

Football

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What checks on a player might a referee do prior to the start of a football match?
- For what offences might a referee award a yellow card to a player?
- Why might a 'drop ball' happen in a game?
- Can you briefly explain offside?
- What does it mean when a defender 'jockeys' a forward?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player controlling the ball. What are the key aspects of controlling a ball successfully? Is there anything they could do better?
- Observe a player passing the ball. What are the key aspects of passing the ball successfully? Is there anything they could do better?
- If the player was to pass the ball over a longer distance what might they have to change in their technique?

EVALUATE PERFORMANCE

- As a (position) player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player in the premier league is the best in your position and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If your team were due to play another team who had a really strong midfield, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve passing?
- What practices might you set up in training sessions to improve shooting?
- What components of fitness would you work on through the season to help develop your playing capabilities?
- If you were planning a pre season training program what would it mainly focus on and why?



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RULES, REGULATIONS & TERMINOLOGY

- What checks on a player might a referee do prior to the start of a rugby match?
- For what offences might a referee put a player in the 'sin bin'?
- Why might a 'line out' be deemed incorrect by a referee?
- Can you briefly explain offside?
- What does it mean when a player 'spear tackles' a opponent?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player passing the ball. What are the key aspects of passing the ball successfully? Is there anything they could do better?
- Observe a player running with the ball. What are the key aspects of running with the ball successfully? Is there anything they could do better?
- If the player was to pass the ball over a longer distance what might they have to change in their technique?

EVALUATE PERFROMANCE

- As a (position) player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player in world rugby is the best in your position and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If your team to were due to play another team who were really strong in the pack/forwards, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve passing?
- What components of fitness could be developed further to improve your own playing capabilities?
- If you were planning a pre season training program what would it mainly focus on and why?



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RULES, REGULATIONS & TERMINOLOGY

- What checks on a player might a referee do prior to the start of a netball match?
- How does a game of Netball start?
- Why might an umpire award a 'free pass'?
- Can you briefly explain the footwork rule?
- How can a player be offside in Netball and can you give me an example?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player shooting the ball. What are the key aspects of shooting successfully? Is there anything they could do better?
- Observe a player passing the ball. What are the key aspects of passing the ball successfully? Is there anything they could do better?
- If the player was to pass the ball over a longer distance what might they have to change in their technique?

EVALUATE PERFORMANCE

- As a (position) player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player in the super league is the best in your position and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If your team were due to play another team who were, player for player taller than your team, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve passing?
- What practices might you set up in training sessions to improve defending?
- Which components of fitness would you work on during the season to help improve your playing capabilities?
- If you were planning a pre season training program what would it mainly focus on and why?



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RULES, REGULATIONS & TERMINOLOGY

- What different forms of international cricket are played?
- What is the difference between a leg spinner and an off spinner?
- Why might an umpire call a 'no ball'?
- Can you briefly explain the lbw rule?
- What is meant by a 'power player'?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player fielding the ball. What are the key aspects of fielding the ball successfully? Is there anything they could do better?
- Observe a player playing a fwd defensive shot. What are the key aspects of playing this shot successfully? Is there anything they could do better?
- If the player was to play an off drive instead, what would have to change in their technique?

EVALUATE PERFROMANCE

- As a (position) player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player in international cricket is the best in your position and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If your team were due to play another team who had a very strong pace attack, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve fielding?
- What practices might you set up in training sessions to improve playing short pitched balls?
- What components of fitness could you work on during the season to improve your playing capabilities?
- If you were planning a pre season training program what would it mainly focus on and why?

Boxing

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What checks on a boxer might a referee do prior to the start of a fight?
- What is meant by a 'southpore' and can you demonstrate?
- Why might a referee make a 'standing count'?
- Can you briefly explain the difference in professional and amateur boxing?
- Why might a boxer be docked points in a boxing match?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a boxer jabbing the pads. What are the key aspects of a good jab? Is there anything they could do better?
- Observe a boxer upper cutting the pads. What are the key aspects of a good upper cut? Is there anything they could do better?
- If the boxer was behind on points going into the last round, what might they have to change in their performance/technique?

