

Sports

WebQuest Description: A Sport is all forms of physical activity which, through casual or organized participation, aim to use, maintain or improve physical fitness and provide entertainment to participants. Sport may be competitive, where a winner or winners can be identified by objective means, and may require a degree of skill, especially at higher levels.

Grade Level: College / Adult

Curriculum: Health / PE

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Introduction

A Sport is all forms of physical activity which, through casual or organised participation, aim to use, maintain or improve physical fitness and provide entertainment to participants. Sport may be competitive, where a winner or winners can be identified by objective means, and may require a degree of skill, especially at higher levels. Hundreds of sports exist, including those for a single participant, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. Some non-physical activities, such as board games and card games are sometimes referred to as sports, but a sport is generally recognised as being based in physical athleticism. Sports are usually governed by a set of rules or customs. Physical events such as scoring goals or crossing a line first often define the result of a sport. However, the degree of skill and performance in some sports such as diving, dressage and figure skating is judged according to well-defined criteria. This is in contrast with other judged activities such as beauty pageants and body building, where skill does not have to be shown and the criteria are not as well defined. Records are kept and updated for most sports at the highest levels, while failures and accomplishments are widely announced in sport news. Sports are most often played just for fun or for the simple fact that people need exercise to stay in good physical condition. However, professional sport is a major source of entertainment. While practices may vary, participants in many sports are expected to display good sportsmanship, and observe standards of conduct such as being respectful of opponents and officials, and congratulating the winner after having lost.

Tasks

Sample task in ball dribbling 1. Keeping my body between obstacles and the ball as I travel and dribble (skill drill). 2. Keeping my head-up while traveling and dribbling (skill drill). 3. Dribbling against a defender in 1-on-1 games. 4. Dribbling at the appropriate time in 3-on-3 games. 5. Dribbling around the cones while in control (20)

Process

The Sports Process uses a historical/developmental approach to explore the development of sport, its international diffusion, and ongoing changes in sport around the world. Thirteen international leaders in the sociology of sport study sport beginning with the ancient world and progressing through the end of the cold war. They examine how sport development is affected by -politics, -gender roles, -nationalism, -capitalism, -class, -race conflict, and -economics. Part I, Perspectives on the Making of Modern Sports, emphasizes the need to study sports not only in one place and time, but as they change and evolve through time. The contributors contend that to understand any sport as it exists today, you must examine the social processes that transformed it from early forms of play into an organized game. Part I looks at these processes over a broad span of time, from ancient civilizations through the Victorian period. Part II examines the diffusion of modern sport from its beginnings in 18th-century England throughout the rest of the world. You'll learn about some of the factors that influenced this diffusion, both outward to other countries and downward within each country from higher to lower social levels. Part III compares sports across modern cultures. The contributors examine how major ideologies of the 20th century--capitalism, socialism, and nationalism--have affected the practice and development of sport in various countries. The Sports Process is a valuable reference for scholars and students studying the sociology of sport. The book also includes such special features as suggested research tasks, a guide to further reading, and essay suggestions which make it an excellent supplemental text for classes in sport sociology, sport history, and comparative physical culture.

Evaluation

Dribbling Self-assessment Task Sheet

Name _____

Rating
Scale: 1 2 3 4 5 6 7 8 9 10

TASKS 1-4

1-3 = I'm rarely successful. I still need to practice this skill.
 4-6 = I'm successful about half of the time. I still need to practice this skill.
 7-8 = I'm successful most of the time. I need to practice the skill in game situations.
 9-10 = I'm always successful. I need to continue practicing the skill in game situations.

TASK 5

1-3 = >60-sec I still need more practice in individual skill drills.
 4-6 = 45 to 59-sec I still need to practice in individual skill drills.
 7-8 = 30 to 44-sec I need to practice dribbling in game situations.
 9-10 = >30-sec I need to continue practicing dribbling in game situations.

Category and Score	RATE 1-3	RATE 4-6	RATE 7-8	RATE 9-10	Score
Keeping my body between obstacles and the ball as I travel and dribble (skill drill).					
Keeping my head-up while traveling and dribbling (skill drill).					
Dribbling against a defender in 1-on-1 games.					
Dribbling at the appropriate time in 3-on-3 games.					
				Total Score	

Conclusion

The Amazing Conclusion About Sports:1. The sport of choice for the urban poor is BASKETBALL.2. The sport of choice for maintenance level employees is BOWLING.3. The sport of choice for front-line workers is FOOTBALL.4. The sport of choice for supervisors is BASEBALL.5. The sport of choice for middle management is TENNIS.6. The sport of choice for corporate officers is GOLF.Amazing Conclusion:The higher you are in the corporate structure, the smaller your balls become

Teacher Page

benefits of sports for studentsSports have always been a part of people's everyday lives. Whether its playing the sport or watching it, people can always find themselves entertained while taking part in any sport activities. But sports are not just meant to keep people entertained. They can also help people in ways such as building a high self-esteem, decreasing the likelihood of obesity, and teaching us the power of teamwork. Those who can benefit most from sports are students from any age group. Whether they are in primary school or in high school, they can always find themselves improving in school and discipline when they are taking part in a sport. Sports help improve a kids self esteem because it makes them feel good that they are good at something. When coaches and parents cheer their kids on, they will feel good about themselves and will have confidence for the future. Also, when playing sports, kids will reduce the risk of obesity because they are always active. Obesity is a huge problem for kids in the United States as well as all over the world. By having parents take part in their child's life and signing them up for a sport will decrease those chances. Staying active is always the healthy way to go. Lastly, when kids play a sport, they will learn that they should not always center things on them. They have to respect their coach and teammates and do the right thing for the team. When a player only plays just to win and wants to make every shot, then his fellow teammates will be disappointed and lose respect for him. Teamwork also teaches kids to work with other people which is beneficial for the future. Even though some parents think that sports are a waste of time that will take away from school, they should at least encourage their kid to try a sport. If not then they could join a different group or club. Hopefully sports will continue to benefit kids in positive ways for years to come.

Standards

Credits

Other