SPORTS

Javelin and Sculpture

Importance of learning javelin

Learning javelin helps you:

- Develop arm and shoulder strength.
- Improve coordination and balance.
- Build speed and agility.
- Increase concentration and focus.
- Develop confidence and self-discipline.
- Learn teamwork and sportsmanship.

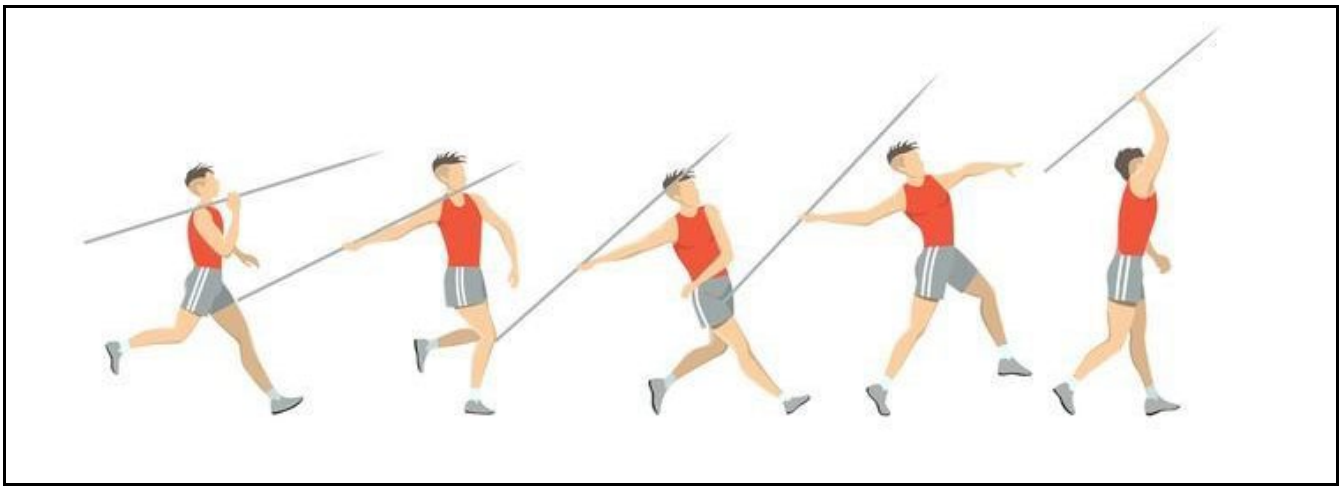
Physical fitness components developed through javelin

Javelin activities help improve:

- Strength - The ability of muscles to exert force.
- Coordination - The ability to use different body parts together smoothly.
- Balance - The ability to maintain body stability.
- Flexibility - The ability to move joints through a full range of motion.
- Speed - The ability to move quickly during the approach run.

Performing a javelin throw following the throwing phases

The javelin throw consists of five sequential phases: The approach to build momentum, the withdrawal (pulling the javelin back), the cross-over to create body tension, the explosive delivery phase and the follow-through to safely decelerate. The illustration provides a summary of the five phases; observe and identify the phases.



1. **Approach Run**
    - **Action:** the thrower sprints down the runway (usually 10 to 15 strides) holding the javelin above their shoulder.
    - **Purpose:** to build controlled horizontal velocity and set a rhythmic tempo.
2. **Withdrawal**
    - **Action:** the athlete rotates their torso away from the throwing direction while pulling the javelin backward.
    - **Purpose:** to draw the javelin back into the throwing position while maintaining forward running speed.
3. **Cross- over (Transition)**
    - **Action:** the thrower executes a specialised stride sequence (the penultimate and cross-over steps). The lead leg drives forward while the hips open, creating the torso tension ('the stretch–reflex ').
    - **Purpose:** to align the body at an angle that acts like a slingshot, storing elastic energy in the core.
4. **Delivery**
    - **Action:** the thrower plants their front leg forcefully (the 'block'). This sudden stop translates horizontal speed into upward and forward power. The hips fire forward, followed by the torso and chest, culminating in a rapid, whip-like throw over the shoulder.
    - **Purpose:** to maximise release velocity and achieve the optimal release angle (typically 30-36 degrees)
5. **Follow-through**
    - **Action:** the throwing arm comes across the chest as the back leg steps forward to help the athlete recover balance.
    - **Purpose:** to allow space for safe deceleration and prevent the athlete from stepping over the foul line.

Watch these videos to observe phases of throwing a Javelin
https://youtu.be/Xc9AmWIt9hw?si=IdWeRWzHemNDcGT5

https://youtu.be/z01uou_tbH0?si=PIU_B42aR2qmzv1S

Safety measures in javelin throw

The following safety measures should be considered in javelin:

Athlete and physical safety

- Perform dynamic stretches and sport-specific movements to prepare your shoulders, elbows and back for explosive throwing motion.
- Learn the proper biomechanics from your sports teacher to prevent severe muscle strains and joint injuries.
- Check the javelin for bends, cracks or loose cord grips before and during every practice session.

Field and zone management

- Only one athlete should be on the runway or in the throwing circle at any given moment.
- Ensure no coaches, other athletes or spectators are standing in or crossing the landing area before allowing a throw.
- **A**ll javelins must be thrown in the same direction.

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Handling and carrying

- Always carry the javelin vertically by the coded grip with the tip facing down and the tail pointing upward. Never run with the javelin unless you are in the designated approach or runway phase.
- When picking up a javelin, place your hand over the tip of the tail to lift it, keeping that hand in place until the javelin is raised vertically above your head.
- Never throw back a javelin to the starting line after it has landed. Always walk to collect the javelins and carry them back together.

Watch this video guiding you on the rules, safety and progression in the Javelin throw.

https://youtu.be/vY6BjY-5BVI?si=NqCw4eMH_pn6fs_Q
https://youtu.be/J9gkNzMBnE8?si=lcQpzlQT8lXyyAt

Read more about the Javelin throw techniques using these links
https://athleticssa.org.za/SportsInfo/Coaching-Javelin-Throw.pdf

https://www.scribd.com/document/784814177/Javelin-Notes

Middle Distance Races and Montage

Middle-distance running encompasses a range of competitive events typically ranging from 400m to 3000m. The most recognised distances include the 800m and the 1500m races, with events like the 3000m steeplechase also included in higher levels of competition. This discipline requires a unique blend of stamina, speed and strategic positioning, as runners must navigate

aerobic and anaerobic energy systems throughout their races. Unlike sprint events, middle distances usually do not involve starting blocks and athletes must be consistent in managing their pace and positioning to optimise their performance. The

In an 800 m race, runners often stay in their own lanes for the first 100 m (depending on the meet) then move to the inside; in a 1500 m race, runners start on a curved line and can move toward the inside immediately after the start.

Rules and regulations

Most middle races take place on a track. Unlike sprints, middle-distance races rarely make use of starting blocks. Since most middle-distance runners do not run the entire race at maximum speed, the initial launch is less important than in sprints. Typically, a starter would use a pistol to signify the start of a race. Runners would often be advised to' take their mark' prior to the start and are sometimes given the additional notice of 'set.' If the starter does not use a pistol, he or she may shout 'go!'

Perform middle distance races

During a middle-distance race, maintain a precise balance among speed, energy conservation and track strategy. To run efficiently, you should observe and practice these six key skills throughout the course of the race:

- Keep your torso upright with a very slight forward lean from the ankles, ensuring your head stays steady, your neck muscles are relaxed and your eyes look directly ahead rather than down at the track.
- Maintain a consistent, controlled stride length where your feet land softly underneath your hips (avoiding overstriding), which prevents premature muscle fatigue and saves energy for the final laps.
- Swing your arms forward and backwards rhythmically with elbows bent at roughly a 90-degree angle, keeping your hands relaxed and ensuring your arms stay close to your ribs without crossing the midline of your chest.
- Distribute your physical energy intelligently throughout the race by running at a smooth, calculated speed during the middle laps rather than sprinting too early, which ensures you do not exhaust your oxygen reserves before the finish line.
- Stay close to the inside line of lane one whenever possible to run the shortest distance around the curves, while constantly monitoring your opponents to avoid getting boxed in by other runners.
- As you enter the final bend or straightaway of the race, transition into a faster running rhythm by driving your knees higher, pumping your arms more aggressively and increasing your stride frequency for a powerful sprint to the finish line.

When performing the 800m start, you must balance on your front leg while standing behind the staggered lane marker. Your arms should be bent at a 90-degree angle close to your torso.

When practicing the 1500m start, your group will line up along the curved waterfall line. Once the race begins, you transition directly into pacing and striding. Instead of sprinting at full speed, which rapidly depletes glycogen stores in your muscles and causes heavy fatigue, you establish a rhythmic stride length. Your feet should land softly under your centre of mass and your arms should swing forward and backwards rhythmically without crossing the midline of your chest, conserving vital energy. In the final lap, apply an intentional acceleration (a "kick") to maximise finishing speed. Once across the finish line, you must never sit down immediately; performing low-intensity walking and active leg stretches allows your blood circulation to normalise safely.

Use these links to get more on middle distance races
https://www.scribd.com/document/901010807/MIDDLE-DISTANCE-RACES

https://youtu.be/fa7m0b0Ey00?si=CddOosm6UHn0N4gw

https://youtu.be/vdnzLRfbRK8?si=oXTX5L8grbBkqqnU

Athletics and Mosaic

Phases in Triple Jump

The triple jump is a dynamic field event combining speed, power and coordination. The objective is to achieve the greatest horizontal distance through a continuous sequence of three jumps: the hop, the step and the jump, measured from the edge of the takeoff board to the closest mark made in the sandpit.

To perform well and avoid losing balance or speed, you must master five distinct phases.

1. Approach phase

- **Purpose:** Establish maximum controllable speed and forward momentum.
- **Execution:** A consistent, rhythmic run-up of **12 to 18 strides** along the runway.
- **Form:** Maintain an upright posture, relaxed shoulders and a powerful arm drive while focusing visually on the takeoff board.

2. Hop and step phase

- **The hop:** Leave the takeoff board on Foot A and land on the same foot (Foot A). Drive the free leg forward to preserve balance and momentum.
- **The step:** Immediately push off with foot A and launch forward, landing on the opposite foot (foot B).
- **Key note:** Both elements require tightly controlled stride length and coordinated arm swings so you don't drop your speed or throw off your balance.

