

# OCR National Sport Studies

## Further reading to give knowledge, understanding and application to topics in R051

Barriers to Sport and physical Activity	This downloadable pdf examines some of the reasons why women and girls may be excluded from taking part in sport and physical activity. It also suggests some ways to encourage and enable them to participate.	<a href="https://www.womeninsport.org/wp-content/uploads/2015/04/Changing-the-Game-for-Girls-Policy-Report.pdf">https://www.womeninsport.org/wp-content/uploads/2015/04/Changing-the-Game-for-Girls-Policy-Report.pdf</a>
Barriers to Sport and physical Activity	This Northern Ireland Assembly paper looks fairly wordy but is actually very easy to understand and has some interesting facts supported by figures gleaned from various research papers.	<a href="http://archive.niassembly.gov.uk/researchandlibrary/2010/1810.pdf">http://archive.niassembly.gov.uk/researchandlibrary/2010/1810.pdf</a>
Over coming barriers	This interesting article has some simple suggestions as to how people can overcome personal barriers to participation.	<a href="https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fgetactive%2Fbarriers.html">https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fgetactive%2Fbarriers.html</a>
The Olympic Muesum Educational Kit	This educational tool kit looks at Olympism and the Olympics and includes activity ideas, questions and gives background to the Games.	<a href="https://www.olympic.org/museum">https://www.olympic.org/museum</a>
The value of Sport	This article examines the values that participating in team sports can bring to young people.	<a href="https://comereadyorneverstart.wordpress.com/the-value-of-sports/">https://comereadyorneverstart.wordpress.com/the-value-of-sports/</a>
Youth Sport Trust initiatives	The Youth Sport Trust is involved in the creating and delivery of a range of sporting initiatives. Their website explains these in more detail.	<a href="https://www.youthsporttrust.org/how-we-can-help/programmes.aspx?page=2">https://www.youthsporttrust.org/how-we-can-help/programmes.aspx?page=2</a>
Sportsmanship V gamesmanship	This interesting article examines sportsmanship and gamesmanship, giving relevant examples with accompanying video clips.	<a href="https://michaeledwards89.wordpress.com/2013/01/28/gamesmanship-vs-sportsmanship/">https://michaeledwards89.wordpress.com/2013/01/28/gamesmanship-vs-sportsmanship/</a>
Goodbye etiquette, hello victory	This article looks at sportsmanship and gamesmanship with particular reference to recent examples. It provides an excellent starting point for a debate about the relative ethics and morals of the two approaches to playing sport.	<a href="https://www.lawinsport.com/more/blogs/lewis-silkin-sports-law-blog/item/gamesmanship-v-sportsmanship-goodbye-etiquette-hello-victory">https://www.lawinsport.com/more/blogs/lewis-silkin-sports-law-blog/item/gamesmanship-v-sportsmanship-goodbye-etiquette-hello-victory</a>
A to Z of cheating in sport	This humorous article looks at all aspects of cheating in sport – from autobiographical immunity to zoom lens and everything in between.	<a href="https://www.theguardian.com/sport/2009/oct/18/cheating-in-sport">https://www.theguardian.com/sport/2009/oct/18/cheating-in-sport</a>
Debate - is it worth it to host the olympic games	This lively debate gives almost endless opinions both for and against hosting the Olympic and Paralympic games, covering almost every pro and con along the way	<a href="http://www.debate.org/opinions/is-it-worth-the-cost-to-host-the-olympic-games">http://www.debate.org/opinions/is-it-worth-the-cost-to-host-the-olympic-games</a>

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Skills and technics powerpoint presentation	This presentation gives a good overview of skills and techniques, simple and complex skills and different types of skills practices.	<a href="https://www.slideshare.net/PEEDC/skills-and-techniques">https://www.slideshare.net/PEEDC/skills-and-techniques</a>
Skill development – training articles	This webpage contains links to a range of different articles all related to aspects of skill development and training	<a href="https://www.brianmac.co.uk/articles/tindexski.htm">https://www.brianmac.co.uk/articles/tindexski.htm</a>
Transforming play – teaching tactics and game sense	This book teaches the general tactics, team formations and gross motor skills needed for a range of attack and defence/invasion games	<a href="http://www.amazon.co.uk/Transforming-Play-Teaching-Tactics-Sense/dp/0736075186/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1431337152&amp;sr=1-1">http://www.amazon.co.uk/Transforming-Play-Teaching-Tactics-Sense/dp/0736075186/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1431337152&amp;sr=1-1</a>
Tactics and strategy video clips	This is a Netball specific clip but YouTube contains useful video clips concerning tactics and strategies for most sports.	<a href="http://www.youtube.com/watch?v=WvRNenTQ9rk">http://www.youtube.com/watch?v=WvRNenTQ9rk</a>
The Sports Rules Book	This book includes the rules, terms and procedures for 54 different sports – from alpine skiing to wrestling!	<a href="https://www.amazon.co.uk/The-Sports-Rules-Book-Procedures/dp/0736076328/ref=dp_ob_image_bk">https://www.amazon.co.uk/The-Sports-Rules-Book-Procedures/dp/0736076328/ref=dp_ob_image_bk</a>
Sporting rules and regulations	This website gives the rules, court/field/pitch dimensions and markings and history of a range of sports.	<a href="https://sportsknowhow.com/">https://sportsknowhow.com/</a>
How to officiate	The BBC sport website has a wealth of information including for a range of different sports including: how to be an official, rules and laws of the game, equipment, video clips of performers and much more.	<a href="http://news.bbc.co.uk/sport1/hi/football/rules_and_equipment/default.stm#atozlist">http://news.bbc.co.uk/sport1/hi/football/rules_and_equipment/default.stm#atozlist</a>
Basketball skills and drills	This easy to use pack contains lots of basketball specific skills and rills for learners to use.	<a href="https://www.cne-siar.gov.uk/media/5256/basketballgameskillsdrills.pdf">https://www.cne-siar.gov.uk/media/5256/basketballgameskillsdrills.pdf</a>
Sports drills and practices	This website has tens of thousands of drills, practices and session plans across a range of different sports	<a href="http://www.sportplan.net/">http://www.sportplan.net/</a>