

Teacher's book
First level



LET'S MOVE!

Physical Education
CLIL methodology

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STUDENT'S BOOK CONTENTS

Units	Theory	Activities	Vocabulary
1 TO START WITH... (6)	<ul style="list-style-type: none"> Skeletal system Warm-up (7-10)	1. Questions 2. Main bones 3. Warm-up stages (11-12)	Heart, legs, back, fist, ponytail, lungs, feet, tongue, hair, thigh, nose, nails. (13)
2 BASIC PHYSICAL ABILITIES (14)	<ul style="list-style-type: none"> Endurance Strength Speed Flexibility (15-18)	1. Questions 2. Daily tasks 3. Physical tests 4. Basic physical abilities (19-20)	Playground, hoops, mat, cones, wall bars, goal, bench, changing room, hurdles, gym, laces, tracksuit. (21)
3 ATHLETICS (22)	<ul style="list-style-type: none"> History Events The athletics track (23-26)	1. Questions 2. World athletics records 3. The athletics track (27-28)	Hurdle, baton, pole, chronometer, starting block, discus, javelin, hammer, water jump, lane, medal, tape, measure. (29)
4 FLOORBALL (30)	<ul style="list-style-type: none"> Concepts Basic rules Equipment Floorball rink (31-32)	1. Questions 2. True or false 3. Test your skills 4. Attitude and participation (33-34)	Team, goalkeeper, stick, board, corner, mask, goal, ball, rules, player, rink, passes. (35)
5 WOOD - RACKETS (36)	<ul style="list-style-type: none"> History Game modalities Rules Techniques (37-38)	1. Individual racket skills 2. Racket skills in pairs (39-40)	Balance, rackets, sand, grass, wood, bounce, asphalt, net, court, <i>pelota court</i> , referee, grip. (41)
6 COLPBOL (42)	<ul style="list-style-type: none"> Definition Basic rules The ball The court (43-44)	1. Rules 2. Colpbol games (45-46)	Mate, hit the ball, kickoff, colpbol ball, lines, score, half court, foul (push), hold the ball, bib, whistle, elastic band. (47)
7 ORIENTEERING (48)	<ul style="list-style-type: none"> Definition Modalities Resources Race on foot (49-50)	1. Questions 2. Crossword 3. Map and legend 4. Orienteering (51-52)	Path, map, compass, checkpoint, legend, bush, waste, meadows, first aid kit, branches, fountain, polar star. (53)
8 DRAMATIZATION (54)	<ul style="list-style-type: none"> Definition Elements Techniques (55-56)	1. Body contact activities 2. Deshinition activities 3. Dramatization (57-58)	Puppets, surprise, mime, scenery, sadness, marionets, character, happiness, novel, mask, spectator, gesture. (59)

ANSWERS UNIT 3

1

Fill in the gaps about the **contents** of the unit.

The **origin** of athletics is the same as the human *beings* because the practice of athletics is based on *natural* movements (*walking, running, jumping* and *throwing*). Then, athletics is one of the *oldest sports* that exist.

The distance between Marathon and Athena was 40 km and not *42.195* km (current distance of marathon). The origin of the *modern* distance is due to the **London Olympic Games in 1908**. In this Olympic Games Prince of Wales requested that the competition began in his *gardens*. The distance between the gardens and the finish of the *Olympic Stadium* was 42 km and 195 m.

2

Search on the Internet information about the **world athletics records** (record, year and athlete who achieve it) of the following events.

EASIER FOR TEACHER: <http://www.iaaf.org/records>

WORLD ATHLETICS RECORDS (Outdoor records) (2014)						
Events	Male			Female		
	Record	Athlete	Year	Record	Athlete	Year
100 m	<i>9.58 s</i>	<i>Usain Bolt</i>	<i>2009</i>	<i>10,49 s</i>	<i>Florence Griffith</i>	<i>1988</i>
1500 m	<i>3:26:00 s</i>	<i>Hicham El Guerrouj</i>	<i>1998</i>	<i>3:50:46</i>	<i>Yunxia Qu</i>	<i>1993</i>
Marathon	<i>2 h 02:57</i>	<i>Dennis Kimetto</i>	<i>2014</i>	<i>2 h 15:25</i>	<i>Paula Radcliffe</i>	<i>2003</i>
Javelin Throw	<i>98.48 m</i>	<i>Jan Zelezny</i>	<i>1996</i>	<i>72.28 m</i>	<i>Barbora Spotakova</i>	<i>2008</i>
Long Jump	<i>8.95 m</i>	<i>Mike Powell</i>	<i>1991</i>	<i>7.52 m</i>	<i>Galina Chystiakova</i>	<i>1988</i>
High Jump	<i>2.45 m</i>	<i>Javier Sotomayor</i>	<i>1993</i>	<i>2.09 m</i>	<i>Stefka Kostadinova</i>	<i>1987</i>
Pole Vault	<i>6.16 m</i>	<i>Renaud Lavilliene</i>	<i>1994</i>	<i>5.06 m</i>	<i>Elena Isinbaeva</i>	<i>2009</i>

3 MINI OLYMPIC GAMES

A PRACTICE AND KNOW THE EVENTS

1. Make teams of 4 people.
2. Choose a country for your team (i.e. Spain, Canada, UK...).
3. Your team has to participate in the events below. Write the individual results obtained in each event.