3. Take-off phase

- **Purpose:** Transition the forward velocity from the step into vertical and horizontal lift.
- **Execution:** Push explosively off the landing foot at the very end of the step phase.
- **Form:** Keep your body upright, drive your free leg forward and swing both arms forcefully upward for maximum lift.

4. Flight phase

- **Purpose:** Preserve forward momentum and prepare for an optimal landing.
- **Execution:** While in mid-air, extend your body and hold your legs forward.
- **Form:** Rely on precise body control and timing to keep from rotating or tilting out of balance.

5. Landing phase

- **Purpose:** Secure the longest legal mark in the sand.
- **Execution:** Extend both legs far forward into a classic long jump position, hitting the sand with feet together.
- **Safety and form:** Upon impact, let your body momentum collapse forward or to the side. Never sit backwards, as the jump is measured from the board to the closest point of contact in the sand.

Use these links to get more resources on phases of triple jump

https://youtube.com/shorts/_YA4r_qpOYE?si=Rqzt3Dy2l-3amhAL
https://fastrunning.com.au/seeing-the-phases-visualising-perfection-in-the-triple-jump/

https://athleticssa.org.za/SportsInfo/Coaching-Triple-Jump.pdf

https://youtu.be/e5i1-7vQOyg?si=DbKI0NcgnjOveQAE

https://youtu.be/picVfSdeDyY?si=Moiqunfyo30VT-ZF

https://youtu.be/lpll8rJAdU8?si=RH6_B7HBbj_kjvv6

https://youtu.be/AlmA3QHEMpo?si=Fpl5AxEPmP1Tfl

Perform a triple skill acquisition and safe practice guidelines

- Master each phase independently through isolated drills before linking them together.
- Start with short-distance approaches to master the continuous rhythm. Avoid pausing or stuttering between phases; it should feel like one single, fluid movement.

- Always perform a proper warm-up, ensure the runway and sandpit are clear of hazards and practise exclusively under teacher supervision.
- Record your jumps on video. This connects directly to montage work, allowing you to visually analyse and improve your form.
- Wrap up with dynamic stretches during a cool-down and positively acknowledge your personal effort alongside your peers.

Performing the triple jump safely requires progressive practice, starting with drills for each phase before combining them. Learners should always warm up, use a safe runway and pit and work under teacher supervision to build confidence, strength and proper form.

- Practise consistent strides toward the takeoff board, focusing on speed and accuracy without overstriding.
- Take off on one foot, land on the same foot (hop), then push into the opposite foot (step) while keeping the movement continuous and balanced. Use short distances initially to master rhythm.
- Push explosively from the stepping foot, swing arms upward and maintain body control in the air.
- Extend legs forward and land safely in the pit, then walk out and reflect on the performance.
- Think of the sequence as “approach - hop-step - takeoff-flight - landing” in one fluid action. Avoid pausing between phases. Cool down with stretches and acknowledge personal effort and that of classmates. Regular practice improves coordination, leg power and measurement accuracy. This outcome connects well to montage work by recording jumps for technique analysis.

Long-Distance races in athletics

Long-distance races are track and road events designed to build and test aerobic stamina and the psychological ability to sustain heavy effort over prolonged periods.

Core elements of distance events

- **Race distances:** Standard long-distance track events begin at 3,000m and include the 5,000m and 10,000m. Road racing variations include the half-marathon and the full marathon (42.195 km). At the school level, the 3,000m and 5,000m are the standard competitive events.
- **The starting line:** Because of the high volume of runners, these races utilise a curved or waterfall start line to ensure everyone covers an equal distance around the first bend fairly.
- **Energy dynamics:** Unlike sprints that rely on short bursts of power, long-distance running relies heavily on the aerobic energy system (using oxygen to fuel muscles). It demands smart pacing and mental toughness rather than immediate maximum speed.

Essential running techniques

To minimise injury risk, conserve your precious energy reserves and set up a powerful finishing kick, apply these techniques:

Phase/focus area	Optimal technique
The start	Use a smooth, upright standing start from the waterfall line. Accelerate gradually to ease into your target rhythm without wasting energy.
Body posture	Keep your torso upright with a very slight forward lean. Keep your head steady and your shoulders completely relaxed to avoid muscle tension.
Foot strike	Aim for a clean mid-foot landing directly underneath your centre of mass to reduce impact forces and maintain speed.
Arm and stride mechanics	Swing your arms compactly forward and back (not across your body). Keep a moderate, highly sustainable stride length.
Breathing and pacing	Pair your strides with rhythmic breathing (e.g., inhale for two steps, exhale for two steps). Maintain an even pace, saving a reserve of energy for the final lap.

Once you cross the finish line, immediately transition into a walking recovery to cool down. Hydrate thoroughly, stretch out your tight muscle groups and show sportsmanship by acknowledging the hard work of your fellow competitors.

Use these links to get more content on long distance running

https://athleticscoaching.weebly.com/middle--long-distance.html

https://fctemis.org/notes/3296_long%20Distance%20races.pdf

https://youtu.be/pofBa80GAwg?si=RnWnDq_qG9ad2quH

Safety rules and fair play in field events

Safety in Triple jump involves both preparation and conduct during the event. Before any jumping activity, a thorough warm-up, including dynamic stretching of the ankles, knees, hips and lower back, is essential. Athletes should check the take-off board for damage and confirm the sand pit is raked flat and free of debris before each attempt. Only one athlete performs at a time. All others will stand clear of both the run-up track and the landing area. Footwear must provide ankle support; bare feet are not permitted. Athletes should not attempt maximum-effort jumps without a coach or teacher present.

Handball

Safety rules in handball

Safety in handball involves both preparation and conduct during the event.

Before any handball activity:

A thorough warm-up including dynamic stretching of the entire body with specific focus on the hands, neck and shoulders should be done

Key safety measures include:

1. A thorough warm-up including stretching of specific muscles.
2. Inspection of the field of play to check for any risky objects.
3. Players' fingers should be checked and possibly trimmed to reduce scratching and injuring one another.
4. Appropriate athletic clothing for players.
5. Athletic shoes with good grip.
6. Enforcing controlled body contact and fair play.
7. Prohibiting dangerous challenges and contact.
8. Maintaining a clear safety zone around the court

Passing, dribbling and shooting are the three fundamental technical skills that form the backbone of successful handball gameplay. These skills are not just mechanical actions but represent the strategic essence of how teams move the ball, maintain possession and create scoring opportunities against opposition. Understanding when and how to use each skill is critical for developing tactical awareness and game intelligence.

Learn more handball rules using this link

https://youtu.be/ZDipcxS6NcE?si=QggIhWTjQRPdMgCs

Passing skill

Passing is the primary method players use to transfer the ball accurately between teammates. In handball, where players are limited to three steps without dribbling, passing becomes essential for advancing the ball across the court and breaking through defensive formations.

Why is passing important?

1. Allows quick transfer of the ball across the court.
2. Builds teamwork and collective play.
3. Creates gaps in defense for shooting.
4. Maintains ball control under pressure.
5. Changes angles of attack and bypasses defenders.

General principles of all passes:

1. Hold the ball firmly with fingers spread across the surface.
2. Maintain a balanced stance with feet shoulder-width apart.
3. Keep eyes on the target (intended receiver).
4. Point fingers/hands toward the target after release.
5. Release the ball when the receiver is ready and open.

Passing techniques vary based on the situation, distance, pressure from defenders and the intended receiver's position. Each type of pass has specific body mechanics, timing and strategic applications that learners must master through repeated practice.

There are three primary passing techniques: side pass, jump pass and flick pass. Each is designed for specific situations, distances and levels of defensive pressure. Mastery of these passes requires understanding not just the mechanics but also the timing, footwork and strategic application.

Side pass

The side pass is a deceptive short-range pass thrown from the side of the body rather than over the shoulder. It is designed for maintaining rapid ball circulation without losing momentum, making it ideal for quick exchanges between teammates, especially when moving sideways or when time is limited.

How to perform side pass

Mastering the side pass requires specific body mechanics to ensure accuracy and speed:

1. Hold the ball firmly in one hand with fingers spread widely across the surface. The back of your hand should face upward, providing a stable base for the wrist flick. Apply pressure primarily with the thumb and fingers for control.

2. Position feet shoulder-width apart with knees slightly bent. Maintain a balanced body position with your core engaged. Stand a few meters apart from your practice partner, facing each other or slightly sideways
3. Stretch your elbow outward while rotating your wrist toward the intended receiver. The motion is primarily a side-to-side flick rather than a full arm swing. Keep the arm movement compact and quick.
4. Flick the ball forward using your wrist and pressure of your fingers (especially the thumb) to shoot the ball to your teammate's hand.
5. Point your hands and fingers directly in the direction of the ball's travel. Your throwing arm should extend toward the target after release. Maintain balance as you complete the motion

Jump pass

The jump pass (also called suspended pass) is an advanced technique where a player throws the ball while mid-air, immediately after jumping. This pass is designed to bypass defenders, create better passing angles over opponents or pass over the top of a blocking wall before landing. It is particularly effective when defenders form a block, as it elevates the passer above their reach.

Key characteristics of jump pass.

- **Elevation:** players use a 3- step run- up to jump off their non-dominant leg and elevate as high as possible.
- **Deception:** it forces the defenders to form a block, leaving gaps in the defense that can be exploited by teammates.
- **Versatility:** it can be thrown with one hand, executed while moving laterally or used as a feint (pretending to shoot before passing).
- **Precision:** suspending in the air provides a better field of vision, allowing the passer to make highly accurate strategic decisions.

How to perform jump pass

1. Hold the ball in one hand with fingers spread for control, beginning with a 3-step run-up approach toward your intended direction.
2. Position your arm upwards, slightly above head level as you prepare to jump, keeping your non-throwing arm extended for balance.
3. Take off from the ground using your non-dominant leg (left foot for right-handed players), jumping vertically as high as possible.
4. Use the third step of your run-up as the explosive take-off point, lifting your non-throwing knee upward for balance during the jump.
5. Release the ball at the peak of your jump when you are suspended highest, extending your throwing arm powerfully toward the intended direction.
6. Keep your throwing motion compact but strong with full arm extension, pointing your non-throwing arm at your target for directional accuracy.

7. Land on both feet simultaneously to maintain balance, keeping body control as you touch down.
8. Prepare to immediately transition to the next action (dribble, pass or move).
9. Point hands and fingers facing the direction of the ball after release, extending your throwing arm toward the target.

Flick /Wrist pass In Handball

A flick pass in handball is a quick, short-distance pass performed mainly using a sudden wrist snap or finger flick rather than a full arm swing. It is highly valued in the sport for its unpredictability, allowing players to quickly distribute the ball and catch the defense off guard.