EVALUATE PERFORMANCE

- As a boxer what are your main strengths and why are these strengths?
- What are the areas of your performance that you need to improve and why?
- Which pro/amateur boxer has a similar style to your own and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were due to fight an opponent that had a much longer reach than you, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve your footwork?
- If you were planning a pre fight training program what would it mainly focus on and why?

Swimming

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What would happen to a swimmer if they false started in a race?
- Why else might a swimmer be disqualified?
- What is an individual medley?
- How does a swimming race start?
- What is 'tri lateral' breathing and why is effective in racing? Is there a time when you may switch to 'bi lateral' breathing?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a swimmer tumble turning. What are the key aspects of a tumble turn? Is there anything they could do better?
- Observe a swimmers front crawl technique. What are the key aspects of a good front crawl? Is there anything they could do better?
- If the swimmer needed to sprint finish, what aspects of their technique would they need to change?

EVALUATE PERFORMANCE

- As a swimmer what are your main strengths and why are these strengths?
- What are the areas of your swimming that you need to improve and why?
- Which swimmer do you most admire for their abilities and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were swim against someone in an IM who had a far greater backstroke than you, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve sprint finish?
- What practices might you set up in training sessions to improve your tumble turns?
- If you were planning a pre season training program what would it mainly focus on and why?



Athletics - Sprinting



EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What would happen to a sprinter if they false started in a race?
- Why else might a sprinter be disqualified?
- What is a relay race and how does it work?
- What is meant by a good bend runner.

OBSERVATION & ANALYSE PERFORMANCE

- Observe a sprinter starting. What are the key aspects of a start? Is there anything they could do better?
- Observe a sprinter's technique. What are the key aspects of a good sprinting technique? Is there anything they could do better?

EVALUATE PERFORMANCE

- As a sprinter what are your main strengths and why are these strengths?
- What are the areas of your sprinting that you need to improve and why?
- Which sprinter do you most admire for their abilities and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were run in a 200m race and you were against a sprinter with a much faster start and bend phase than you how would you combat this?
- What practices might you set up in training sessions to improve your finish?
- What practices might you set up in training sessions to improve your starts?
- If you were planning a pre season training program what would it mainly focus on and why?



Athletics - Javelin



EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- How would a throw be classed as a foul?
- What do I mean if I asked what a 'V' grip was in the javelin?
- What are the rules concerning the 'make-up' of the javelin itself?

OBSERVATION & ANALYSE PERFORMANCE

- Observe an athlete throwing. What are the key aspects of the run up? Is there anything they could do better?
- Observe an athletes throwing technique. What are the key aspects of a good throwing technique? Is there anything they could do better?

EVALUATE PERFROMANCE

- As a sprinter what are your main strengths as a javelin thrower and why are these strengths?
- What are the areas of your javelin that you need to improve and why?
- Which athlete (thrower) do/did you most admire for their abilities and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were to compete in the qualifying rounds and then the final of a major championships in the javelin, what tactics could you employ?
- What practices might you set up in training sessions to improve your run up?
- What practices might you set up in training sessions to improve your throw?
- What training methods would you use during an athletics season to keep you at your best for this event?



Athletics - Long Jump



EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- How would a jump be classed as a foul?
- Commentators refer to the plasticine, what do they mean?
- What are the rules as far as a legal jump is concerned?

OBSERVATION & ANALYSE PERFORMANCE

- Observe an athlete long jumping. What are the key aspects of the run up? Is there anything they could do better?
- Observe an athlete's jumping technique. What are the key aspects of a good jumping technique? Is there anything they could do better?

EVALUATE PERFORMANCE

- As a long jumper what are your main strengths and why are these strengths?
- What are the areas of your overall long jumping that you need to improve and why?
- Which athlete (long jumper) do/did you most admire for their abilities and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were to compete in the qualifying rounds and then the final of a major championships in the long jump, what tactics could you employ?
- What practices might you set up in training sessions to improve your run up?
- What practices might you set up in training sessions to improve your jump?
- What training methods would you use during an athletics season to keep you at your best for this event?

Dance

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What is meant by the word 'motif' in dance?
- Dance is an 'aesthetic' sport what does that mean?
- How does the scoring system work in dance competitions, what areas are judged?
- Name 3 dance moves and explain them.

