of falls.</li> <li>Minimise the amount of time spent being sedentary.</li> </ul>



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**Component 1: Learning Aim A Knowledge Organiser**



**Barriers to participation**



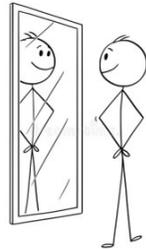
**Common barriers to taking part in sport and physical activity are:**  
Cost  
Access  
Time  
Personal  
Cultural

**What could cause a barrier with regards to **cost**?**  
Clothing  
Equipment  
Transport



**What could cause a barrier with regards to **time**?**  
Family  
School  
Work  
People are always busy!

**What could cause a barrier with regards to **personal**?**  
Body image  
Lack of self-confidence  
Parental or guardian influence  
Limited previous participation  
Low fitness levels  
Extended time off



**What could cause a barrier with regards to **access**?**  
Location  
Resources  
Types of sport available  
Limited transportation



**What could cause a barrier with regards to **cultural**?**  
Single sex sport  
Social norm  
Lack of role models





## BTEC Sport Tech Award

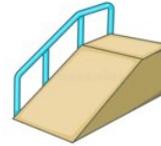
### Component 1: Learning Aim A Knowledge Organiser

## Methods to addressing barriers to participation



### Cost

- You could give the participants discounted parking.
- Allow participants to hire equipment if they can't afford to buy it.
- Create a free parking area for participants who are accessing the facilities.



### Time

- You could create creche facilities at the provision so that parents can come and drop their children off to be looked after.
- Opening hours could be extended to ensure that this does not limit participants access to the gym at certain times.



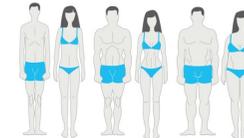
### Cultural

- Create women only sessions that are staffed by women, to make participants feel more comfortable.
- Create a more diverse staff workforce that represent a wide variety of ethnicities and religions.
  - Staff CPD on cultural awareness.



### Access

- Participants could be given discounted rates with public transport.
- Create a cycle hire facility to be able to access the facility.
- Have CPD for staff to support all types of participants and meet their needs.
- Increase the range of provisions of sport and physical activities.



### Personal

- Create private changing cubicles for participants to be more private.
- Allow participants to wear what clothing they want so that they are comfortable.
- In advertising use a wide variety of body compositions to make people feel comfortable.
- Create parents and child sessions to create a family environment.





# **BTEC SPORT TECH AWARD**



## **Component 1 : Learning Aim B Knowledge Organisers**





# BTEC Sport Tech Award Component 1: Learning Aim B Knowledge Organiser

## Different types of sports clothing

- Sports clothing**
- Sports kit
  - Waterproof clothing
  - Training clothing
  - Bibs



- Sports kit**
- Sense of identity
  - Team Cohesion
  - Easily identified within a game

- Different types of footwear**
- Football and rugby – studded boots
  - Track running – spiked shoes
  - Cycling – Cleat shoes

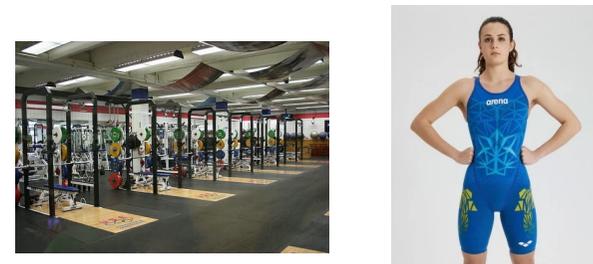


- Sport specific examples**
- American Football – helmet, shoulder pads, gum shield
  - Rugby – studded boots, gum shield, scrum cap
  - Swimming – kick board, swim cap, goggles, fins, pull buoy.
  - Kayaking – kayak, paddles, helmet, waterproof clothing, buoyancy aid, spray deck.



- Protective Equipment**
- Football shin pads
  - Gum shield
  - Shoulder pads
  - Helmet
  - Harness
  - Goggles

- Protective VS Performance**
- Performance – Helps you improve your performance.
  - Protective – Helps you stay safe while carrying out your performance.