How to perform flick pass

1. Firmly hold the ball with fingers spread widely to ensure maximum control, applying pressure with the thumb and fingers for stability.
2. Face the intended direction in a balanced, shoulder-width stance with knees slightly bent for agility.
3. Keep your non-dribbling arm extended for balance, positioning your body ready to move quickly in any direction.
4. Bring the ball to the desired release point quickly instead of winding your arm all the way back.
5. Use a sharp, quick, vigorous snap of your fingers to propel the ball forward, quickly extending your elbows while snapping your wrist and fingers.
6. The motion is compact and explosive, relying on wrist speed rather than arm power.
7. Release the ball propelled forward by the sudden wrist snap with a sharp and sudden action that makes it difficult for defenders to anticipate.
8. Aim for your teammate's chest or hands for a smooth catch.
9. Point your throwing hand directly at your target's chest or hands, ensuring your fingers extend toward the receiver to guide the ball precisely.
10. Maintain balance as you complete the motion.

Watch this video showcasing the passing skills
https://youtu.be/tMLu3zWV3Sg?si=claoDCmcTvDUN2uC

Dribbling in handball

Dribbling is essential for maintaining possession while moving across the court. In handball, dribbling allows players to travel beyond the three-step limit while keeping the ball under control. Unlike basketball, handball dribbling involves pushing the ball downward with fingers rather than tapping it, creating a slower bounce that requires more control and finger strength.

Types dribble in handball

- **High dribble:** this is the technique of bouncing the ball at or slightly above waist level (at upper thigh, slightly above the waist). This method is used when a player is moving at faster speed toward the goal area or when looking to pass over a defender.

Execution technique

1. Stand with feet shoulder-width apart for a stable base, bending your knees slightly to get into a balanced position.
2. Keep your body upright but not rigid, allowing for fluid movement.
3. Position your dribbling hand on top of the ball with fingers spread, palm facing downward, covering the top of the ball.
4. Keep your non-dribbling arm on the side to shield the ball from opponents.
5. Use your fingertips to push the ball downward firmly into the ground, applying force to bounce the ball high in front of or slightly to the side of your body.
6. Maintain the bounce at upper thigh level, slightly above the waist, with a rhythmic controlled bouncing pattern.
7. Keep your head upright and eyes forward to scan the court while moving smoothly with the ball.
8. Maintain consistent speed with your non-dribbling arm shielding the ball from opponent players.
9. Shield the ball from opponent players using your non-dribbling arm or by positioning your body.
10. Keep the ball slightly to the side away from defenders when possible, maintaining awareness of defensive positioning.

- **Low dribble:** is the technique of repetitive bouncing of the ball closer to the ground or below knee level. This method is used whenever a player with the ball is closely guarded. It helps maintain better ball control and protects the ball from defenders by keeping it in a position that is difficult for opponents to reach.

Execution technique

1. Start in a balanced stance with knees slightly bent and feet shoulder-width apart for stability.
2. Lower your back slightly to get into a low stance for better balance.
3. Hold the ball firmly with your dominant hand while positioning your non-dominant hand on the side for protection.
4. Lower your dribbling arm to reduce the dribbling height.
5. Push the ball downward toward the ground with your fingers using a controlled tapping motion to bounce it back to your hand.
6. Maintain the bounce below knee level, close to the ground, with a rhythmic but controlled bouncing pattern.
7. Keep your head up and eyes forward to scan the court even while dribbling low.
8. Stay low with your body to maintain better control and balance, lowering your centre of gravity for stability.
9. Use your non-dribbling hand to protect the ball from opponent players.

10. Position your body between the ball and defenders, keeping the ball on the side away from approaching defenders

Use this link to observe dribbling techniques in Handball
https://youtu.be/ycoJ9U36toI?si=3fQXa5V08we4XxtA

Shooting in handball

Shooting in handball is the main offensive action used to score goals against the defending goalkeeper.

Jump shot

This is the most common and effective shot in handball. In the jump shot, players take three steps, jump vertically at high speed to shoot over defenders and release the ball mid-air at the highest point of the jump. Right-handed players jump off their left foot, while left-handed players jump off their right foot.

Watch this video and observe the passing and shooting technique. Start at 1:34: https://youtu.be/-56G-jkMiGU?si=0WE-QD8GDOTbTG4F

Netball

Safety measures in netball

Injuries in netball are most commonly caused by poor preparation or unsafe practice. Follow these measures before every session:

- Perform a thorough warm-up: general exercises (light jogging, skipping) followed by specific movements (wrist rotations, ankle circles, dynamic lunges).
- Ensure fingernails are trimmed short and hair is tied back securely to prevent scratching.
- Wear supportive netball trainers or court shoes with non-slip soles.
- Check the court surface for hazardous objects, wet patches or uneven areas before play begins.
- Pad the goal posts with protective foam where available.
- Follow the blood rule: a player with a bleeding injury must leave the court and return only after the wound is treated and covered.
- Respect the non-contact rule at all times; do not push, grab or obstruct opponents.

Execution of different passes in Netball

Netball is a fast-paced team sport played mainly by two teams of seven players each on a court divided into sections. Players must pass the ball to move it toward the goal because running with the ball is not allowed. Accurate and quick passing is essential for success in netball. Good passing helps teams keep possession, create scoring chances and defend effectively. Without strong passing skills, even the best shooters cannot score.

Chest pass

The chest pass is the basic pass that beginners learn first. It is fast, accurate and useful for short to medium distances when a teammate is nearby and there is little pressure from defenders.

To execute a chest pass:

- Stand with your feet shoulder-width apart and knees slightly bent for balance.
- Hold the ball firmly with both hands at chest level, fingers spread wide behind the ball and thumbs pointing upward.
- Step forward with one foot toward your target while pushing the ball straight out from your chest.
- Extend your arms fully and snap your wrists forward to release the ball with power.
- Follow through by pointing your fingers at the receiver.
- Keep your elbows close to your body and aim for your teammate's chest. This pass travels in a straight line and arrives quickly, making it hard for opponents to intercept. Practice with a partner to improve speed and accuracy.

Overhead pass

The overhead pass allows players to throw the ball over the heads of defenders. It is effective for longer distances or when you need to pass quickly after catching a high ball.

To execute an overhead pass:

- Hold the ball with both hands above your head, elbows slightly bent.
- Stand with one foot slightly in front for stability.
- Step forward and push the ball forward and downward by straightening your arms and snapping your wrists.
- Release the ball at a high point so it travels in an arc.
- Follow through by bringing your arms down toward the target.

This pass requires good upper body strength and coordination. It is often used by center court players to feed the ball into the attacking area. Be careful not to throw it too high or too flat, as this makes it easier for the other team to intercept.

Use these links to get more content on passes

https://netball.sport/wp-content/uploads/2024/01/Passing-Foundation-Coaching-Card.pdf

https://youtu.be/0hUYFmkRIbg?si=nj9PgZx4vswcXfBr

https://youtu.be/rD4j4eDDiSM?si=YTM3Y5wouqaGtXtE

Dodging and Marking

Dodging and marking are mirror images of each other: good dodging creates space; good marking removes it. During a game, the team that wins the off-ball battle, making the right runs, timing dodges well and pressuring the ball carrier consistently, tends to control possession. This is why teamwork and communication are so important: no single player can mark every opponent or dodge into every space. Trust, shared effort and constant encouragement determine the outcome.

Footwork skills in Netball

Pivoting

Pivoting happens when a player lands on one foot after catching the ball. This "landing foot" stays in place, while the other foot (called the "pivot foot") can move around to find teammates to pass to.

First, the player runs into open space to get ready to receive the ball. They jump into the air and catch the ball while moving. When they land, they touch the ground with one foot first. This foot becomes their "pivot foot" and stays in the same spot. The player then uses their other foot (the free foot) to step around in different directions, turning their body so they can see all their teammates. After checking where everyone is, they decide who to pass to. Once they make that choice, they pass the ball to their teammate.

Landing

Landing is when a player catches the ball and touches the ground with both feet at the same time. When netball players receive the ball from teammates, they can land in two different ways: on one foot or on two feet at the same time. Each landing style has its own purpose.

One-foot landing

Landing on one foot happens when a player catches the ball while stepping or jumping. This landing style gives them the chance to pivot with their other foot. The foot that lands first stays in place and the second foot moves around to help them see more teammates and find better passing options.

Two-foot landing

Players often land with both feet hitting the ground together when they already know who they will pass to or when they need to make a quick pass. Before landing, the player moves into open space, jumps into the air and catches the ball. Once they grab it, they land with both feet, keeping their legs apart about shoulder-width. Right after landing, they throw the ball to the next teammate using an overhead pass, shoulder pass or chest pass.

The big difference between these two landings is what the player can do after catching the ball. When landing on two feet, the player must keep both feet still and pass right away, they cannot

move either foot. When landing on one foot, the player can move their second foot around (pivot) to look for better passing choices before throwing. A two-foot landing is for quick, straight passes. One-foot landing is for when the player needs more time to find the best teammate to pass to.

Use these links to access more information on dodging and marking in netball and footwork techniques
https://www.sportplan.net/drills/Netball/trends/footwork-fundamentals-landing-pivoting-2025-04.jsp

https://youtu.be/rtnDm52t_eM?si=g1eLe_Pcb0X-hyIB

https://youtu.be/ONIpJB1DUyM?si=8tGfputTKe20DyNn

Rugby

Passing and kicking techniques in rugby

Rugby is a game of strength, agility and most importantly, skill. Whether you are a seasoned player or just starting, refining your rugby skill is crucial for success on the field.

Rugby is unique among team sports because forward passing is not allowed. Every time a player hands the ball to a teammate, it must travel sideways or backwards. This rule makes passing accuracy and decision-making critical skills. There are three main passes you need to know at this level:

Spin pass

This is the workhorse pass of rugby. It can cover large distances because the spiral spin keeps the ball stable in the air. The spin is created by the wrists and fingers working together at the moment of release. A well-executed spin pass should reach a teammate at chest height even from ten or more metres away. Practice by throwing against a wall, aiming for a target spot.

How to perform the spin pass

- Stand sideways to your target with feet shoulder-width apart.
- Hold the ball in both hands with fingers spread along the seams.
- Swing your arms toward the target, keeping the ball at chest level.
- As you release the ball, twist your wrists downward and flick your fingers so the ball spins.
- Follow through by pointing your fingers toward the target after release.

