SPORTS TO LEARN, SPORTS TO PLAY

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If we have what we call love life and spiritual life, I believe that each of us should also have our sports life. Being active in sports can be a part of our social life too. And there are many games that everybody can play and also enjoy!

Yes, a sport is for everybody. It can be learned or developed by practicing. But some say that it can also be a gifted talent.

By the way, How many sports do you know? One, two or none? Well reading the following may not be a great help but it can in some little ways.

BASKETBALL

This is played with five players each team. The goal is to shoot the ball at your goal. It is usually played at the gym but here in the Philippines, revised Basketball courts are made everywhere.

In amateur division it is played for 40 minutes divided into two halves. When the time is up, the team with the highest score wins.

History:

Develop by the YCMA Professor Dr. James Naismith

Things needed:

1. Ball (Basketball)  2. Ring  3. Court

Skills:
This ball game requires many skills but as beginner, the following will do:

1. Foot Movement:

   Practice to run leftward, rightward, backward, forward, and pivot.

2. Dribbling:

   a. Dribble it 20 times in your right hand where one of your feet is on front and vice versa.

   b. dribble the ball in right hand while running and vice versa

3. Passing

   Kinds:

   a. chess pass b. over hand pass c. basketball pass court

   d. bounce pass e. hand pass f. blind pass

   Kinds:

   a. set shot b. jump shot c. lay up

   d. slum dunk e. free throw f. 3 points

BADMINTON

This consists of 1 or 2 players in each court. The goal is to drive the shuttle cock to the other court passing over the net. In girls, 11 points is needed to win, and 15 points was needed by the boys.
History:

It was discovered in India and first call Poona. Years later, the name was changed to Badminton.

Things needed:

1. Racket  
2. Shuttle cock  
3. Court and net

Skills:

1. Gripping  
2. Foot movement

The knees should bend slightly while waiting for the shuttlecock.

3. Service

a. face your left shoulder on the net.

b. move your right foot forward

c. Hold the racket with your right hand and cock with your left hand.

d. Uphold the shuttle cock and drive it toward the other.

TABLE TENNIS

Played inside the gym. Consist of one or two players each.

The goal is to drive the ball passing the net.

History:

First called Gossima from England in 1890.
Things needed:

1. ball  
2. Racket  
3. Table and net

Skills:

1. Gripping

Kinds:

a. Western or handshake grip  
b. Chinese or open hand grip

2. Serving:

a. pushing  
b. side spin  
c. topspin

d. fore hand  
e. under spin  
f. back hand

3. Driving:

a. push or block  
b. top spin  
c. under spin  
d. drive spin

References:

http://basketball.episports.com/basketball-hoop-history.htm


Miram Kondric. Teaching Table Tennis (2013)