

Student's book

First level



LET'S MOVE!

Physical Education
CLIL methodology

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Physical Education Student's Book First Level

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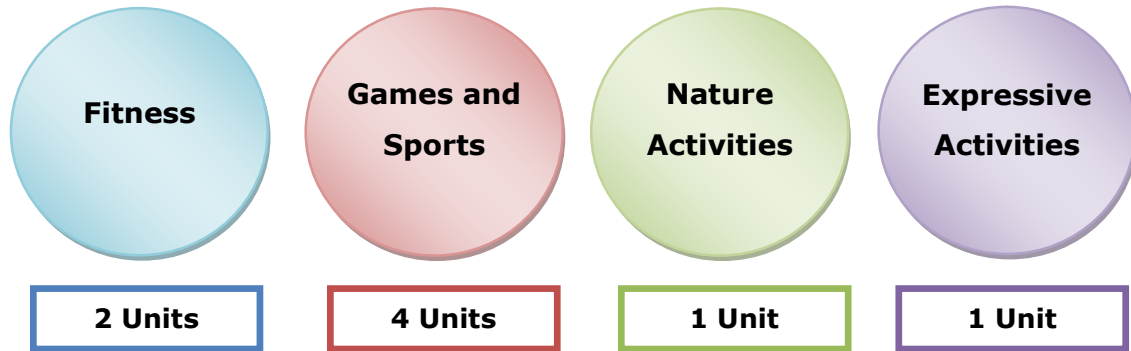
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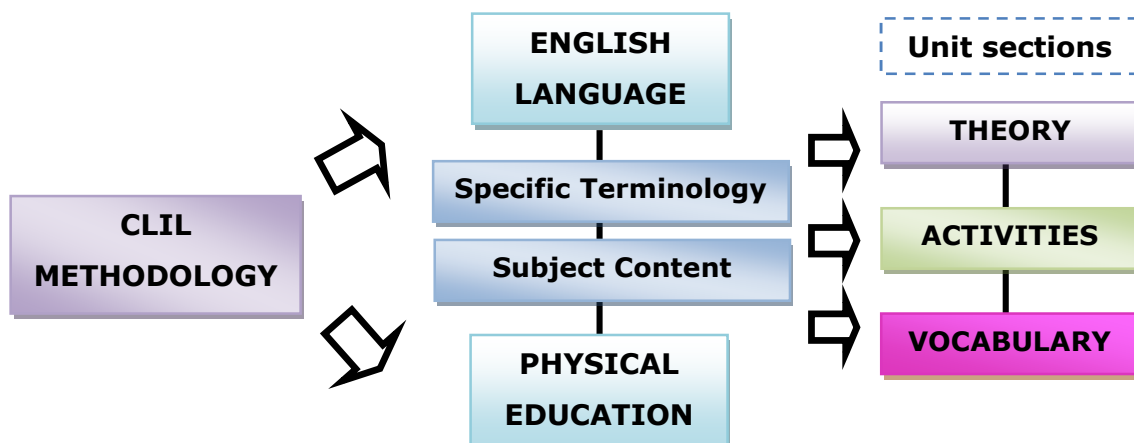
INTRODUCTION