Check: the ball should spiral smoothly and reach your teammate at chest height.

Pop pass

The pop pass is a support player's best tool. When the ball carrier is about to be tackled, a support runner comes from behind and receives a gentle upward flip of the ball. The beauty of the pop pass is that the defender cannot easily intercept it because it travels such a short distance and at an awkward angle. The key challenge is communication, both players must sense each other's position and speed without looking directly at each other.

How to perform the pop pass

- Run toward the defensive line with the ball held in both hands in front of you.
- As your teammate draws level from behind, hold the ball with fingers underneath it.
- Push the ball upward and slightly forward so it rises above head height.
- The receiver, running at the same speed, catches the ball before it begins to drop.

Key: Both passer and receiver must call and communicate to time the pass correctly.

Basic pass

The basic pass is sometimes called the flat pass. It is the first pass beginners learn because it is straightforward. You simply swing the ball to a teammate running beside you. While it lacks the distance of the spin pass, it is reliable and fast when players are close together. Always aim for the receiver's chest and ensure the pass is clearly backward or lateral.

How to perform the basic pass

- Hold the ball firmly with both hands, with approximately half the ball resting in your passing hand.
- Stand with knees slightly bent, weight balanced and eyes on your teammate.
- Swing both arms sideways in the direction of your teammate.
- Release the ball at the point where your arms point directly at the receiver's chest.

Ensure the pass is backward or lateral, passing forward is not allowed in rugby.

Mastering passing technique

Good passing is built on three fundamentals: grip, body alignment and follow-through.

- **Grip:** Fingers should be spread across the laces or seams of the ball to give you control. Avoid holding only with your palms, the fingers do the work.
- **Body alignment:** Your shoulders should face the target at the moment of release. Turning away from the target causes inaccurate passes.
- **Follow-through:** After releasing the ball, your hands should continue moving toward the target. Stopping the motion early causes the ball to drop short.

Common passing errors to avoid: releasing the ball too late (causes a forward pass), gripping too tightly (reduces spin and distance) and failing to call for the ball (causes miscommunication).

Use these links for more passing content

https://www.rugbytoolbox.co.nz/resources-education/learn-more/articles/snook-on-coaching/passing-a-catching

https://passport.world.rugby/coaching/key-factor-analysis/handling/passing-the-ball/

https://youtu.be/9esR_hadWqU?si=6vgSc9220-WVCAMc
https://youtube.com/shorts/x02rafsHmck?si=VfuwJijFlYt3Qbt2
https://youtu.be/alqwsKxMsgl?si=NS2Bp_hnVzDMEh6x

Mastering kicking technique

Kicking in rugby serves several tactical purposes. It can score points directly (drop goal, penalty, conversion), gain territory by sending the ball deep into the opposition half or restart play after stoppages.

Drop kick technique

- The ball must make contact with the ground before you kick it. This is the defining feature of the drop kick.
- Practice the timing by dropping the ball repeatedly without kicking it first, watch how the ball bounces.
- When you are ready, time your kicking motion so your foot arrives at the ball exactly as it rises from the ground.

Common mistake: kicking the ball too early (before the bounce) results in a very low, inaccurate kick.

Place kick technique

- Consistency in your run-up is everything. Always take the same number of steps and approach at the same angle.
- Plant your non-kicking foot firmly beside the ball. Your body weight should shift over this foot as you swing through.
- Strike through the centre of the ball. Hitting off-centre causes the ball to curve left or right.
- Professional kickers often use a kicking tee at various angles. Experiment to find the tee position that works best for you.

Use these links to access more content on kicking technique in rugby

https://rugbybricks.com/blogs/rugby-tips/rugby-kicking-tips-for-beginners-that-will-instantly-improve-your-game

https://www.rugbytoolbox.co.nz/training/technique/basic-kick

https://youtube.com/shorts/nkmiaJWnKv8?si=2QHWQ7iotmUqutT6

https://youtu.be/YOel9zGFinY?si=S3nd4TfOBKF95if

Game application and sportsmanship

Knowing the techniques is only half the skill. During a game, you must decide which pass or kick to use and when. Here are some decision-making guidelines:

- Use a spin pass when you have time and your teammate is more than four to five metres away.
- Use a pop pass when you are about to be tackled and a support runner is directly behind you.
- Use a basic pass when a teammate is running alongside you and the defender is not yet close.
- Use a drop kick for a drop goal attempt during open play or to restart from the halfway line.
- Use a place kick for a penalty or conversion attempt; take your time, as the clock stops during kicks.

Sportsmanship note: Rugby has a strong tradition of respect. Always applaud good play from both teams, help up a player after a tackle and listen to the referee's decision without arguing. These attitudes matter as much as physical skill.

Football

Executing trapping skill in football

Football is a dynamic team sport celebrated globally and deeply rooted in the sporting culture of Kenya and the wider African continent. To become an effective player, you must master the technical foundation: trapping, dribbling and shooting.

Trapping (ball control)

Trapping is the technical skill of receiving and cushioning the ball to bring it under immediate control, keeping it close to your feet for the next action (passing, dribbling or shooting).

Foot trapping using the outside of the foot: This involves standing in the line of the path of the ball with feet shoulder-width apart. Your teammate rolls the ball slowly. Receive the ball by stopping it using the outside part of the foot as shown in the picture.

Foot trapping using the sole of the foot: This involves standing in the line of the path of the ball with feet shoulder-width apart. Your teammate rolls the ball slowly. Receive the ball by stopping it using the sole of the foot as shown in the picture. Absorb the impact by pulling your foot back slightly, thus reducing its speed and bringing it under control.

Thigh Trapping: This involves standing in the line of the path of the ball. Receive the ball by lifting the trapping leg slightly forward and upward. Make contact with the ball using the thigh to absorb the impact of the ball. Let the ball land in front of the non-trapping foot.

Chest Trapping: This involves controlling or stopping the ball by standing in the line of the path of the ball with feet shoulder-width apart and eyes focused. Your team mate kicks the ball towards your chest. Lift your chest slightly to create a cushioned surface for the ball. Allow the ball to make contact with the middle of your chest. Lean back slightly as the ball makes contact to cushion its impact and bring it under control.

Play this video on how to trap a football

https://youtu.be/wsrA6f6ZPzs?si=RKqwNg5aZKERzKDo

Trapping in football requires several important considerations beyond just the basic techniques.

- Timing and positioning are crucial because you must always position yourself in the line of the ball's path before attempting to trap. You need to anticipate where the ball will arrive rather than reacting after it is too close and you should keep your body balanced and ready to move in any direction.
- Body posture also matters significantly, you must maintain feet shoulder width apart for stability, keep your eyes focused on the ball throughout the trapping process and stay on your toes to react quickly. When trapping, you should always cushion or absorb the ball's impact by pulling your trapping surface back slightly as the ball makes contact to reduce speed and prevent the ball from bouncing away from your control.
- Decision-making after trapping is equally important because you should know what you'll do next immediately after trapping, whether that's passing, dribbling or shooting. You should decide before the ball arrives rather than trapping the ball and then looking for options and you should trap the ball in the direction you want to move next. For practice, you should work with both feet to develop balance, start with slow rolled balls before progressing to kicked balls and repeat exercises to build muscle memory.

Performing dribbling skill in football

Dribbling using the inside of the foot: To perform a dribble using the inside of your foot, stand with your feet shoulder width apart with a ball in front of you. Turn your foot slightly outward so the inside parts of the foot face the ball. Gently tap the ball forward with the inside of your foot. Take small, controlled touches to keep the ball close. Alternate feet when moving forward.

Dribbling with the outside of the foot: To perform a dribble using the outside of your foot, stand with your feet shoulder width apart and knees slightly bent for balance. Turn your foot inwardly

slightly so that the outside part of the foot faces the ball. Gently tap the ball forward with the outside of your foot. Take small, controlled touches to keep the ball close. Keep your head up to observe the other players and the field. Practice with both feet for better control while increasing the speed.

Dribbling in football involves several key considerations beyond the basic techniques.

- Head position is critical; you must keep your head up to observe other players and the field, never stare at the ball and use peripheral vision to track the ball while watching the field.
- Touch control requires you to take small, controlled touches to keep the ball close, with the ball staying within 1-2 feet of your body, using quick light taps rather than heavy pushes.
- Body balance means keeping your knees slightly bent for stability, staying on your toes rather than being flat-footed and leaning your body slightly forward when moving.
- Speed variation is important because you should practice increasing speed while maintaining control, changing your pace to confuse defenders, slowing down to set up passes and speeding up to beat defenders.
- Foot alternation requires you to alternate feet when moving forward, practise with both feet for better overall control and not rely on only one foot.
- Protecting the ball means using your body to shield the ball from defenders, keeping defenders on your back rather than between you and the ball and angling your body to block opponents from reaching the ball.

Play this video showing how to dribble in football

https://surl.li/zwcvoq

Executing shooting skill in Football

Low drive shot: To execute this skill, place the ball on the ground and move a few steps behind it. Approach the ball from an angle. Strike the middle or the lower part of the ball using laces. Follow through with your kicking leg, keeping it low and driving through the ball. Aim at the bottom corners of the goal while focusing on accuracy and power.

Placed shot: To execute this skill, position the ball on the ground and stand a few steps behind the ball. Make a quick approach towards the ball. Strike the ball with the inside of your foot, aiming at the corners of the goal. Follow through with your kicking leg following the direction of the target. Keep your head held up and eyes focused on the target. Keep your movements smooth and controlled while focusing on accuracy rather than power.

Shooting in football requires important considerations beyond just the basic techniques.

- Body positioning before shooting means standing a few steps behind the ball, approaching the ball from an angle and keeping your body balanced and ready to generate power.
- Eye focus requires keeping your head held up and your eyes focused on the target, looking at where you want the ball to go and not looking down at the ball during the actual strike.
- Follow-through technique is essential because you must follow through with your kicking leg, with the low drive keeping it low and driving through the ball, while the placed shot

follows through in the direction of the target and this follow-through determines accuracy and power.

- You need to balance accuracy versus power by focusing on both accuracy and power for the low drive, focusing on accuracy rather than power for the placed shot and knowing when to choose each type based on the situation.
- Target selection involves aiming at the bottom corners of the goal for the low drive, aiming at the corners of the goal for the placed shot and never shooting straight at the goalkeeper but instead aiming for open spaces.
- Timing and decision-making require you to shoot quickly when you have an opening, not hold the ball too long and lose the opportunity and choose the right type of shot based on distance and goalkeeper position. For practice, you should focus on smooth, controlled movements and accuracy before adding power and repeat exercises to develop muscle memory.