OBSERVATION & ANALYSE PERFORMANCE

- Observe a dancer (dance move). What are the key aspects of this move?
Is there anything they could do better?
- Observe a dancer (dance move). What are the key aspects of this move?
Is there anything they could do better?

EVALUATE PERFORMANCE

- As a dancer what are your main strengths and why are these strengths?
- What are the areas of your dancing that you need to improve and why?
- Which dancer do you particularly admire and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were in a dancing competition against someone whose routine was technically harder than yours, what strategies and tactics might you use?
- What might you set up in training sessions to improve your leaping?
- What might you set up in training sessions to improve posture?
- If you were planning training program prior to a major dance competition what would it mainly focus on and why?



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RULES, REGULATIONS & TERMINOLOGY

- What checks on a players' bag might a golf referee make before the start of a round?
- For what offences might a player be disqualified from a competition?
- Why might a player get a free drop during a round?
- Can you briefly explain a 'draw' and a 'fade'?
- What does it mean if a player is a 'scratch' golfer?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player driving the ball. What are the key aspects of driving a ball successfully? Is there anything they could do better?
- Observe a player putting the ball. What are the key aspects of putting the ball successfully? Is there anything they could do better?
- If the player was to 'lay up' on his drive, what might he have to change in his technique

EVALUATE PERFROMANCE

- As a mid handicap golfer what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which golfer do you most aspire to, and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were to play in a pairs fourball competition and your partner was known to be quite inconsistent off the tee what strategies and tactics might you use?
- What practices might you set up in training sessions to improve your distance off the tee?
- If you were planning a pre season fitness training program what would it mainly focus on and why?

Table Tennis

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What checks on a player might an umpire do prior to the start of a match?
- Why might a 'let' happen in a game?
- Can you briefly explain the 'expedite system'?
- What is a legal serve?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player serving the ball. What are the key aspects of serving successfully? Is there anything they could do better?
- Observe a player playing a backhand topspin. What are the key aspects of playing this shot successfully? Is there anything they could do better?
- If the player was to play a drive/smash instead, what might they have to change in their technique?

EVALUATE PERFORMANCE

- As a table tennis player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player at your club/at top level do you admire the most and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were due to play another player who had a really strong serve, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve your general play?
- What practices might you set up in training sessions to improve your smash shots?
- If you were planning training program what components would it focus on and why?



Mountain Biking

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What is being checked when you carry out an 'M' check on your bike?
- What is a power assisted front wheel lift?
- What do the rules state that you must wear in downhill MTB racing?
- What is a 'four cross' race?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a biker cornering at speed. What are the key aspects of doing this successfully? Is there anything they could do better?
- Observe a biker climbing a steep hill. What are the key aspects of doing this successfully? Is there anything they could do better?
- If the terrain was to suddenly drop into a steep downhill, what changes should the biker make to his body position?

EVALUATE PERFORMANCE

- As a MTB what are your main strengths and why are these strengths?
- What are the areas of your MTB that you need to improve and why?
- Which MTB at your club/at top level do you admire the most and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were in a 'four cross' race and the track was very narrow after the first 50metres what tactics would you plan before the race?
- What practices could you set up in training to try and help this plan?
- If you were racing against someone who has a really strong finish what strategies would you put in place to try and negate this?
- If you were planning a pre season training program what components would it focus on and why?

Trampolining

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What are the safety rules for a participant?
- What are the recommended roof heights for recreational and competition trampolining?
- What is the name given to a seat drop, half twist to seat drop?
- What are the judges looking for when marking?

OBSERVATION & ANALYSE PERFORMANCE

- Observe the trampolinist on the video. Is there anything they could do better?
- Observe the front drop, what are they doing well? Is there anything they could do better?
- If you were teaching the front drop to a novice, what progressions would you use and why?

EVALUATE PERFORMANCE

- What are your main strengths in trampolining and why are these strengths?
- What are the areas of your trampolining that you need to improve and why?
- Which trampolinist at your club/at top level do you admire the most and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- When designing a routine what do you take into account and why?
- What practices could you set up in training to try and help with a new routine?
- What components of fitness are most relevant to trampolining and why?
- If you were planning training program what exercises would you put in it and why?