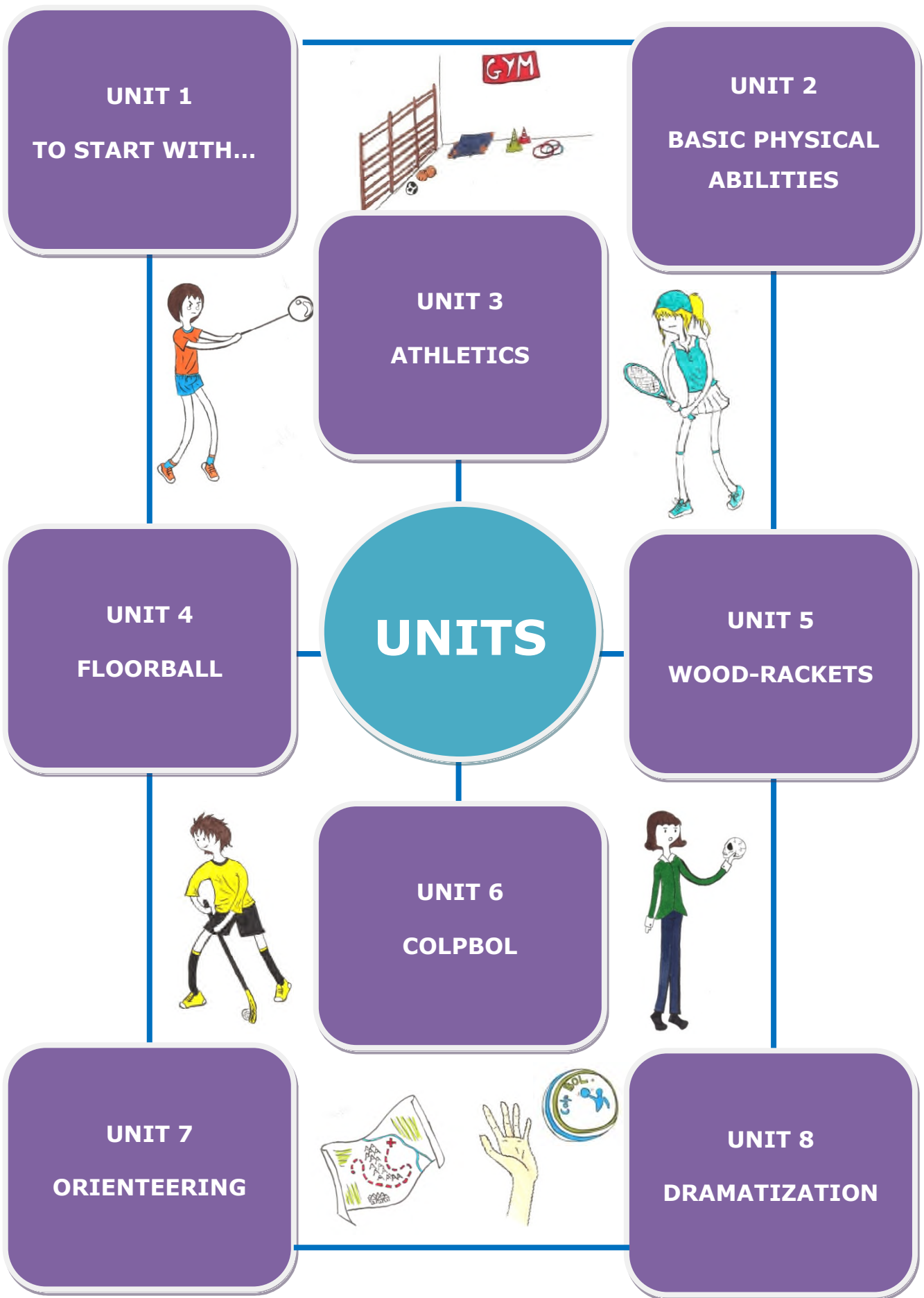
This book consists of **8 teaching units** which aim at developing the Physical Education area from different outlooks:



The structure of the book is based on **CLIL methodology** (Content and Language Integrated Learning), which establishes the learning of a foreign language (English in this case) through the own content of a common subject as Physical Education. To achieve this, there must be a special sequential structure of the units allowing the conceptual and terminological assimilation of the work done. This book is organized in **three** differentiated and interconnected **sections** to accomplish CLIL methodology: theory, activities and specific vocabulary of the unit.

Learning Process





UNIT ONE

1

TO START WITH...

- **SKELETAL SYSTEM**
- **WARM - UP**

In our time, **physical exercise** and **sport** are essential part of our life. The positive effects that **physical activity** has on our health are well-known. For example, exercise reduces high blood pressure and the incidence of obesity, some types of cancer, diabetes and bad cholesterol; it stimulates the bone formation and reduces stress, among other benefits. In addition, regarding our psychology, sport helps us confront daily problems. Then, physical exercise improves our quality of life in three dimensions: physiologic, physical and mental.



