

# Leisure and Recreation

## Module 1

### Physical Activity for Performance

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date of Birth \_\_\_\_\_

List the Sports and Activities you have tried

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List the three you enjoyed most and explain why?

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List two you did not enjoy and explain why?

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Name two activities you will participate in this year.

1 \_\_\_\_\_

2 \_\_\_\_\_

**Activity 1**

Skills e.g. a dance step, chest pass, gymnastic movement, a serve.

List four skills in this activity that you are now able to demonstrate.

**1.**

(a) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(b) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(c) \_\_\_\_\_

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\_\_\_\_\_

(d) \_\_\_\_\_

\_\_\_\_\_

Which skill did you find easy to demonstrate and explain why?

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Which skill did you find difficult to demonstrate and explain why?

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Explain two different tactics or sequences you have learned while participating in this activity.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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Which tactic/sequence did you enjoy most? Explain why?

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List five rules you have learned in relation to this activity you are participating in.

(a) \_\_\_\_\_

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(b) \_\_\_\_\_

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(c) \_\_\_\_\_

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(d) \_\_\_\_\_

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(e) \_\_\_\_\_

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Any other rules you would like to add to the above

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**Activity 2**

Skills e.g. a dance step, chest pass, gymnastic movement, a serve.

List four skills in this activity that you are now able to demonstrate.

(a) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(d) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Which skill did you find easy to demonstrate and explain why?

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Which skill did you find difficult to demonstrate and explain why?

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Explain two different tactics or sequences you have learned while participating in this activity.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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Which tactic/sequence did you enjoy most? Explain why?

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List five rules you have learned in relation to this activity you are participating in.

(a) \_\_\_\_\_

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(b) \_\_\_\_\_

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(c) \_\_\_\_\_

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(d) \_\_\_\_\_

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(e) \_\_\_\_\_

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Any other rules you would like to add to the above

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Rules are designed to give order to an activity and create a safe environment for participants before taking part in an activity. What safety precautions can you take in relation to the following to try and prevent any injuries to you or others?

**Activity 1**

1. Your Body

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2. The Playing/Activity Area

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3. The Equipment being used

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4. The Clothing/Gear/Footwear you wear etc

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## Activity 2

### 1. Your Body

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### 2. The Playing/Activity Area

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### 3. The Equipment being used

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### 4. The Clothing/Gear/Footwear you wear etc

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Explain one practice or drill you have participated in to improve a skill you have learned.

**Activity 1** \_\_\_\_\_

**Activity 1**

Drill for Skill

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Now you make up a practice which helps you improve a different skill in each

**Activity 1**

Drill for skill

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Explain one practice or drill you have participated in to improve a skill you have learned.

**Activity 2** \_\_\_\_\_

**Activity 2**  
Drill for Skill

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Now you make up a practice which helps you improve a different skill in each

**Activity 2**  
Drill for skill

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Choose one other official from each of the Activities and explain exactly what they have to do.

**Official**

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**Official**

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Name one or more local clubs for each activity in your area

**Activity 1**

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**Activity 2**

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Name the National Governing Bodies for each Activity.

1. \_\_\_\_\_

2. \_\_\_\_\_