Gymnastics

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What are the safety rules for a participant?
- What events do women gymnasts take part in during an all-round competition?
- Can you describe what a backwards walkover is?
- What are the judges looking for when marking?

OBSERVATION & ANALYSE PERFORMANCE

- Observe the gymnastics on the video. Is there anything they could do better during the floor routine?
- Isolate one particular aspect of the routing. What do they do well and what could they improve on?
- If you were teaching an arabesque into a forward roll, how would you do it and what are the key teaching points?

EVALUATE PERFORMANCE

- What are your main strengths in gymnastics and why are these strengths?
- What are the areas of gymnastics that you need to improve and why?
- Which gymnast at your club/at top level do you admire the most and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- When designing a floor routine what do you take into account and why?
- Do you use any specific tactics when deciding on what vault/beam/bars/floor routine you are about to do?
- What components of fitness are most relevant to gymnastics and why?
- If you were planning training program what exercises would you put in it and why?

Horse Riding

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What are the safety rules for a participant in cross country?
- Explain the fault system in show jumping competitions
- How many ways can you be eliminated in show jumping.
- Can you explain three different types of bridles and why they may be used.

OBSERVATION & ANALYSE PERFORMANCE

- Observe the horse riding on the video clip. Isolate one particular aspect of the riding. What do they do well and what could they improve on?
- If you were teaching jumping to a new rider, how would you do it and what are the key teaching points?

EVALUATE PERFORMANCE

- What are your main strengths as a horse rider and why are these strengths?
- What are the areas (in terms of skill/health related fitness) that you need to improve and why?
- Which rider at your club/at top level do you admire the most and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- Describe what you would do before competing in a show jumping event or cross country event, what tactics or strategies would you be trying to use.
- Describe the two most effective methods of training riders in your sport and why are they the most effective.
- If you were to devise a 6 week plan to improve your performance in show jumping or cross country which Principles of training would you include, and why?



EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What checks on a player might a referee do prior to the start of a dodgeball match?
- For what offences might a player be judged to be out in dodgeball?
- How does a dodgeball game start?
- Can you briefly what the 'dead zone' is?
- What does it mean when someone is used as a 'blocker' for his teammates?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player throwing the ball. What are the key aspects of throwing the ball successfully? Is there anything they could do better?
- Observe a player blocking the ball. What are the key aspects of blocking the ball successfully? Is there anything they could do better?
- If the player was try to throw the ball with a lot more power what might they have to change in their technique?

EVALUATE PERFROMANCE

- As a dodgeball player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player in the GCSE group would you see as the best player and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If your team to were due to play another team who were renound for being a really strong team what strategies and tactics might you use?
- What practices might you set up in training sessions to improve dodging?
- What practices might you set up in training sessions to improve blocking?
- What components of fitness would you work on through the season to help develop your playing capabilities
- If you were planning a pre season training program what would it mainly focus on and why?



EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What checks on a fighter might a referee do prior to the start of a fight?
- What is the literal meaning of taekwando?
- What is the points system in a match and how is the fight won?
- Can you give a few phrases used in TKD and explain what they mean?
- Why might a referee deduct points in a fight?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a fighter kicking. What are the key aspects of a good kick? Is there anything they could do better?
- Observe a fighter blocking/defending? What are they doing well? Is there anything they could do better?

EVALUATE PERFORMANCE

- As a fighter what are your main strengths and why are these strengths?
- What are the areas of your performance that you need to improve and why?
- Which pro/amateur fighter do you most admire and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were due to fight an opponent that had a much longer reach than you, what strategies and tactics might you use?
- What practices might you set up in training sessions to improve your footwork?
- If you were planning a pre fight training program what would it mainly focus on and why?



EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What checks might an official make before the start of a match?
- What is the law regarding how you strike the shuttle for a serve?
- What is the difference between serving in singles and doubles in badminton?
- Why might an umpire call a 'let' in badminton?