- Safety equipment**
- Rugby post pads
  - First aid kit
  - Trampolining end decks
  - Defibrillator



- Performance equipment**
- Swimming – Racing suit
  - Sprinters – Spiked running shoes
  - Strength and conditioning gym
  - Performance analysis equipment.





# BTEC Sport Tech Award Component 1: Learning Aim B Knowledge Organiser

## Equipment for Disabled Individuals

### Disability sports

- Wheelchair Basketball
- Wheelchair Rugby
- BOCCIA
- Goalball
- Sitting Volleyball



### How are these sports different?

- These sports are different because there has needed to be a change in equipment or rules in order for someone to take part and access the sport.
- This might be the use of a wheelchair, use of a guide, change in equipment, might be the athlete has lost the use of a limb.
- However, most of the sports are still the same it is just an equal opportunity for individuals to take part in sport.

### Specialised equipment

We need to create specialised equipment in order to:

- Give everyone an equal opportunity to take part in sport.
- Makes the sport accessible
- Gives individuals a level playing field to compete against similar people.



### Wheelchair Basketball

- Wheels tilted inwards
- Less bulky
- No arm rests
- Extra wheels at the front stability
- Lower back rest
- Footrest is further back
- Lap belt to keep the chair attached to you
- Foot rail to protect your feet
- Extremely strong frame to prevent breaking



### Tennis wheelchair

- Wheels tilted inwards
- Less bulky
- No arm rests
- Extra wheels at the front and the back for stability
- Lower back rest
- Footrest is further back
- Legs are strapped in

### Goalball

- Ball with a bell in it
- Blindfolds
- Long goals
- Correct / suitable flooring
- Knee pads



### Amputee Sprinter

- Running with a prostheses
- Running blades





# BTEC Sport Tech Award

## Component 1: Learning Aim B Knowledge Organiser

# Facilities

**What is a facility?**  
A place, amenity, or piece of equipment provided for a particular purpose.

**Indoor facilities**  
Carried out for a variety of sports. It can help shelter from the weather and typically are smaller spaces.

- Sports Hall
- Gyms
- Swimming Pools
- Artificial Snow Domes



**Swimming Pools**  
These are specific for water sports. Many swimming, however there are a few other sports that take part in swimming pools.  
*For example: diving, water polo, kayak polo, synchronised swimming.*

**Why is the type of facility important?**

- Enables high level performance
- Not all of the equipment is suitable to be both indoor or outdoor.
- Health and safety considerations
- Weather permitting sports

**Gyms**

- Indoor fitness training centres where individuals from any sport of physical activity can come to train.
- Helps improve all components of fitness.
- You can make exercises specific to your sport and each individual.
- *Example pieces of equipment: treadmill, rower, bike, cross-trainer, dumbbells, squat rack, bench press, smith machine.*

**Sports Hall**  
For sports such as:

- Badminton
- Basketball
- Netball
- Volleyball

They can also be used for a variety of other sports to train as the weather might hinder the times they can train.



**Outdoor facilities**  
Outdoor facilities are required for some sports, this could be due to space, weather, sport specific requirements.  
*Examples such as outdoor pitches, climbing walls, dry ski slopes, water sports activity centres.*

**Outdoor pitches**  
Outdoor pitches can host a variety of different sports such as football, rugby, hockey, lacrosse, but it depends on the sport as to what surface is it made of.

- Grass
- 3G
- 4G
- Astroturf
- Water based pitch

**Artificial Snow Domes**  
These are to allow individuals who are in countries with no snow to learn how to ski or snowboard.  
It is available all year round and is not affected by weather.



**Climbing Wall**  
Climbing can be done both indoor and outdoor. When you are outdoor you are more likely to be climbing natural rock faces but outdoor depends on the weather as it can be dangerous if the weather is bad.



# BTEC Sport Tech Award

## Component 1: Learning Aim B Knowledge Organiser



### Officiating Equipment

#### What are officials?

Referees and umpires make sure that the rules of a game are followed. It is the rules (or laws) that make the sport what it is and help to keep all players safe.