Country:	ATHLETICS EVENTS				
Athletes (students)	Sprint	Shot put	Long Jump	High Jump	Relay
1.					
2.					
3.					
4.					
					Time

HIGHLIGHT YOUR BEST RESULT



B COMPETITION DAY

1. Each person of the team takes part in only one event. However everybody participates in the relay event (4 athletes = team).
2. You are going to compete against other athletes (other teams).
3. The first of each event wins 12 points; the second 10 points; the third 8 points; the fourth 6 points; the fifth 4 points and the sixth 2 points.
4. At the end of the competition day...**who is the winner?**

TEST UNIT 3

Name and surname:

Course:

Date:

1. Complete the **athletics track events** as the example.

FLAT RACES			
SPRINTS	MIDDLE DISTANCE	LONG DISTANCE	RELAY
1. 100 m 2. 200 m 3. 400 m	1. 2.	1. 2. 3. 4.	1. 2.
HURDLES	RACE WALKS	ROAD RUNNING	
1. 2. 3.	1. 2.	1.	

2. Answer the following **questions** about **athletics**. Choose the correct answer: a, b or c. Only one of them is correct.

- Which was the first time that women participated in Olympic Games?
 - a) Munich - 1990
 - b) Paris - 1900
 - c) London - 1910
- What are represented in the Olympic rings?
 - a) Ring colors represent the five continents.
 - b) Ring colors represent the flags of all countries in the world.
 - c) Ring colors represent the flags of all countries in the world and there are five rings, one for each continent.
- Choose the correct answer about athletics history...
 - a) The words "athlete" and "athletics" come from Italy.
 - b) Athletics is one of the oldest sport that exist (the first Olympic Games were 776 BC).
 - c) Athletics is always practiced outdoor.

3. Write the following **historical data** in the correct sentence.

Dick Fosbury - 490 BC – Fosbury flop - 40 km – London Olympic Games

- Modern distance of marathon was established in _____.
- The modern jump technique is called _____.
- The origin of the marathon was in _____.
- The athlete who introduces a new jump technique is called _____.
- The distance between Marathon and Athena (old marathon distance) is _____.

4. Complete the **athletics field events** as the example.

JUMPING

1. High jump.
- 2.
- 3.
- 4.

THROWING

- 5.
- 6.
- 7.
- 8.

5. Fill the gaps with the correct word of the unit vocabulary.

Medal - chronometer – hurdles – starting block – lane

I am an athlete of 110 m _____. The first action to run a race is situated at the _____ correctly. When the race starts you cannot run out of your _____. The _____ records your mark at the end. If you win the race you get a gold _____.

MARK

ANSWERS TEST UNIT 3

1. Complete the **athletics track events** as the example.

FLAT RACES			
SPRINTS	MIDDLE DISTANCE	LONG DISTANCE	RELAY
1. 100 m 2. 200 m 3. 400 m	1. 800 m 2. 1500 m	1. 3000 m 2. 3000 m stee. 3. 5000 m 4. 10000 m	1. 4x100 2. 4x400
HURDLES	RACE WALKS	ROAD RUNNING	
1. 100 m (female) 2. 110 m (male) 3. 400 m (m & f)	1. 20 km (m & f) 2. 50 km (m)	1. Marathon (male and female)	

2. Answer the following **questions** about **athletics**. Choose the correct answer: a, b or c. Only one of them is correct.

- Which was the first time that women participated in Olympic Games?
 - a) Munich - 1990
 - b) Paris - 1900**
 - c) London - 1910
- What are represented in the Olympic rings?
 - a) Ring colors represent the five continents.
 - b) Ring colors represent the flags of all countries in the world.
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3. Write the following **historical data** in the correct sentence.

Dick Fosbury - 490 BC – Fosbury flop - 40 km – London Olympic Games

- Modern distance of marathon was established in *London Olympic Games*.
- The modern jump technique is called *Fosbury flop*.
- The origin of the marathon was in *490 BC*.
- The athlete who introduces a new jump technique is called *Dick Fosbury*.
- The distance between Marathon and Athena (old marathon distance) is *40 km*.

4. Complete the **athletics field events** as the example.

JUMPING

1. *High jump.*
2. *Pole Vault.*
3. *Long Jump.*
4. *Triple Jump.*

THROWING

1. *Discus*
2. *Shot put*
3. *Hammer*
4. *Javelin*

5. Fill the gaps with the correct word of the unit vocabulary.

Medal - chronometer – hurdles – starting block – lane

I am an athlete of 110 m *hurdles*. The first action to run a race is situated at the *starting block* correctly. When the race starts you cannot run out of your *lane*. The *chronometer* records your mark at the end. If you win the race you get a gold *medal*.