To start with is the lesson where you are going to learn some things about joints, bones and the warm-up. Are you ready?

THEORY

1. SKELETAL SYSTEM

The **skeletal system** is formed by **joints** and **bones**. The human body has 206 bones. The largest bone in the human body is the femur and the smallest bones are inside your ears. In order to have strong bones you should eat food containing calcium and vitamin D.

1.1. JOINTS

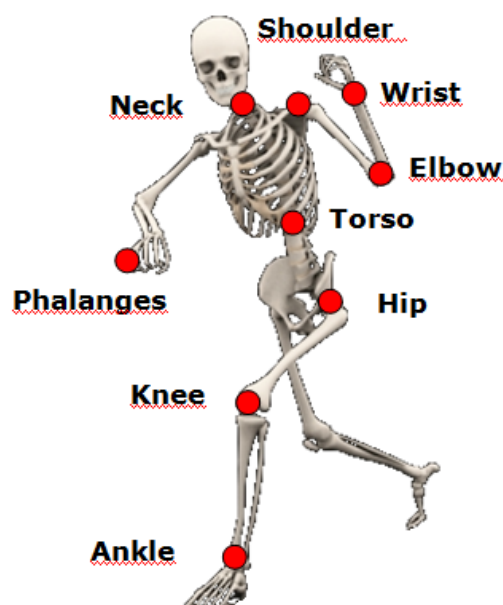
- **DEFINITION**

The term **joint** refers to the physical point of connection between two or more bones. For example, the *elbow joint* refers to the point of connection between the *humerus*, *ulna* and *radius*.



Joints also contain a variety of **fibrous connective tissue**: ligaments, tendons and cartilages.

- **MAIN JOINTS**



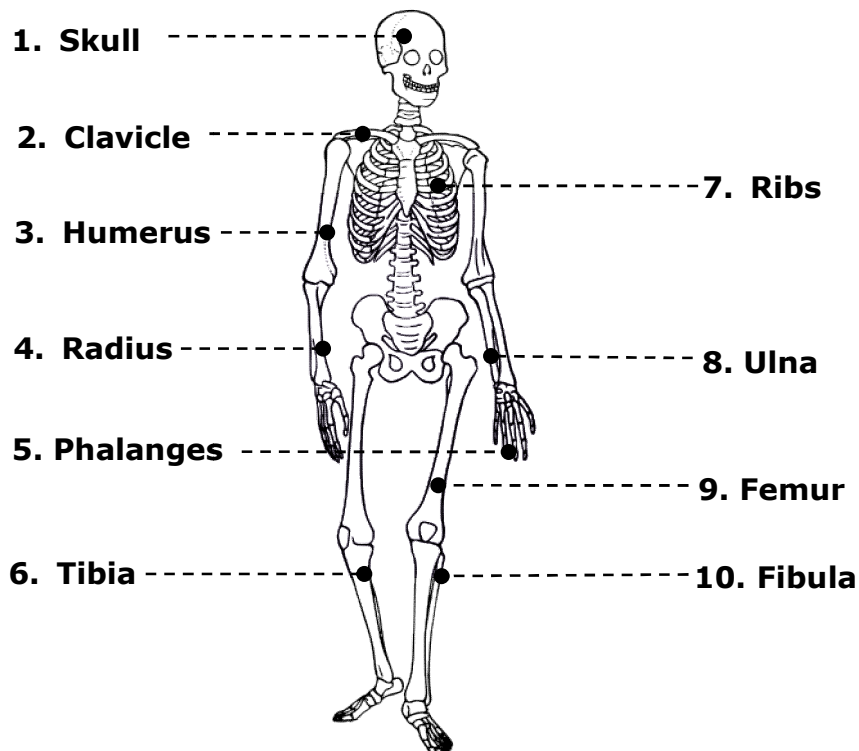
The most common joint injury in junior tennis players is located in ankle (21.9%)

1.2. BONES

- **DEFINITION**

A bone is the substance that forms the skeleton of the body. It is composed mainly of **calcium**.