#### Why do they need this equipment?

- Health and safety
- Keep control of the performers
- Communicate with one another
- Effectively judge the sport so it is fair



#### What type of equipment do they need?

- Whistle
- Microphone and earpiece
- Computer assisted camera's
- Video assisted decision making
- Flags

#### Whistle

- Everyone has to listen to the whistle
- Keeps control of the game
- So everyone can hear that they need to stop or pay attention to something
- Easy equipment to use
- Cheap piece of equipment
- Helps to manage health and safety

#### Computer assisted camera

- Hawk-eye
- Goal line technology camera's Ensure that the correct decisions are made.
- Slows down fast movements that occur to check what's happened.



#### Video assisted decision making

- Also known as the third official.
- They check the on field decisions to ensure that they are correct.
- This method has to have a qualified referee/umpire to look over the footage and discuss the decision with the on field referee/umpire.

#### Microphone and earpiece

- Helps to communicate between officials
- Can discuss a decision without everyone hearing
- Quicker and more precise decisions are made within the game
- Provide ongoing support to the main referee



# BTEC Sport Tech Award

## Component 1: Learning Aim B Knowledge Organiser

### Performance Analysis



#### What is performance analysis?

Where you look at your performance and get information that helps understand the performance.

Helps to identify strengths and weaknesses within a performance.

#### What equipment could you use?

- Smart watches
- Heart rate monitors
- Action cameras
- GPS systems
- Sensors on sporting clothing

#### Why is it useful?

- Can help identify weaknesses in a performance
- Can help to slow down a movement to analysis in more detail
- Can help to provide effective tactics
- Help to review a performance

#### Smart Watches and Apps

For example, Fitbit, Gamin, Apple, Polar

- Some are stylish and are more for life technology (wallet, text messages, steps), others are for specific sports.
- Track heart rate, Split times, Maps, Track different sports (swimming), Track your sleep etc.



#### GPS System

- Global positioning systems
- Detect fatigue in matches
- Compare intensity profiles according to player position
- Compare competition skill levels
- Identify the most intense periods of play.
- Maps when out on a run or cycle.

#### Action Cameras

- Can capture things normal camera's might miss with a delay.
- Be able to withstand harsh weather.
- Can record on wider lenses to get more of the sport in one shot.
- Reduce blurring and maintain high image quality while in motion.
- Smaller in size



#### Heart rate monitors

- See the intensity in which you are working.
- Ensure that you are working in the correct target heart rate zone.
- Measure recovery rate.
- Monitor overall fitness – resting heart rate.



#### Sensors on sports clothing and equipment

- **Sensors** – something which detects or measures a physical property and records it.
- Calculates heart rate and respiration but also muscle activity and exertion.
- Can identify areas for improvement.



# BTEC Sport Tech Award

## Component 1: Learning Aim B Knowledge Organiser

### Limitations of Technology



#### Why is technology good to have?

- Can help make more accurate decisions.
- Can make the game safer to play.
- Can help to improve performance with more focused feedback.
- Improvement kit is more comfortable, efficient and safe.
- Creates more engagement in the sport due to available places to view and camera angles.

#### What technology could be used?

- VAR, Hawk-eye, TMO.
- Performance analysis software such as Dartfish, Hudl,
- Blazepods – Reaction time toolkit to improve skills. Heart rate monitor
- Tracking systems



#### Limitations of technology

- Time
- Access to technology
- Cost of the technology
- Accuracy of data provided by equipment
- Usability – specific training required

#### Cost of technology

- Can be vary expensive for specialised equipment.
- Some lower levels clubs can not afford the equipment.
- Can put people off buying them and leave them at a disadvantage.
- Makes the club membership prices higher to cover the cost.



#### Time

- Take a long time to set up.
- Wastes time during the session if it does not work properly.
- Have to have extra staff to keep an eye on it to make sure it is running smoothly.
- Long time to analysis the data afterwards.

#### Access to technology

- Not all clubs can afford the technology.
- Not all clubs have the infrastructure like the wi-fi to be able to deal with the equipment.
- Not all clubs have the extra staff to be able to man the technology and coach the individuals.

