<table>
<thead>
<tr>
<th>CONTENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BALL SPORTS</td>
</tr>
<tr>
<td>FOOTBALL</td>
</tr>
<tr>
<td>8</td>
</tr>
<tr>
<td>RACKET SPORTS</td>
</tr>
<tr>
<td>TENNIS</td>
</tr>
<tr>
<td>32</td>
</tr>
<tr>
<td>ATHLETICS</td>
</tr>
<tr>
<td>SPRINGING</td>
</tr>
<tr>
<td>40</td>
</tr>
<tr>
<td>GYMNASTICS</td>
</tr>
<tr>
<td>FLOOR EXERCISES</td>
</tr>
<tr>
<td>50</td>
</tr>
<tr>
<td>WATER SPORTS</td>
</tr>
<tr>
<td>SWIMMING</td>
</tr>
<tr>
<td>56</td>
</tr>
<tr>
<td>MOTOR SPORTS</td>
</tr>
<tr>
<td>FORMULA 1</td>
</tr>
<tr>
<td>68</td>
</tr>
<tr>
<td>TARGET SPORTS</td>
</tr>
<tr>
<td>GOLF</td>
</tr>
<tr>
<td>76</td>
</tr>
<tr>
<td>COMBAT SPORTS</td>
</tr>
<tr>
<td>BOXING</td>
</tr>
<tr>
<td>86</td>
</tr>
<tr>
<td>SPORTING EVENTS</td>
</tr>
<tr>
<td>THE OLYMPIC GAMES</td>
</tr>
<tr>
<td>98</td>
</tr>
<tr>
<td>INDEX</td>
</tr>
<tr>
<td>108</td>
</tr>
</tbody>
</table>
Humans have been taking part in sport for as long as they have walked the planet. Whether competing individually or as part of a team, people have always had a desire to test themselves against one another.

And with hundreds of sports now on offer, there is something for everyone. Each is unique, demanding a wide range of different skills – some might require speed and power, others intelligence and mental strength. But there is one trait that links them all: anybody can take part.

Sport rarely discriminates; it does not care who you are, where you come from or what you have. In fact, some of the most recognisable sports stars have come from the poorest parts of the world. Pelé – the greatest footballer who ever lived – was born into extreme poverty in Brazil but lifted the World Cup as a 17-year-old, while Jamaican sprinter Usain Bolt is the fastest man on earth and has won eight Olympic gold medals despite growing up without easy access to drinking water. Even disabilities have not stopped people achieving sporting greatness. It is the ultimate level playing field, where natural talent alone is not enough. Athletes spend years trying to reach the top, honing their craft through dedication and hard work.

But it is not just about winning or being the best. Sport promotes physical well-being, teamwork and discipline. It has provided us with some of history’s most memorable moments – from opposing soldiers laying down their weapons to play a game of football on Christmas Day during World War I, to American swimmer Michael Phelps winning a record 23rd Olympic gold medal in 2014 at the age of 31.

This book is a celebration of sport and a reminder that you can take part in any of them. Ultimately, it is about playing. Just look out of your window on any given day. Your local park will be full of people doing just that and there is nothing to stop you joining the fun.

Who knows, maybe you will lift the World Cup or win an Olympic gold medal one day!
BALL

SPORTS
FOOTBALL

Football is the world’s most popular sport!

Known as ‘the beautiful game’, it is played by more than 200 million people in over 200 countries. People have been playing football since around 2 BC but the modern game was created in England when the Football Association formed in 1863. They laid down the basic rules and founded the English Football League, a competition which is still going strong today.

It requires skill, strength and fitness but can be played by anyone with a ball and a bit of space. That is why it is loved by millions! Games at the top level might be played in mega stadiums and feature some of the best-paid athletes in the world. But many of them grew up playing football on the street or in parks on Sunday mornings.

Not all pitches are the same size. A grass pitch must be a grass pitch and try to score by putting it in the opposing net. Soooooooooooooo!!!!

Future generations of footballers will be sent off. Two yellow cards equal a red. Colombian player Gerardo Bedoya holds the record for the most red cards ever received: 46!

Every four years at the World Cup, international teams battle for the world’s biggest prize. Brazil is the most successful nation, with five FIFA World Titles.

