

## Step up work – BTEC Sport Level 3- Practical sport unit 7

For your Practical sport unit (Which will run throughout the year) you need to show knowledge and understanding of the rules and regulations of two sports.

One of the sports we will study throughout the year is Badminton.

For your step up work you will therefore be required to complete task 1 of the unit which will look into the Rules and regulations of two sports.

You should therefore create a report for the sport detailing the rules and regulations required in each sport, and how participants in these sports abide by the rules in game situations.

You therefore need to: - Discuss at least 12 rules from the sport, assess them, discuss why they are important, and link to a sports performer, including how they abide by the rules, or how they adapt their game to gain an advantage in relation to the rules of the game (E.g. Planning where to stand to receive a serve in order to force an opponent into a decision).

For a PASS you must assess the rules and regulations. E.g. *If the shuttle lands in front of the .....line during a serve, the umpire will call out, and the point will be awarded to.....*

For a MERIT you must summarise the rules and regulations (More detail, explain why the rules are important.) E.g. *If the shuttle lands in front of the .....line during a serve, the umpire will call out, and the point will be awarded to..... This occurs when the serve is too short. A player must therefore ensure that when they carry out a short serve, that it is still long enough to cross this line.*

For a DISTINCTION you must examine the rules and regulations. (Link to sports performer, lots of detail, cover all relevant rules. E.g. *If the shuttle lands in front of the .....line during a serve, the umpire will call out, and the point will be awarded to..... This occurs when the serve is too short. A player must therefore ensure that when they carry out a short serve, that it is still long enough to cross this line. Tactically, a player can use this to their advantage when receiving a serve. If the opponent is struggling with the short serve, you could position yourself further back in the court in order to encourage a short serve, and hopefully an error.*

### Useful links

<https://www.badmintonengland.co.uk/about-us/we-are-badminton-england/>