- **MAIN BONES**



How can I get strong bones?

1. *To do a regular physical activity. It prevents fractures and fissures.*
2. *A good amount of Calcium and vitamin D in your daily diet.*
3. *Going out in the sun regularly produces vitamin D.*

2. WARM - UP

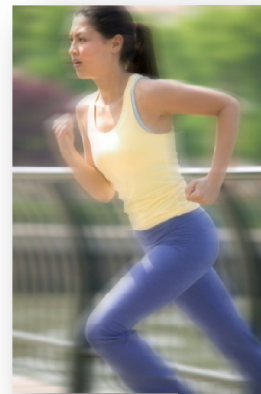
- **DEFINITION**

A group of exercises and activities to prepare your body to do a sport or physical activity.

Athletes usually do before to compete or training, because it helps them to have a better performance.

- **AIMS**

1. To prevent injuries.
2. To get psychologically ready.
3. To improve yourself.



- **CHARACTERISTICS**

1. Progressive.
2. Prepare body systems gradually: cardio-respiratory, skeletal-muscular and neuromuscular.
3. 8-10 repetitions of each exercise.
4. Follow a line: up/down.
5. 10-15 minutes (but 8 minutes in PE classes).



WARM-UP

- *It should be individualised, even though you carry it out with your classmates.*
- *If one part of your body is weaker (if you have suffered an injury) you should concentrate on it during the warm up.*

WARM-UP STAGES

1. Joint mobility stage: 3 minutes (8-10 repetitions). Mobility exercises to prepare the joints.

Examples: arm rotations, rotating the torso, circling the hips, flexion and extension of the knees, moving feet in all directions...you normally carry out 10 repetitions of each action.

2. Jogging or warm-up game stage: 6 minutes. Activities that raise the temperature, pulse and breathing to prepare the cardio-respiratory system.

Examples: walk quickly, jog smoothly, march, sidestep, crossing legs, dodging, walk in a zigzag, run moving the arms, running backwards or games as "the spider" or "catching games"... Stage 1 and 2 can be carried out together but as long as we do it in a 'progressive' way.

3. Stretching stage: 5 minutes. Maintain each static muscle stretches at least 20 seconds. You should also not feel any pain when carrying out the stretches.

There are many stretching exercises, fire up your imagination.



ACTIVITIES

1

Choose the correct answer to complete the sentences.

1. My sister plays with the hula hoop and moves constantly her **ankle/neck/hip**.
2. Before practicing exercise in PE classes you have to make a **phone call/ponytail/joke**.
3. During jogging stage you do different activities to prepare the cardio-respiratory system like crossing **back/lungs/legs**, moving arms in circles, skipping and running backwards.
4. The fibrous connective tissue (ligaments, tendons and cartilages) are inside of a **joint/bone/thigh**.
5. The teacher says that exercise reduces bad cholesterol, high blood pressure, **vitamin D/fat/hair** and have a lot of benefits for our body.