Brazilian legend Pelé was just 17 years and 249 days old when Brazil won the World Cup in 1958 – the youngest ever player to do so.

England’s top division, the Premier League, is the world’s most watched league. It formed in 1992 and has more than 4.7 billion fans today.

Teams often pay huge fees to buy players from their rivals. In 2017, French giants Paris Saint-Germain paid £198 million to buy Neymar from Spanish side Barcelona – the highest transfer fee any team has ever paid.

More than 700 million people – more than twice the population of America – tuned in to watch a heated Premier League match between Manchester United and Liverpool in 2015.

The first international match ever was played in 1872 between Scotland and England. It ended in a 0-0 draw… but marked the beginning of holy-contested rivalry that’s lasted to this day.

Football originated from old English versions of the game. These could be violent affairs – pitches were contested for 90 minutes and often saw players breaking bones to score goals.

Argentina goalkeeper Arąbeo Carrizo, uses the first to wear gloves while-goalkeeping during the 1940s.

Every four years at the World Cup, international teams battle for the world’s biggest prize. Brazil is the most successful nation, with five FIFA World Titles.

Brazilian legend Pelé was just 17 years and 249 days old when Brazil won the World Cup in 1958 – the youngest ever player to do so.

England’s top division, the Premier League, is the world’s most watched league. It formed in 1992 and has more than 4.7 billion fans today.

Teams often pay huge fees to buy players from their rivals. In 2017, French giants Paris Saint-Germain paid £198 million to buy Neymar from Spanish side Barcelona – the highest transfer fee any team has ever paid.

More than 700 million people – more than twice the population of America – tuned in to watch a heated Premier League match between Manchester United and Liverpool in 2015.

The first international match ever was played in 1872 between Scotland and England. It ended in a 0-0 draw… but marked the beginning of holy-contested rivalry that’s lasted to this day.

Football originated from old English versions of the game. These could be violent affairs – pitches were contested for 90 minutes and often saw players breaking bones to score goals.

Argentina goalkeeper Arąbeo Carrizo, uses the first to wear gloves while-goalkeeping during the 1940s.
### Baseball Facts

**America’s pastime**, one of the oldest professional sports.

- Its roots can be traced back to 18th-century England, where it probably evolved from older bat-and-ball games such as cricket, rounders and stoolball. But the USA is responsible for the way the sport is played and organised today.

**American football** is one of the oldest professional sports. The National Football League (NFL) is also the biggest competition in the world and its influence has spread to countless other regions, most notably Central and South America, and East Asia. Baseball is played by teams of nine, who take turns to bat, put out a batter and field the ball. They try to score runs by hitting the ball and then running around four bases without being caught or fielded out. Scoring like you mean it!

- One of baseball’s earliest recorded games involved members of the PRINCE OF WALES’ Regiment during World War II to be the same size and weight as a baseball. Since then, the rules have changed, and the baseball is now 6.84 to 7.14 centimetres in diameter.

- A run is scored when a batter reaches home plate. A batter is out if a **strike** is recorded three times. A strike is recorded when the batter swings and misses or if a legal pitch is caught or fielded out. Swing like you mean it!

**PITCHER**
- The pitcher throws a pitch overarm from a raised mound to the home plate. A 'strike' is when the baseball hits the catcher or hits the plate (called a 'home run') and the batter is out. If the ball is not caught or fielded out, the batter and any runners on base become a runner. If a player runs to a base and the **FOUL LINE** in foul territory before they can run to it, they are out.

**CATCHER**
- The catcher positions and catches the batter’s hand. One of the toughest jobs in baseball! The catcher positions and catches the batter’s hand. One of the toughest jobs in baseball!

**BASEBALL CAP**
- The unique style and first worn in the 1860s. The peak protects the player’s eyes from the sun.

**BATTING HELMET**
- The unique style of the batting helmet was introduced in 1903. The peak protects the player’s eyes from the sun.

**UNIFORM**
- This is much deeper than other folder gloves. A catcher’s mitt is deeper and larger than a fielder’s glove, allowing them to catch the ball over the catchers’ glove, and the direction of the pitch, from the pitcher.

