

SPORT APPRECIATION

Project

Skills section



Use the Commonwealth Games as inspiration to discover a new sport and learn all about it.

This activity focuses on creating a research project on a particular sport or discipline of sports. You can use books, websites, podcasts, documentaries and films to help with your research.

Below is a 13-week template to guide you through a programme to learn more about a sport for your Skills section. You don't have to follow it exactly – use it as a starting point to develop your own ideas. If you choose this as your longer section, you'll have to adapt it to fit the timescale.

Remember, if you are physically taking part in this sport it should be used for your Physical activity. For your Skills activity, you should be learning the history, theory and background of a chosen sport but not taking part.

Suggestions for evidence

- Film
- Photographs
- Written report



**YOUTH
WITHOUT
LIMITS**



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Programme plan

If you are struggling to structure your project, you could follow the weekly plans below. You might spend more time on a particular aspect – that's fine – it's your project!

Week no.	Suggested activity
Week 1	Meet with your Assessor to discuss the sport(s) you want to learn more about, agree your goals, plan and how you are going to evidence your project (film / photos / written report).
Week 2	Create the introduction to your project. <ul style="list-style-type: none">■ Explain what sport(s) you are going to be researching.■ Why are you interested in learning about this sport(s)?■ What do you hope to have learnt by the end of your programme?
Week 3	Research the history of the sport(s) and record your findings. <ul style="list-style-type: none">■ Where/when did it originate?■ Has it changed since it first started?
Week 4	Research the rules and scoring system of your chosen sport(s). You could create a diagram that explains the rules, that you could use to show your Assessor.
Week 5	Research how the sport(s) is/are inclusive and equal. <ul style="list-style-type: none">■ Are there parasport versions? How is the sport adapted to people who may have disabilities?■ Are there different versions for men/women?
Week 6	Check in with your Assessor to update them on your project. What have you found interesting so far?
Week 7	Research the equipment/facilities needed for your chosen sport(s). Have these changed over time?
Week 8	Research how the sport(s) may have evolved over the years. <ul style="list-style-type: none">■ Has technology been introduced to enhance the sport?■ Have advancements in technology meant that the equipment is now different?
Week 9	Find a notable person involved with the sport(s) and create a biographic report on them, their involvement, their successes and failures.
Week 10	Look into where the sport is played now. Are there opportunities for the sport in your local area?
Week 11	Find a video of your sport online, or if you can watch locally you could go in person. Write a report on the event. <ul style="list-style-type: none">■ Who played/raced/took part? In team sports, who played against each other?■ What was the score/who won?■ Were there any interesting moves or tactics used?
Week 12	Research the competitions that this sport features in: <ul style="list-style-type: none">■ Local competitions? National competitions? International competitions?■ Are there any differences between the different competitions or leagues?
Week 13	Finish up any sections that need any extra work and write up the conclusion of your project.