Play this video on shooting a football
https://surl.li/ttkaoz

Volleyball

Volleyball is a high-energy team sport played by two teams of six players on a court divided by a net. The ultimate objective is simple: ground the ball on the opponent's side of the court while preventing them from doing the same to you.

Fundamental principles of the game

- **The rally:** Every rally begins with a serve. The serving team attempts to send the ball over the net to start play.
- **Possession and control:** Once the ball crosses the net, the receiving team uses volleying (passing) techniques to control the ball, prevent it from touching their floor and accurately set up an attack.
- **The rule of three:** A team is allowed a maximum of three consecutive touches to return the ball over the net (excluding block touches).

The overarm serve

The overarm serve is an aggressive, overhead technique. Unlike an underarm serve, the overarm serve introduces high speed, power and downward trajectories, allowing you to target weak spots in the opponent's defence.

Execution steps

To execute a legal overarm serve, you must stand entirely within the designated service area behind the end line until your hand makes contact with the ball.

- **Stance and alignment:** Stand facing the net with your non-dominant foot slightly forward (shoulder-width apart). Hold the ball in your non-dominant hand directly in front of your hitting shoulder. Bring your hitting arm back, bending your elbow so your hand is near your ear.
- **The toss:** Toss the ball straight up into the air, roughly 2 to 3 feet above your head, aligned with your hitting shoulder. A consistent, controlled toss is the secret to a successful serve.
- **The contact:** As the ball descends, shift your weight forward. Swing your hitting arm forward with an open, firm hand. Contact the ball at the highest point of your reach using the heel of your open palm.
- **Follow-through:** Follow through with your hitting arm moving downward toward your opposite hip and step forward onto the court to immediately transition into your defensive position.

Use these links to get more information about the overarm serve

https://en.volleyballworld.com/blogs/understanding-overhand-serve-volleyball

https://youtube.com/shorts/jjF9BDKqEuc?si=eo1en0tOxF4zpiXl

Volleying

Volleying is the foundational skill used to control incoming balls and transition from defence to offence. The primary method is the overhead pass, which is most frequently used by a "setter" to place the ball perfectly into the air for a teammate to spike (attack).

Execution steps

- **Body positioning:** Get directly under the flight path of the ball. Square your shoulders toward the target where you want the ball to go. Knees should be slightly bent in an athletic stance.
- **Hand shape ("The Diamond"):** Raise your hands above your forehead. Shape your fingers into a ball-like basket, forming a loose diamond or triangle shape with your thumbs and index fingers.
- **Contact point:** Make contact with the ball using only the fleshy pads of your fingers, never your palms. You should look at the ball through the window created by your hands right before contact.
- **Extension (The push):** In one fluid motion, extend your legs and straighten your arms simultaneously. Push through the ball, using your wrists and fingers to direct it smoothly upward and forward.

Use these links to get more content on volleying techniques

https://ophea.net/learn-move-fundamental-movement-skills-and-strategies/movement-skills-posters/volley-strike-hand

https://youtu.be/g1B7g3KSUEE?si=U_lfuI9ESttuvSjC

The value of skill mastery

Mastering the overarm serve and volleying does more than just improve individual statistics; it transforms how your entire team operates:

Benefit	**How it improves the game**
Physical coordination and timing	Aligns your visual tracking of the ball with precise muscular movements and power control.
Team efficiency and flow	Proper technique eliminates basic errors (like ball handling violations), keeping the game fluid and enjoyable.
Constructive appraisal	Understanding correct mechanics allows you to analyse and offer helpful feedback to your teammates, raising the collective skill level.
Team success	A reliable serve puts immediate pressure on opponents, while precise volleying ensures your teammates are set up for successful attacks.

Remember: Volleyball is a game of errors. Minimising your own technical mistakes while systematically pressuring the opponent's defence through powerful serving is the fastest path to victory.

Basketball and Logo Design

Basketball is a fast-paced invasion game in which players use movement, passing, dribbling, shooting and defending to create scoring opportunities. Successful play depends not only on performing individual skills but also on knowing when, where and why to use them. Passing and dribbling are especially important because they help players maintain possession, advance the ball and create space.

Passing for skill acquisition

Passing involves deliberately transferring the ball from one player to another. Effective passing allows a team to move the ball quickly while maintaining possession and creating opportunities to attack the basket.

Type these links to access additional information about basketball passing.

https://www.usab.com/news/2014/01/basketball-101-fundamentals-of-passing

https://youtu.be/juY2Ix7SyVU?si=uyQ6BT6c1Vo0g1Nk

Qualities of an effective pass

A good pass should be:

- **Accurate** – directed to a teammate in a position where they can receive it comfortably.
- **Well timed** – made at the appropriate moment rather than too early or too late.
- **Firm** – thrown with enough force to reach the intended player without being easily intercepted.
- **Controlled** – the passer should remain balanced and ready for the next action.
- **Purposeful** – every pass should contribute to maintaining possession, advancing the ball or creating an attacking opportunity.

Reading the court before passing

A skilled player does not pass automatically. The player observes the position of teammates and defenders before releasing the ball. This helps them identify:

- an unmarked teammate;
- an open space;
- a possible passing lane;
- a defender who may intercept the ball;

- a teammate moving towards the basket;
- an opportunity to change the direction of attack.

Players should develop the habit of looking before passing. This improves decision-making and reduces unnecessary turnovers.

Passing into space

A pass does not always have to be directed to where a teammate is standing. When a teammate is moving, the ball can be passed into the space they are moving towards. This allows the player to receive the ball without losing momentum.

Passing into space is particularly useful during:

- fast breaks;
- cuts towards the basket;
- changes of direction;
- movement around defenders.

Passing and creating space

Passing can make defenders move away from their original positions. When the ball is moved quickly from one player to another, defenders have to adjust continuously. This can create open spaces for shooting, dribbling or cutting towards the basket.

A team that moves the ball effectively can therefore make the defence work harder and expose gaps.

Common passing errors to recognise

During skill acquisition, learners should be able to identify errors such as:

- passing without first looking at the receiver;
- throwing the ball too slowly;
- passing directly towards a defender;
- using excessive force;
- standing still after making a pass;
- making predictable passes;
- failing to communicate with teammates.

Recognising these errors helps players improve their accuracy, timing and decision-making.

Communication during passing

Communication supports successful passing. Players may use:

- **verbal communication**, such as calling a teammate's name;
- **hand signals**, to indicate where a pass is wanted;
- **eye contact**, to show readiness to receive;
- **movement**, to create a clear passing option.

Good communication reduces confusion and improves teamwork.

Passing under defensive pressure

When defenders apply pressure, a player should remain composed and protect the ball. Quick movement of the ball can be more effective than attempting to dribble through several defenders.

Players should learn to:

- identify the safest passing option;
- avoid throwing across crowded areas;
- move into a better position after passing;
- use changes of direction to create passing lanes;
- maintain awareness of defenders.

Passing and team play

Passing demonstrates that basketball is a team sport. A player may have an opportunity to shoot but may choose to pass to a teammate in a better position. This requires awareness, cooperation and trust.

Effective passing therefore develops both technical ability and tactical understanding.

Dribbling for skill acquisition

Dribbling is the controlled bouncing of the ball while moving around the court. It enables a player to advance the ball without passing and is particularly useful when creating space, escaping pressure or attacking the basket.

Enter these links to view additional basketball dribbling content.

https://youtu.be/lb-yQkJ_yQM?si=mgOlYXaRlXYfA_eM

https://www.bgparks.org/wp-content/uploads/2021/12/4-Dribbling-the-Basketball.pdf

Characteristics of effective dribbling

Effective dribbling involves:

- controlled movement of the ball;
- use of the fingers and fingertips to guide the ball;
- a balanced body position;
- awareness of the surroundings;
- appropriate speed;
- ability to change direction;
- ability to protect the ball from defenders.

The objective is not simply to bounce the ball repeatedly but to maintain control while making useful movements.

Head-up dribbling

Players should develop the ability to dribble without constantly looking at the ball. Keeping the head up allows the player to observe:

- teammates;
- defenders;
- open spaces;
- the basket;
- possible passing opportunities.

This makes dribbling a skill that combines ball control with visual awareness.

Changing speed and direction

A player who always dribbles at the same speed becomes easier to defend. Changes in speed and direction can help a player move away from a defender.

Useful changes include:

- slowing down before accelerating;
- accelerating into open space;
- changing direction when a defender blocks the path;
- using controlled turns while maintaining possession.

These movements develop agility and improve a player's ability to attack.

Protecting the ball

When a defender is nearby, the player should position the body between the defender and the ball. The non-dribbling arm can help maintain space while avoiding illegal contact.

Ball protection is important because losing possession gives the opposing team an opportunity to attack.

Dribbling with both hands

Players should develop control with both the dominant and non-dominant hand. Being able to dribble with either hand makes movement less predictable and allows a player to respond to defenders approaching from different directions.

For example, a player may use the right hand when moving towards the right side and the left hand when changing direction towards the opposite side.

Types of dribbling according to purpose

Different dribbling actions serve different purposes:

- **Control dribble:** Used when a player needs close control, especially when closely guarded.
- **Speed dribble:** Used when moving quickly through open space, such as during a fast break.
- **Change-of-direction dribble:** Used to move away from a defender or enter a different area of the court.
- **Protective dribble:** Used when a defender is close and the player needs to shield the ball while looking for a passing or attacking option.

The choice of dribble should depend on the player's position, the location of defenders and the available space.

Dribbling and decision-making

Dribbling should not be viewed as an isolated action. A player must constantly decide whether to:

- continue dribbling;
- pass to a teammate;
- move towards the basket;
- change direction;
- stop and look for another option.

A player who dribbles excessively may give defenders time to recover. Effective players therefore use dribbling with a clear purpose.

Common dribbling errors to recognise

Learners should be able to identify errors such as:

- repeatedly looking down at the ball;
- bouncing the ball too high;
- using the palm rather than the fingers to control it;
- standing too upright;
- keeping the ball too far from the body;
- using only one hand;
- dribbling directly towards a defender without a plan;
- losing control when changing direction.

Swimming

Pool entry methods: backstroke mechanics

Primary pool entry protocols

Selecting the appropriate entry method reduces physical impact and ensures personal safety based on water depth and environmental clarity.