**CATCHER’S GLOVE**
- No holes in the webbing hide the pitcher’s grip, and the direction of the pitch, from the batter.

**PITCHER’S GLOVE**
- A baseball is made from wool, whereas college bats are metal.

**BASEBALL CAP**
- A distinct style and first worn in the 1860s. The peak protects the player’s eyes from the sun.

**BATTING HELMET**
- The unique style of the batting helmet was introduced in 1903. The peak protects the player’s eyes from the sun.

**UNIFORM**
- This is much deeper than other folder gloves. A catcher’s mitt is deeper and larger than a fielder’s glove, allowing them to catch the ball over the catchers’ glove, and the direction of the pitch, from the batter.

**CATCHER’S GLOVE**
- No holes in the webbing hide the pitcher’s grip, and the direction of the pitch, from the batter.

**PITCHER’S GLOVE**
- A baseball is made from wool, whereas college bats are metal.
**FIELD HOCKEY**

The ancient Greeks were among the first to play hockey, back in 510 BC. It was revamped and modernised in Scotland during the 19th century and has developed into one of the fastest team sports around, often drawing comparisons with football. In fact, it is one of the fastest team sports around, often
during the 19th century and has developed into

**FACTS OF THE MATTER**

**GOALKEEPER**

**ROLE:** To stop the ball from going in goal!

**SKILLS:** Bravery and quick reflexes

**DEFENDERS**

**ROLE:** Stop the centre forward and centre half. Defenders stop opposition attacks and set up counter-attacks.

**SKILLS:** Positioning and speed

**MIDFIELDERS**

**ROLE:** Linking play between defence and attack

**SKILLS:** All-rounders. They often set the tempo.

**FORWARDS**

**ROLE:** To score goals!

**SKILLS:** Wingers are often very fast and good at crossing to the central attackers, whereas forwards are extremely fit, often travelling more than 8 kilometres in a single game.

**GOALKEEPER**

Wears equipment to protect face, legs and chest. And they need it… Hockey players are extremely fit, often travelling more than 8 kilometres in a single game.

**STICKS**

Made of wood or carbon, hockey sticks have a distinctive hooked head which players use to hit the ball.

**FIELD**

At 80 x 55-metre, players can find themselves running long distances in a game.

**GAELIC ROOTS**

An old version of field hockey, called ‘shinty’, is still played in the Scottish Highlands. The rules are closer to hurling, as players are allowed to use the two sides of their stick, and play the ball in the air, both of which are illegal in field hockey.

**SKILLS**

**LEFT HANDERS**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**POSITIONS**

**ROLE:** To stop the ball from going in goal!

**SKILLS:** Bravery and quick reflexes

**DEFENDERS**

**ROLE:** Stop the centre forward and centre half. Defenders stop opposition attacks and set up counter-attacks.

**SKILLS:** Positioning and strength

**MIDFIELDERS**

**ROLE:** Linking play between defence and attack

**SKILLS:** All-rounders. They often set the tempo.

**FORWARDS**

**ROLE:** To score goals!

**SKILLS:** Wingers are often very fast and good at crossing to the central attackers, whereas forwards are extremely fit, often travelling more than 8 kilometres in a single game.

**RIGHT WAY ROUND**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**GAELIC ROOTS**

An old version of field hockey, called ‘shinty’, is still played in the Scottish Highlands. The rules are closer to hurling, as players are allowed to use the two sides of their stick, and play the ball in the air, both of which are illegal in field hockey.

**SKILLS**

**LEFT HANDERS**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**POSITIONS**

**ROLE:** To stop the ball from going in goal!

**SKILLS:** Bravery and quick reflexes

**DEFENDERS**

**ROLE:** Stop the centre forward and centre half. Defenders stop opposition attacks and set up counter-attacks.

**SKILLS:** Positioning and strength

**MIDFIELDERS**

**ROLE:** Linking play between defence and attack

**SKILLS:** All-rounders. They often set the tempo.

**FORWARDS**

**ROLE:** To score goals!

**SKILLS:** Wingers are often very fast and good at crossing to the central attackers, whereas forwards are extremely fit, often travelling more than 8 kilometres in a single game.

**RIGHT WAY ROUND**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**GAELIC ROOTS**

An old version of field hockey, called ‘shinty’, is still played in the Scottish Highlands. The rules are closer to hurling, as players are allowed to use the two sides of their stick, and play the ball in the air, both of which are illegal in field hockey.