#### Usability

- Sometimes requires specific training to be able to understand how to use it.
- Some people are not very good with technology with can make it more difficult to use.
- The cost of the training costs as well as the equipment itself.
- Some equipment is not as easy as it seems and can be quiet complicated.



#### Accuracy of data

- If the person using the data has not set it up 100% correct then this could make the data unreliable.
- If re-testing you need to ensure that the equipment is set up the same each time.
- The equipment needs to be in full working order so that it can produce good results.





# **BTEC SPORT TECH AWARD**



**Component 1 : Learning Aim C  
Knowledge Organisers**



**BTEC Sport Tech Award**  
**Component 1: Learning Aim C Knowledge Organiser**



**What is a warm-up?**

**What is a warm-up?**  
 A period or act of preparation for a match, performance, or exercise session, involving gentle exercise or practice.



- Sporting examples**
- Jogging around the football pitch before stretching.
  - 3 minutes on the cross trainer in the gym.
  - 2 laps of the sports hall and then complete THE FLOW.

- Why is it important?**
- Mentally prepare the participant for the sport or physical activity.
  - Increased temperature within the body to make the muscles more pliable.
  - Increases heart rate



- What do you need to include within a warm-up?**
- Pulse raiser
  - Mobiliser
  - Preparation stretches

**Pulse raiser**  
 This is light exercise that slowly increases the heart rate and gradually increases body temperature. For example, jogging, skipping, cycling.  
*Sporting example – jogging around the area, star jumps, running on a treadmill, using a cross-trainer.*



**Mobiliser**  
 Activities that take the joints through their range of movement starting with small movements and making these bigger as the warm-up progresses.  
*Sporting examples – THE FLOW*



**Preparation stretches**  
 Activities to stretch the main muscles that will be used in the physical activity.  
*Sporting examples – Deltoid*



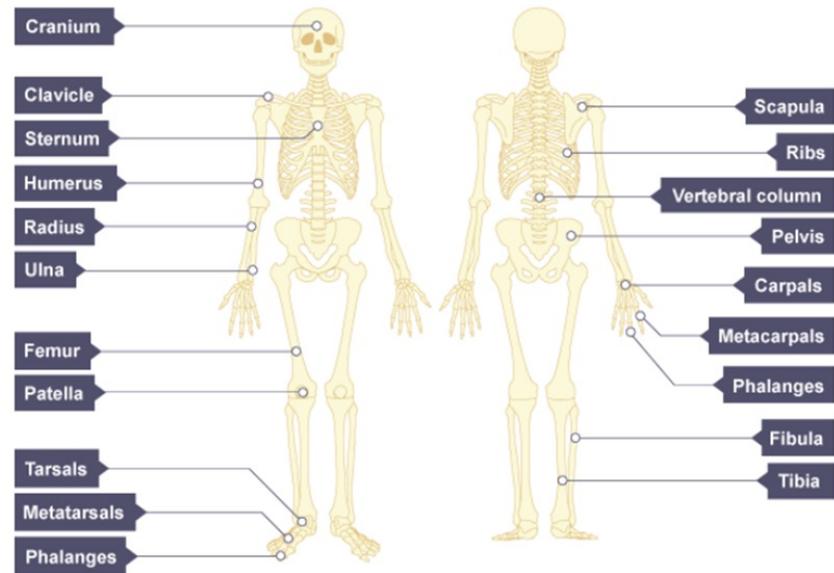
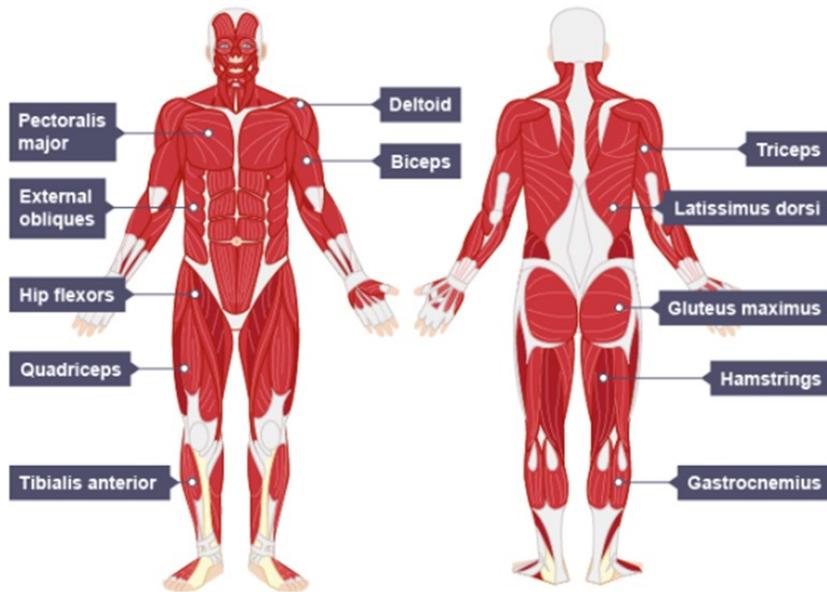
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**Component 1: Learning Aim C Knowledge Organiser**