OBSERVATION & ANALYSE PERFORMANCE

- Observe a player smashing a shuttle, what are they doing well, and what are the key components of the smash?
- What would a player have to change in their technique to perform an overhead drop shot from the same position on the court?
- Observe the doubles match for a minute or so, highlight a particular player and tell me what they could do to improve their performance.

EVALUATE PERFORMANCE

- As a badminton player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player at your club/at top level do you admire the most and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were due to play in a doubles competition what type of strategies could you put in place when playing a pair that were technically better than you?
- What practices might you set up in training sessions to improve your serve?
- What practices might you set up in training sessions to improve your net play?
- If you were planning a training program what components would it focus on and why?

Tennis

EACH SECTION IS MARKED OUT OF 4

RULES, REGULATIONS & TERMINOLOGY

- What checks might an official make before the start of a match?
- How does the points system work in tennis?
- What is the difference between serving in singles and doubles in tennis?
- Why might an umpire call a 'second service or first service' in badminton?

OBSERVATION & ANALYSE PERFORMANCE

- Watch the player in the dvd clip move from a forehand drive to the forehand volley, what has he had to change in his technique to play this shot?
- Observe a player serving the ball, what are they doing well, and what are the key components of the serve?
- Is there anything he could improve on in his serve?

EVALUATE PERFORMANCE

- As a tennis player what are your main strengths and why are these strengths?
- What are the areas of your game that you need to improve and why?
- Which player at your club/at top level do you admire the most and what are their main strengths?

PLAN STRATEGIES, TACTICS AND PRACTICES

- If you were due to play in a doubles competition what type of strategies could you put in place when playing a pair that were technically better than you?
- What practices might you set up in training sessions to improve your serve?
- What practices might you set up in training sessions to improve your net play?
- If you were planning training program what components would it focus on and why?

<http://www.youtube.com/watch?v=dJcC-Ollg3A> Football

<http://www.youtube.com/watch?v=TCt2XB9bWvo> Netball passing

<http://www.youtube.com/watch?v=wGUXLyYXvzU&list=PL28B3ECC3E4F4BDF3> Netball shooting

http://www.youtube.com/watch?v=9s0_52tlkME Cricket fielding

<http://www.youtube.com/watch?v=uccKtWj2iaw> Cricket batting

<http://www.youtube.com/watch?v=Mr9Jz7VMYWY> Swimming turn

<http://www.youtube.com/watch?v=-EYP3g1f06c> Swimming strokes

<https://www.youtube.com/watch?v=mltjDFnqFZO> Dance

<http://www.youtube.com/watch?v=TOSsbIPbMmk> Boxing jab

<http://www.youtube.com/watch?v=nyFrfrNGPIHc> Boxing uppercut

<http://www.youtube.com/watch?v=qVyFi0uI5sA> Golf drive

<http://www.youtube.com/watch?v=tIUozvU-nx4> Golf putting

<http://www.youtube.com/watch?v=3inKrRCDiCY> TT backhand topspin

<http://www.youtube.com/watch?v=d0I6NbcIFjw> TT serve

<http://www.youtube.com/watch?v=sBm2pQsdUoQ> Rugby pass

<http://www.youtube.com/watch?v=V2pR0ryqxdc> Rugby running

http://www.youtube.com/watch?v=_om5YdAwmH4 MTB cornering

<http://www.youtube.com/watch?v=WkS8nzvqfPA> MTB climbing

<http://www.youtube.com/watch?v=TB-vjImOmCU> Trampolining

<http://www.youtube.com/watch?v=e6ZeoCu-foY> Gymnastics

<https://www.youtube.com/watch?v=uzbbQYIfiwQ> Horse riding

<https://www.youtube.com/watch?v=qIwZby5lPOY> Javelin

https://www.youtube.com/watch?v=kDtCZ_bLzQI Long Jump

<https://www.youtube.com/watch?v=ATzOzXnGUq8> TKD

https://www.youtube.com/watch?v=8QIW8_PdYbw Badminton smash

https://www.youtube.com/watch?v=UEuz_jjM44I Badminton doubles

<https://www.youtube.com/watch?v=MHgtVCZcP1U> Dodgeball

<https://www.youtube.com/watch?v=vSk6qMKsCzs> Tennis