**SKILLS**

**LEFT HANDERS**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**POSITIONS**

**ROLE:** To stop the ball from going in goal!

**SKILLS:** Bravery and quick reflexes

**DEFENDERS**

**ROLE:** Stop the centre forward and centre half. Defenders stop opposition attacks and set up counter-attacks.

**SKILLS:** Positioning and strength

**MIDFIELDERS**

**ROLE:** Linking play between defence and attack

**SKILLS:** All-rounders. They often set the tempo.

**FORWARDS**

**ROLE:** To score goals!

**SKILLS:** Wingers are often very fast and good at crossing to the central attackers, whereas forwards are extremely fit, often travelling more than 8 kilometres in a single game.

**RIGHT WAY ROUND**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**GAELIC ROOTS**

An old version of field hockey, called ‘shinty’, is still played in the Scottish Highlands. The rules are closer to hurling, as players are allowed to use the two sides of their stick, and play the ball in the air, both of which are illegal in field hockey.

**SKILLS**

**LEFT HANDERS**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**POSITIONS**

**ROLE:** To stop the ball from going in goal!

**SKILLS:** Bravery and quick reflexes

**DEFENDERS**

**ROLE:** Stop the centre forward and centre half. Defenders stop opposition attacks and set up counter-attacks.

**SKILLS:** Positioning and strength

**MIDFIELDERS**

**ROLE:** Linking play between defence and attack

**SKILLS:** All-rounders. They often set the tempo.

**FORWARDS**

**ROLE:** To score goals!

**SKILLS:** Wingers are often very fast and good at crossing to the central attackers, whereas forwards are extremely fit, often travelling more than 8 kilometres in a single game.

**RIGHT WAY ROUND**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**GAELIC ROOTS**

An old version of field hockey, called ‘shinty’, is still played in the Scottish Highlands. The rules are closer to hurling, as players are allowed to use the two sides of their stick, and play the ball in the air, both of which are illegal in field hockey.

**SKILLS**

**LEFT HANDERS**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.

**POSITIONS**

**ROLE:** To stop the ball from going in goal!

**SKILLS:** Bravery and quick reflexes

**DEFENDERS**

**ROLE:** Stop the centre forward and centre half. Defenders stop opposition attacks and set up counter-attacks.

**SKILLS:** Positioning and strength

**MIDFIELDERS**

**ROLE:** Linking play between defence and attack

**SKILLS:** All-rounders. They often set the tempo.

**FORWARDS**

**ROLE:** To score goals!

**SKILLS:** Wingers are often very fast and good at crossing to the central attackers, whereas forwards are extremely fit, often travelling more than 8 kilometres in a single game.

**RIGHT WAY ROUND**

Hockey isn’t a game for left-handers: only right-handed hockey sticks are available – left-handed alternatives are not allowed. And if you’re a leftie and think again! Players must only use the flat side of their stick, not the rounded back side.
Wheelchair basketball is played by athletes with disabilities and is just as ferocious and thrilling as the able-bodied game. This form of basketball places great emphasis on the arms, and athletes need incredible upper-body strength to power up and down the court, as well as impeccable technique when it comes to shooting. Such is its popularity, able-bodied athletes often play the game too.

Wheelchair basketball (WHEELY GOOD) technique when it comes to shooting. and down the court, as well as impeccable incredible upper-body strength to power up emphasis on the arms, and athletes need thrilling as the able-bodied game. Wheelchair basketball is played by athletes with disabilities and is just as ferocious and WHEELY GOOD athletes often play the game too.

A game of humble beginnings, basketball is now played by more than 25 million people throughout the United States. And many more play one of its many fast-paced, end-to-end team sport. Matches are usually thrilling spectacles, with scores regularly running into the hundreds of points. Two teams of five players try and score points by bouncing the ball or passing a ball around a hard court and putting it through a hoop. The idea came from a Canadian P.E. teacher, James Naismith in 1891. He wanted to invent an indoor sport to keep his students from being bored when they could not play sports outside in bad winter weather.

While many of Naismith’s fundamental rules are still in place, over time the game has become increasingly sophisticated, quicker and more physically demanding.