**Musculoskeletal System**

**What is the musculoskeletal system?**  
 The major functions of the bones are body support, facilitation of movement, protection of internal organs, storage of minerals and fat, and haematopoiesis. Together, the muscular system and skeletal system are known as the **musculoskeletal system**.

**What is the purpose of the musculoskeletal system?**  
 Your musculoskeletal system includes bones, muscles, tendons, ligaments and soft tissues. They work together to **support your body's weight and help you move**.



**What are the responses with a pulse raiser?**

- Increased temperature of the muscles
- Increased pliability of the muscles
- Reduced risk of muscle strain.

**What are the responses with a mobiliser?**  
 Increased production of synovial fluid in the joints to increase lubrication of joint and increase range of movement at the joint.

**What are the responses with the preparation stretches?**  
 Extending muscles so that they are fully stretched and less likely to tear during the sport or activity session.





# BTEC Sport Tech Award

## Component 1: Learning Aim C Knowledge Organiser

### Cardiorespiratory System

**What is the cardiorespiratory system?**  
The cardiorespiratory system consists of the heart and blood vessels, which work with the respiratory system (the lungs and airways).

**What is the purpose of the cardiorespiratory system?**

The cardio-respiratory system works together to **get oxygen to the working muscles and remove carbon dioxide from the body.**

During exercise the muscles need more oxygen in order to contract and they produce more carbon dioxide as a waste product.

**What are the responses during a pulse raiser?**

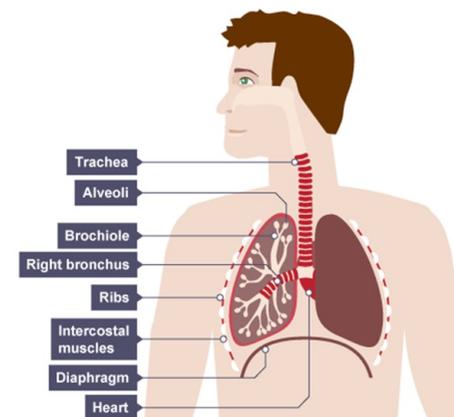
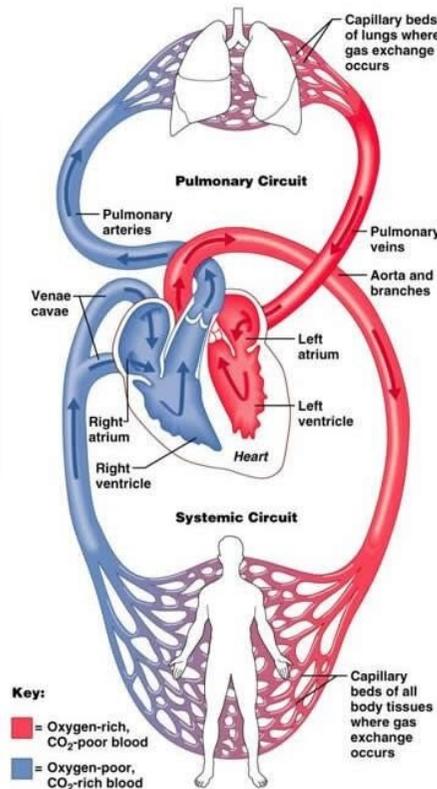
- Increased heart rate
- Increased breathing rate
- Increased depth of breathing
- Increased supply of oxygen to the working muscles
- Increased removal of carbon dioxide.