- **Slide-in entry:** Executed by sitting fully on the pool, placing both palms flat on one side of the body and rotating the torso to lower the lower limbs vertically into the water. This is the mandatory choice when dealing with murky, shallow or unfamiliar water profiles.
- **Step-in entry:** Executed from a standing position at the pool edge. The swimmer steps out wide with one foot while keeping the eyes fixed horizontally forward. This maximises surface-area contact upon entry, ensuring the head remains entirely above the water plane. Suitable only for clear, certified deep water.

Deep-water dive entries

Diving transitions a swimmer from dry ground into forward motion. Beginners reduce proximity risks by lowering their starting centre of gravity.

The pencil dive

Designed for deep-water deployment from heights where a head-first dive poses severe cervical spine hazards. The core objective is minimising surface drag to drop cleanly through the water column.

- Stand upright with feet pressed tightly together.
- Press arms rigidly against the lateral lines of the torso (thighs) or cross them tightly over the chest. This prevents the initial impact force from wrenching the shoulder joints backwards.
- Step cleanly off the deck, keeping the core highly engaged and the spine perfectly vertical. Enter feet-first with the toes fully pointed downwards. Exhale softly through the nose during submersion to prevent positive pressure from forcing water into the sinuses.

The crouch dive

The fundamental teaching dive that bridges the gap between basic entries and advanced standing dives by minimising the drop distance.

- Position the dominant foot's toes over the pool edge for a firm mechanical grip. Lower the trailing leg until the knee rests flat on the pool deck.
- Lock the hands together completely (palm-over-back formulation), extending the arms straight overhead. Squeeze the lateral sides of the skull with the biceps to prevent head movement.
- Lean the weight forward past the balance point. Aim the fingers at a designated entry vector roughly 3 feet out from the wall. Pushing hard off the front foot, lift the hips high and pierce the water surface, allowing the torso and straight legs to slip through the exact footprint made by the hands.

Use these links to get more content and techniques in diving in a pool

https://www.speediswim.org/swimming-dive-techniques-from-pool-edge-to-competitive-racing-starts/

https://www.britishswimming.org/browse-sport/diving/learn-more-about-diving/

https://youtu.be/Q31vwH7ku54?si=mz840dvg2wlNqc8E

https://youtu.be/3LrzGX8XErI?si=tDpiv_e1UwuMNQU8

https://youtu.be/9ptEJDouyjc?si=1H7lx1lggcDDGmUq

The backstroke cycle

The backstroke relies on continuous, uninhibited propulsion and horizontal trunk stabilisation while in a supine (face-up) profile.

- Float flat on the spine with the ears fully immersed. Look straight up at a fixed vertical reference point. Keep the chest elevated and the hips riding near the surface layer.
- Propulsion runs continuously in alternating vertical arcs. Movement must originate from hip flexion and extension, never from excessive knee bending. Keep ankles highly loose and loose-jointed, letting the toes create a bubbling, boiling effect at the surface without clearing the water entirely.
- The windmill propulsion sequence:
    1. *Recovery Phase:* The hand exits the water straight and extended, leading directly with the thumb.
    2. *Mid-Air Rotation:* As the arm passes the vertical line of the shoulder, rotate the wrist outwards 180 degrees.
    3. *Entry Phase:* The hand pierces the surface directly above the head, entering pinky-finger-first to immediately initiate the underwater catch.
    4. *The Pull-Push Phase:* Bend the elbow to roughly 90 degrees under the surface, sweeping the water backwards in an "S-shaped" curve toward the upper thigh.

Watch this video on the technique of a backstroke

https://youtu.be/MrFt6JHii8w?si=V9Jc3XxxzLcGIbct
https://www.analysisswim.com/swim/article/inverted-breaststroke-kick

Inverted breaststroke and water treading

- **Water treading mechanics**

Water treading is a non-locomotive survival skill designed to keep the vocal cords and airway clear of the waterline while consuming minimal metabolic energy.

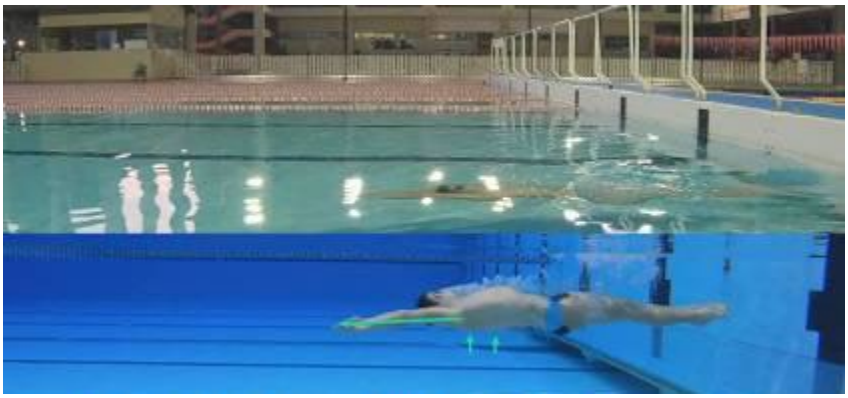


- ❖ **The sculling action:** Position the upper arms extended laterally from the armpits with elbows bent at a right angle. Sweep the palms back and forth along a horizontal shelf roughly 6 inches beneath the surface. Constantly change the pitch of the palm (angling it downward on both outward and inward sweeps) to generate continuous upward lift.
- ❖ **The eggbeater kick:** This is the most mechanically efficient treading kick. Sit vertically in the water with the hips flexed as if resting on an office chair. Move the legs in deep,

alternating, inward circular paths. The left leg drives clockwise while the right leg drives anticlockwise. Because one leg is always executing its power stroke while the other recovers, the lift generated is completely smooth and continuous.

- **The inverted breaststroke (resting stroke)**

An invaluable survival stroke that mirrors the traditional breaststroke but leaves the face completely clear for unobstructed respiration.



- Start with the arms resting flat along the thighs. Draw both hands upward simultaneously along the seam of the swimsuit toward the armpits, keeping the fingers fully submerged to avoid surface drag.
- Extend both arms straight out from the shoulders into a rigid "T" position. Once fully extended, sweep both palms downward in a wide, forceful arc back to the starting point against the thighs.
- Synchronise the leg recovery with the arm recovery. Drop the heels downward toward the pool floor by flexing the knees, keeping the knees inside the shoulder line. Flex the ankles outward so the inside of the foot faces the water column. Kick out and snap the legs back together into a tight, straight line.
- Hold the body completely motionless for 2 to 3 seconds after the legs snap together and the arms return to the thighs. Rushing the next stroke kills momentum and wastes precious energy.

Watch this video on the inverted breaststroke

https://youtu.be/WHbNg_6ApGw?si=hrywHiT4JvDq9Gmn

Tactical skill integration

Mastering deep-water safety requires a swimmer to change body planes fluidly without losing control of their breathing or orientation.

1. **Establish stationary hold: vertical control.**

Tread water vertically in the deep end for a minimum of 60 seconds using the eggbeater kick and horizontal sculling to achieve physical calm and clear vision.

2. **The supine pivot: axis rotation.**

Tilt the skull backwards gently, immersing ears completely, while actively driving the pelvis upward. This shifts the body's centre of gravity and drops the torso into a flat horizontal plane.

3. **Stroke initiation: propulsive launch.**

The instant the spine flattens out, it drops into the underwater recovery phase of the inverted breaststroke, executing the primary whip kick to capture forward horizontal velocity.

High-performance dives and advanced strokes

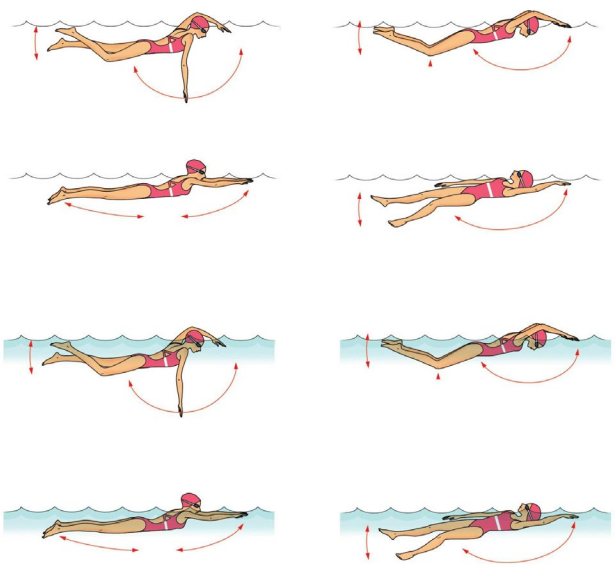
The standing dive

The definitive competitive and recreational head-first entry method. It requires managing a high centre of gravity to convert vertical height into maximum horizontal glide distance.

- Stand completely upright with the feet spaced tightly together. Curl all ten toes firmly around the coping edge of the pool deck to establish a positive non-slip anchor point.
- Lock the hands together tightly using a palm-over-palm grip. Press the inner ears firmly against the biceps to form a rigid structural triangle that shields the head, neck and upper spine upon high-velocity impact.
- Flex the knees slightly and hinge forward at the hips, pointing the locked hands at an entry zone 3 to 4 feet away from the wall. Allow the body's weight to cross the threshold of balance. The moment you begin falling forward, extend the knees and ankles forcefully to spring outward.
- The fingers, head, chest, hips and toes must pass sequentially through the exact same point of entry on the surface. Keep the legs locked straight and toes pointed to prevent the lower body from slamming flat against the water surface (flopping).

The butterfly stroke technique

The butterfly is an advanced, symmetrical stroke demanding absolute muscular endurance and a highly tuned, wave-like core undulation.



- **The core dolphin wave:** Propulsion depends entirely on a fluid, full-body kinetic wave that begins at the base of the skull, travels down the spine and snaps through the legs. The feet must be held tightly together, acting as a single unified fin.
- **The two-beat kick coordination:** Execute exactly two downward dolphin kicks per individual arm cycle.
    - *Kick 1:* Strikes the water precisely as the hands enter the pool above the head to preserve forward momentum.
    - *Kick 2:* Strikes the water precisely as the hands finish their push past the hips to lift the upper torso out for respiration.
- **The hourglass pull pattern:** Enter with hands shoulder-width apart with palms pitched outward. Sweep both hands inward beneath the chest, tracing an hourglass or keyhole silhouette. Finish the pull by pushing back forcefully past the upper thighs.
- **Symmetrical recovery:** Sweep both arms outward and forward simultaneously across the top of the water in a low, relaxed, wide arc. Keep the elbows extended but loose.
- **Respiration synchronisation:** Drive the chin straight forward out of the water during the final push phase of the arm stroke. Inhale rapidly through the mouth and drop the face back down into the water *before* the recovering arms clear the shoulder line.

