



RAINFORD
HIGH



Year 9 PE Knowledge Organiser Team Games

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

The Importance of Rules in Sports.

Rules provide an **agreement of understanding to competition**. In sports, rules define what is allowed or not allowed to occur during situations on and off the court. Rules govern anything from wearing proper uniforms to how to keep score during games of different levels of competition
<https://www.livestrong.com/article/485675-the-importance-of-rules-in-sports/>

All sports have rules. In fact, it is the rules of a sport that define that sport. They also make sure fair competition can take place. **The purposes of rules are to:**

1. Give structure to the sport.
2. Enable sports to be played smoothly/fairly
3. Ensure the safety of the participants.

The **primary rules** define the structure of the activity; the size or shape of the area, the number of participants, the type of equipment required and the objective of the activity. The **secondary rules** ensure that the activity is safe and fair for the participants involved.

They include rules like offside in football, no tackling around the neck and head in rugby and the boat on a port tack giving way to a boat on a starboard tack in sailing.

There are also unofficial rules in which nothing is written down, but they are an accepted way of behaving. This is sometimes called **etiquette** and includes such things as shaking hands with an opponent after a game, acknowledging a good shot or apologising for a poor, winning shot.

Team Games

Strategies and Tactics

A tactic is a game plan made before the start of the game to play against your opponent's weaknesses and to your own strengths.

Here is a tactic in a game of badminton:

i played an overhead clear to the back of the court, my opponent did not expect this and did not get to the back of the court quick enough, therefor returned a weak shot, I went to the net so I was able to lunge there and smash to the back lines of the court.



Find skills and drills for your team games here :- www.sportplan.com

To sign into your Sportplan student centre account :-

Username:- rhtc

Password:- sportplan

Once logged on you will be asked to set up a session profile (name and memorable phrase). This profile will allow you to find your saved items when you next log in.



For the skills rules and regulations for your sport visit the National Governing Bodies Website

Eg. Football :- www.thefa.com

Rugby League:- www.rugby-league.com

Netball:- www.englandnetball.co.uk

