



Sports clothing

- Sports kit
- Waterproof clothing
- Training clothing
- Bibs



Different types of footwear

- Football and rugby - studded boots
- Track running - spiked shoes
- Cycling - cleat shoes



Sport specific examples

- American football - Helmet, shoulder pads, gum shield
- Rugby - Studded boots, gum shield, scrum cap
- Swimming - kickboard, swim cap, goggles, fins, pull buoy

Sports kit

- Sense of identity
- Team cohesion
- Easily identifiable within a game



Protective Vs Performance

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

Safety equipment

- Rugby post pads
- First aid kit
- Trampolining end decks
- Defibrillator



Protective equipment

- Football shin pads
- Gum shield
- Shoulder pads
- Helmet
- Harness
- Goggles



Performance equipment

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

ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following tasks:

- Knowledge test on the Different types of sports clothing and equipment listed above (20 multiple choice questions =40%) and an Extended Question on application of skills (12 marks =60%)



Subject: Spring 1 Year 10 TECH Sport

Topic: LAB Equipment for disabled individuals



Disability sports

- Wheelchair Basketball
- Wheelchair Rugby
- Boccia
- Goal ball
- Sitting volleyball



How are these sports different?

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

Specialised equipment

We need to create specialised equipment in order to:

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

Wheelchair Basketball

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

Goalball

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

Amputee Sprinter

- Running with a prostheses
- Running blades



Tennis wheelchair

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



ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following tasks:

- Knowledge test on the Different types of equipment for disabled individuals in sport above (20 multiple choice questions =40%) and an Extended Question on application of skills (12 marks =60%)