Watch the butterfly stroke using this link

https://youtu.be/UffZn_-lU54?si=RUk3_tjwaU_3ZsYT

https://www.britannica.com/sports/butterfly-swimming

Kenyan Indigenous Games

Kenyan Indigenous Games are traditional physical and mental activities passed down through generations. Rooted within the Creative Arts and Sports curriculum, these games offer a pathway to physical fitness, mental sharpness and cultural preservation, while revealing exciting future career pathways in sports science, recreation management and the cultural arts.

Rope games

Rope games are dynamic physical activities that utilise local or improvised materials to build cardiorespiratory endurance, coordination and structural rhythm.

Types of rope games

- *Kamba / Kati (Single-Rope Skipping)*: A single long rope is swung by two people while one or more players jump over it in the centre.
- *Blada / Mabrigan (Double-Dutch Skipping)*: Two ropes are turned simultaneously in opposite directions, requiring advanced timing to cross and clear both.
- *Vuta Kamba (Tug-of-War)*: A strength-based team game where two groups pull opposite ends of a thick rope to drag the opponents across a central line.
- *Mtego wa Kamba (Rope Limbo)*: A flexibility test where a horizontal rope is lowered progressively; players must bend backwards to pass underneath without touching it.

Skill acquisition and performance

To execute skipping games safely and effectively, you must master key fundamental movement skills:

1. Timing the arc of the moving rope to run into the active skipping zone without interrupting the swing.
2. Keeping your feet close together, landing softly on the balls of your feet (not flat-footed) to absorb impact and protect your knees.
3. Maintaining a centralised position relative to the rope-turners by matching the physical height of your jump to the exact velocity of the rope loop.

Performing to a musical rhythm

Traditional rope games rely on rhythmic chants, call-and-response choruses or synchronised songs (often called *'Mabrigan* chants' or 'street rhymes').

- **Sustaining tempo:** The speed of the song dictates the rotational speed of the rope. Jumpers accelerate or decelerate their bounding mechanics to match the musical pulse.
- **Movement choreography:** Advanced rope play incorporates footwork variations (such as side steps, high knees or 180° turns) precisely on the downbeat or specific lyrical cues of the song.

Health, fitness and mental wellbeing benefits

- Rope games provide an exceptional cardiovascular workout, raising the heart rate to improve lung capacity and heart health. The repetitive vertical jumping strengthens bone density and builds power in the calves, quadriceps and core muscles.
- The synchronisation of movement to music triggers the release of endorphins (feel-good hormones), reducing daily school stress. Achieving complex skipping sequences boosts confidence, while group skipping builds immense social bonding and laughter.

Use these links to get more information, techniques of rope games:

https://askfilo.com/user-question-answers-smart-solutions/write-down-5-indigenous-games-of-kenya-played-using-a-rope-3434333431303234

https://youtu.be/fgeGmIqvRxk?si=9WGrkVKdW8_lnU7A

https://youtu.be/9nzG_3xBRzo?si=Cq92KRO1iqBQqc7w

Tagging games

Tagging games are high-intensity chasing and dodging sports played in designated boundaries, emphasising rapid decision-making, spatial navigation and teamwork.

Types of Tagging games

- Hunia / Icho / Chako Chako: A high-octane chasing game where a designated chaser ("It") attempts to touch other players within a marked field. In team variations, tagged players are temporarily benched until an entire squad is caught.
- Elephant Stampede: A structural tag game starting with two chosen "elephants" who link arms. As they tag other players, those caught must link arms with them, forming a massive, cooperative chain to sweep the field.
- Escape the Lions: A tactical game where a small group of "Lions" protects a central hoard of treasures (such as beanbags or improvised markers) while the rest of the players ("Mtu") must coordinate runs to steal the treasure without being tagged.

Skill acquisition and performance

Success in tagging games relies heavily on open-field evasion and reactive mechanics:

1. Running at high speed and suddenly dropping your centre of gravity to change direction or throw off a defender with a fake body lean (feinting).
2. Executing sharp, lateral footwork adjustments to slip past an opponent while maintaining full physical balance.
3. Constant scanning of the designated boundary lines (typically a 20m x 20m) to avoid running out of bounds, which results in being called "burnt" or out.

Performing to a musical rhythm

Tagging games frequently integrate structural verbal alerts and vocal rhythmic choruses to organise play:

- **Vocal signalling:** In *Chako Chako* or *Hunia*, the act of tagging requires shouting the game phrase in sync with the physical touch, which trains sharp hand-eye-voice coordination under pressure.
- **Rhythmic chasing:** In games like *Nyama-Nyama-Nyama*, a rhythmic vocal chant forces players to bounce or move to a continuous steady beat. The moment the leader breaks the verbal pattern, players must instantly freeze or sprint, blending auditory processing with quick physical acceleration.

Health, fitness and mental wellbeing benefits

- These games develop multi-directional agility, explosive speed (anaerobic power) and fast-twitch muscle responses. The constant twisting and sprinting condition the core, ankles and knee joints to withstand sudden changes of force.
- Chasing and evading stimulate high focus and immediate problem-solving under a tight clock, leaving no room for anxiety or overthinking. It fosters essential teamwork and strategic collaboration, teaching you how to trust and communicate clearly with your classmates.

Use these links to get more on tagging games:

https://youtu.be/nRaDyIUs8uU?si=Qc6NRmDU2m63VyhB

https://youtu.be/JGNjTqAocxY?si=bKsvrJvoAYAENVt8&t=175

Board games

Board games represent the intellectual heritage of Kenyan indigenous play, focusing on mental arithmetic, tactical foresight and spatial prediction.

Types of board games

- **Bao / Ajua (Mancala Family):** A timeless mathematical strategy game played on a wooden board featuring carved pits (typically a 2 x 6 or 4 x 8 configuration) using small

seeds, stones or marbles. The core objective is to sow seeds counter-clockwise to capture your opponent's pieces.
- **Giuthi:** Played within the Gikuyu community, featuring two parallel rows of deep pits where players calculate rapid distributions of counters.
- **Isolo:** The traditional version played within the Luhya community.
- **Enkeshui / Oloman:** A pastoralist variant favoured by the Maasai community, often created dynamically by carving shallow depressions into the topsoil or rock faces during herding rests.
- **Shax (Fana):** Played across Northern Kenya and pastoralist communities. It functions as a geometric grid alignment game. Players position and move tokens to form straight lines of three, which grants permission to confiscate an opponent's token from the board.

Board games are highly sustainable. Learners can create boards using recycled egg cartons, drilling shallow pits into scrap wood or scooping out uniform depressions in firm soil. Sourcing counters relies on natural seeds, small stones or discarded bottle caps.

Use this link to watch a board game: https://youtu.be/804YQQg-Tss?si=5GbBCZx1X0-Cu7wP

Skill acquisition and performance

Mastering board games requires stepping away from luck and focusing entirely on calculations:

1. Choosing a specific pit on your side, gathering all its seeds and dropping them one by one into consecutive pits in a steady, fluid counter-clockwise motion.
2. Analysing the board layout to calculate exactly where your last seed will land. If it lands in an empty pit on your side, you successfully capture the opposite seeds.
3. Intentionally distributing your seeds to ensure you do not leave vulnerable, single-seeded pits that your opponent can easily harvest on their next turn.
4. Cognitive skill acquisition:
    a. **Mental arithmetic:** Calculating seed distributions ahead of time to know exactly where a turn will end without manually touching the pieces.
    b. **Strategic planning:** Analysing the board layout to anticipate an opponent's potential moves two or three turns in advance.
    c. **Defensive feinting:** Deliberately leaving an isolated pit exposed to tempt the opponent into an advance that ultimately compromises their main defences.

Performing to a musical rhythm

While board games are quieter, intellectual pursuits, traditional matches are heavily supported by rhythmic and auditory traditions:

- Seasoned players develop a fast, rhythmic "click-clack" sound against the wooden board as they drop seeds. Maintaining a steady, rapid pace places mental pressure on the opponent, disrupting their focus.

- Players often chant rhythmic phrases, local riddles or light-hearted proverbs in time with their moves to celebrate a major capture or playfully tease an opponent's poor calculation.

Health, fitness and mental wellbeing benefits

- While low in cardiovascular demand, board games vastly improve fine motor control, hand-eye coordination and finger dexterity through the rapid lifting and sowing of small pieces.
- Board games are an outstanding workout for your brain. They sharpen memory, enhance rapid mental maths skills and train long-term strategic planning. The friendly, respectful competition acts as a form of mindfulness, keeping your brain alert, engaged and protected against cognitive fatigue.

Analysis of Creative Arts and Sports

STRAND 3.0: APPRECIATION IN CREATIVE ARTS AND SPORTS

SUB STRAND 3.1: ANALYSIS OF CREATIVE ARTS AND SPORTS

Overview

Sports analysis is the process of carefully observing and examining sporting activities to understand how skills, strategies, values, behaviour and ethical practices contribute to successful performance. Through sports analysis, learners develop the ability to identify good sporting practices, evaluate performances, appreciate teamwork and make responsible decisions both on and off the field.

In this sub-strand, you will learn how to analyse sports from three important perspectives. In Grade 7, you will examine the spirit of sports values for clean sports by focusing on fairness, teamwork and equality. In Grade 8, you will examine the spirit of sportsmanship by analysing the behaviour and attitudes expected of athletes during competitions. In Grade 9, you will examine ethical practices in sports, with emphasis on anti-doping and the importance of protecting clean and fair competition.

By the end of this sub-strand, you will be able to analyse sporting activities critically, appreciate positive sporting values, uphold ethical behaviour and contribute to creating a fair, respectful and enjoyable sporting environment.

Sports analysis is the process of **carefully observing, interpreting and evaluating different aspects of a sporting activity to understand how and why athletes or teams perform in a particular way.**

When analysing sports, you do more than watch a game. You examine the skills used, the strategies applied, the behaviour of players, teamwork, decision-making and adherence to the rules. You also evaluate the values demonstrated during the competition and identify areas that can be improved.

Sports analysis helps learners, athletes, coaches, officials and spectators appreciate sporting activities while promoting continuous improvement and fair competition.