**What are the responses during the mobiliser?**

- Slight drop in heart rate as intensity of exercise lowers
- Slight drop in breathing rate as intensity of exercise lowers.

**What are the responses during the preparation stretches?**

- Slight drop in heart rate and breathing rate for static stretches
- Maintained elevated heart and breathing rate for dynamic stretches.



# BTEC Sport Tech Award

## Component 1: Learning Aim C Knowledge Organiser



### Adapting warm-ups

#### Why would every warm-up not be suitable for everyone?

- An individual may have health issues.
- As you get older your bones become more fragile.
- Different fitness levels.
- Someone may have a disability.
- More advanced performer.



#### What adaptations could you make for participants?

- Vary intensity of activities
- Low impact and high impact options
- Vary timing of warm-up – longer time frame for beginners, participants with low
- Fitness levels and those aged 50 plus
- Types of stretch used – simple stretches for beginners, compound stretch for
- Moderate to advanced participants.

#### What adaptations do you need to make for physical activity?

- Introduction of equipment in the warm-up that is specific to the physical activity
- Using movements and activities from the physical activity in the warm-up
- Stretching the main muscles required for the specific physical activity.



### Football example

Primary school aged children (5-11 years)	Adolescents (12-17 years)	Older Adults (50+)
<ul style="list-style-type: none"> <li>• Play a game of tag</li> <li>• Dynamic animal shaped mobility and stretching.</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging around the pitch as a group</li> <li>• Circle mobility and stretching lead by the captain</li> </ul>	<ul style="list-style-type: none"> <li>• Walking around the pitch</li> <li>• Slow mobility exercises</li> <li>• Gental stretches</li> </ul>



# BTEC Sport Tech Award

## Component 1: Learning Aim C Knowledge Organiser



### Delivering a warm-up

#### Organisation and demonstration of warm-up

When organising a warm-up you need to consider the following:

- Space – areas used
- Equipment
- Organisation of participants
- Timing
- Demonstrations
- Positioning



#### Space

- Think of the space that you have and try and ensure that it is suitable for that.
- Tag – Sports Hall – 6 students – Is that area too big?
- Relay's – MUGA – 30 students – Is that area too small?
- Stretching – The Flow routine – Raining on the MUGA – Is the weather appropriate?

#### Equipment

- Do you need any equipment for the warm-up? Or is it going to get in the way?
- Tag – Do you need bibs to identify who is the catcher?
- Relay's – Do you need loads of cones on the floor or could you use one cone or a line?

#### Organisation of participants

- Why do you want to make sure that everyone is included and active?
- Less waiting time = Less opportunity to be off task.
- More physical activity.
- More time to learn and practice their skills
- Ensure that your groups are even and fair – think about numbers and ability levels.

#### Timing

- Why do you need to ensure that you stay to the time you have?
- If the activity takes too long what might happen?
  - Get bored?
- If the activity is too quick what might happen?
  - Will they learn the skills they need to?

#### Demonstrations

Why do you think that it is always better to show participants what they have to do?

Help understand the activity more  
Explains the task in a different way  
Helps students not be confused over what they have to do.



#### Supporting participants

When we are leading an activity we need to ensure that individuals are supported appropriately. To do this you could:

- Observing participants
- Providing instructions
- Providing teaching points
- Providing feedback to participants

#### Positioning

Why do you need to think about where you are standing?

Can you see everyone?  
Do you need to bring everyone in so that they can hear the instructions?  
Why do you not want to turn your back to any students?



#### Why do we need to support individuals?

- Help build confidence.
- Help someone to improve their technique.
- Become a better performer.
- In order for the team to be successful and win.
- So everyone feels welcomed and like they belong.