Importance of sports analysis

Sports analysis helps you to:

- understand the strengths and weaknesses of players and teams;
- improve sporting skills and techniques;
- develop better strategies for training and competition;
- appreciate fair play and teamwork;
- recognise good sportsmanship and ethical behaviour;
- make informed decisions during sporting activities;
- promote clean, safe and enjoyable sports.

Examining the spirit of sports values for clean sports

Quick Highlights

Sport is more than winning competitions. It teaches values that help learners become responsible players and good members of society. These values guide how athletes compete, interact with others and respect the rules of the game. A sporting activity can only be described as clean sport when it is based on honesty, fairness, respect and equal opportunities for all participants.

The three key sports values you will examine are fairness, teamwork and equality.

Fairness

Fairness means treating everyone equally by following the rules of the game, respecting officials' decisions and giving every player an equal opportunity to participate and compete.

A fair competition allows every athlete or team to compete under the same conditions without cheating or gaining an unfair advantage.

Indicators of fairness

When analysing a sporting activity, observe whether:

- players follow the rules of the game;
- referees or officials make impartial decisions;
- all players are given equal opportunities to participate;
- teams have the required number of players;
- athletes compete honestly without cheating;
- winners achieve success through ability, effort and discipline.

Why fairness is important

Fairness:

- builds trust among players;
- promotes respect for rules and officials;
- encourages honest competition;
- reduces conflicts during games;
- creates equal opportunities for success.

Teamwork

Teamwork is the ability of players to work together towards achieving a common goal. Successful teams cooperate, communicate effectively, trust one another and support each other throughout the game.

Even talented individual players cannot succeed consistently without good teamwork.

Indicators of teamwork

During sports analysis, observe whether players:

- communicate effectively;
- support and encourage one another;
- cooperate when attacking or defending;
- perform their individual roles responsibly;
- solve problems together during the game;
- celebrate success as a team.

Examples include:

- smooth baton exchange during relay races;
- accurate passing in football, basketball, volleyball and handball;
- coordinated movements in team games;
- team discussions or huddles before and during competitions.

Why teamwork is important

Teamwork:

- improves performance;
- strengthens unity among players;
- encourages responsibility;
- develops leadership and cooperation;
- increases the chances of achieving team goals.

Equality

Equality means giving every person an equal opportunity to participate in sports regardless of gender, ability, religion, ethnicity, social background or disability.

Every learner deserves respect and the opportunity to enjoy sports in a safe and supportive environment.

Indicators of Equality

Observe whether:

- boys and girls participate fairly;
- learners with disabilities are included;
- all players are treated with respect;
- selection is based on ability and commitment rather than favouritism;
- everyone has equal access to sports facilities and equipment.

Why equality is important

Equality:

- promotes inclusion;
- develops confidence among all learners;
- encourages participation;
- reduces discrimination;
- strengthens unity within the school and community.

Analysing sports values

When observing a sporting activity, ask yourself the following questions.

Question	**What You Should Observe**
Was the competition conducted fairly?	Did players follow the rules? Were officials impartial?
Did the players demonstrate teamwork?	Did they communicate, cooperate and support one another?
Were all participants treated equally?	Did everyone have an opportunity to participate regardless of gender or ability?
Did the players respect one another?	Was there honesty, discipline and respect throughout the game?
Which sports value was demonstrated most effectively?	Explain why that value contributed to the success of the sporting activity.

By analysing sports values, you learn that success in sports is not measured only by winning trophies. True success comes from competing honestly, respecting others, working together and giving everyone an equal opportunity to participate. These values help create clean sports and prepare you to become a responsible athlete, teammate, leader and citizen.

Examining the spirit of sportsmanship in sporting activities

Quick Highlight

Sportsmanship is the display of good character, respect, honesty, discipline and fairness before, during and after a sporting activity. It is demonstrated through the way athletes treat teammates, opponents, officials, coaches and spectators, regardless of whether they win or lose.

Sportsmanship is one of the qualities that makes sport enjoyable and meaningful. A true sportsperson competes with integrity, respects the rules, accepts the outcome of the game and values participation as much as victory. Examining sportsmanship helps learners identify positive behaviours that promote harmony, respect and fair competition.

Respect for others

Respect is shown by treating everyone involved in sport with dignity and courtesy.

When analysing a sporting activity, observe whether players:

- respect opponents before, during and after the game;
- listen to and obey officials' decisions;
- appreciate the guidance of coaches and teachers;
- encourage and support teammates;
- treat spectators politely.

Why respect is important

Respect:

- creates a positive sporting environment;
- reduces conflicts during competitions;
- promotes peaceful relationships;
- encourages fair competition.

Fair play

Fair play means competing honestly by following the rules without cheating or trying to gain an unfair advantage.

Observe whether players:

- obey the rules of the game;
- avoid cheating;

- accept decisions made by officials;
- play honestly throughout the competition.

Why fair play is Important

Fair play:

- promotes integrity;
- builds trust among competitors;
- ensures equal opportunities for success;
- upholds the spirit of clean sport.

Winning and losing gracefully

Sport teaches learners how to handle both success and disappointment.

Observe whether players:

- celebrate victory without humiliating opponents;
- congratulate winners after the game;
- accept defeat positively;
- learn from mistakes instead of blaming others.

Why this is important

Accepting results gracefully:

- develops emotional maturity;
- builds resilience;
- encourages continuous improvement;
- strengthens friendships.

Self-control

Self-control is the ability to remain calm and disciplined even under pressure.

Observe whether players:

- control their emotions;
- avoid fighting or arguing;
- use polite language;
- respond positively to difficult situations.

Why Self-Control is Important

Self-control:

- prevents violence;

- promotes discipline;
- helps athletes make better decisions;
- creates a safe sporting environment.

Caring for others

Good sportsmanship includes showing kindness and concern for other people.

Observe whether players:

- help injured opponents;
- encourage teammates who make mistakes;
- cooperate with others;
- apologise when necessary.

Why Caring is Important

Caring:

- promotes empathy;
- strengthens teamwork;
- builds lasting friendships;
- encourages respect for human dignity.

Analysing sportsmanship

After observing a sporting activity, ask yourself the following questions.

Question	**What you should observe**
Did the players respect one another?	Observe how players treated teammates, opponents, officials and spectators.
Was fair play demonstrated?	Identify whether players followed the rules honestly.
How did players react after winning or losing?	Observe whether they celebrated or accepted defeat respectfully.
Did players demonstrate self-control?	Examine how they handled challenges and disagreements.

Which sportsmanship quality stood out most?	Explain how it contributed to a successful sporting activity.

Analysing sportsmanship helps you understand that success in sport is measured not only by results but also by character. Good sportsmanship promotes respect, discipline, teamwork, responsibility and lifelong positive relationships.

Examining Ethical Practices in Sports (Anti-Doping)

Quick Highlights

Ethics are the moral principles that guide people to do what is right, honest and responsible. In sports, ethics help athletes, coaches, officials and supporters make decisions that promote fairness, respect, safety and integrity.

One of the most important ethical issues in modern sport is **doping**.

Doping is the use of banned substances or prohibited methods to improve athletic performance unfairly.

Athletes who use performance-enhancing drugs violate the rules of sport and gain an unfair advantage over other competitors.

Clean sport encourages athletes to achieve success through natural talent, proper training, discipline, healthy nutrition and hard work.

Why athletes should avoid doping

Athletes should reject doping because it:

- is unfair to other competitors;
- violates the rules of sport;
- damages personal integrity;
- puts athletes' health at risk;
- destroys public trust in sport.

Common reasons why athletes dope

Some athletes use banned substances because they:

- want to win at all costs;
- seek fame and recognition;
- hope to earn money or sponsorships;
- experience pressure from coaches, parents or peers;
- believe doping improves performance quickly.

These reasons do not justify unethical behaviour.

Effects of Doping

Effects on Health

Doping may cause:

- heart disease;
- liver and kidney damage;
- hormonal imbalance;
- muscle and joint problems;
- depression and anxiety;
- addiction.

Effects on sporting career

Athletes who use banned substances may:

- be suspended from competitions;
- lose medals and titles;
- lose sponsorship opportunities;
- damage their reputation;
- end their sporting careers.

Promoting clean sport

Every athlete has a responsibility to protect the integrity of sport.

Clean sport can be promoted by:

- following competition rules;
- refusing to use banned substances;
- seeking medical advice before taking medication;
- reporting unethical behaviour;
- educating others about the dangers of doping;
- respecting anti-doping regulations.

Analysing ethical practices in sports

When examining a sporting activity, ask yourself the following questions.

Question	**What you should observe**
Was the competition conducted honestly?	Determine whether athletes competed fairly without cheating.

Did players follow the rules?	Observe respect for regulations and officials' decisions.
Was there evidence of ethical behaviour?	Identify honesty, responsibility and integrity.
How did athletes promote clean sport?	Observe fair competition and responsible conduct.
Why is ethical behaviour important?	Explain how ethics protect athletes and preserve the integrity of sport.

Analysing ethical practices helps you understand that sporting success should be earned through commitment, discipline, honesty and hard work. Ethical behaviour protects athletes' health, promotes fair competition, builds public confidence and preserves the true spirit of sport for future generations.

Assessment test

Section A

1. During your school's annual sports day, you observe that one team refuses to give all its members an opportunity to participate, while another team works together and allows everyone to contribute.

   Task: Explain how the values of fairness, teamwork, and equality are demonstrated or violated in the two teams. Suggest three ways the first team can improve.

2. Your football team loses in the final match of an inter-school tournament. Some players begin arguing with the referee and insulting the winning team.

   Task: As the team captain, explain five sportsmanship qualities you would encourage your teammates to demonstrate after the match.

Section B

1. Which one of the following best demonstrates **ethical behaviour** in sports?
   A. Taking performance-enhancing drugs before a competition.
   B. Respecting the rules and competing honestly.
   C. Arguing with the referee after every decision.
   D. Refusing to congratulate the winning team.
2. State four ways athletes can promote clean sports during competitions.

3. Your school is preparing learners for the County Sports Championships. As a sports prefect, you have been asked to advise the participants on how to compete successfully while upholding sports values, sportsmanship, and ethical practices.
4. State five qualities that demonstrate good sportsmanship during a sporting activity.
5. Your school is participating in the County Secondary and Junior School Games. Before the competition, your games teacher reminds all athletes to uphold sports values, demonstrate good sportsmanship, and avoid unethical practices.

   Task: Explain how the athletes should:

   a) Demonstrate fairness, teamwork, and equality during the competition.
   b) Show good sportsmanship before, during, and after the games.
   c) Promote ethical practices by participating in clean sports and avoiding doping.