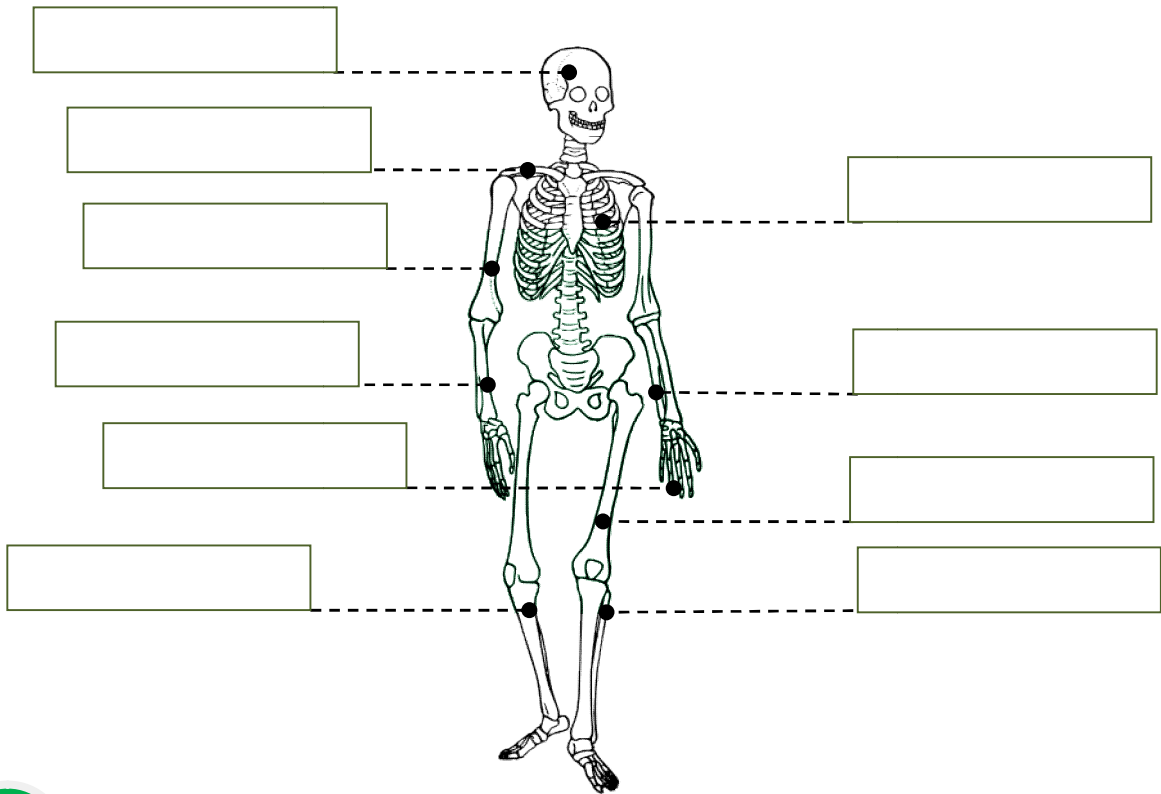
2

Complete the text with the correct form of the verbs in brackets. Use the Present Simple.

Mary and Sarah ¹..... (play) basketball and they always ²..... (warm-up) before starting a match. They ³..... (do) different exercises to move the joints. After that, they ⁴..... (run) and ⁵..... (do) stretching exercises. At the end of the warm-up they ⁶..... (shoot) a basketball. The coach ⁷..... (advise) them to warm-up properly to prevent injuries, and he also ⁸..... (say) them following an order and do it progressively. How ⁹..... you ¹⁰..... (prepare) a correct warm-up? ¹¹..... you ¹²..... (follow) all the stages? You ¹³..... (not do) forget that the warm-up is a healthy activity before starting any exercise.

3

Write the **names of the main bones** of the skeleton.



4

Design a poster with the **warm-up stages** (in groups of 3/4 people). You must do drawings of the exercises for better understanding. Take the previous information into account.

1. Joint Mobility



2. Jogging activities






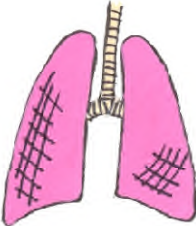








WARM-UP STAGES

3. Stretching



VOCABULARY

THE HUMAN BODY			
			
HEART	LEGS	BACK	FIST
			
PONYTAIL	LUNGS	FEET	TONGUE
			
HAIR	THIGH	NOSE	NAILS

UNIT TWO

2

BASIC PHYSICAL ABILITIES

■ ENDURANCE, STRENGTH, SPEED AND FLEXIBILITY

Physical fitness is improved by means of working the four basic physical abilities: endurance, strength, speed and flexibility. All these physical abilities take part, to a greater or lesser extent, in any movement or exercise.

A good quality of physical fitness depends on the right performance of our organic systems. If we want to develop **respiratory** and **cardiovascular systems** we have to practise endurance activities. On the other hand, the **locomotor system** (joints, bones and muscles) is developed through the strength, flexibility and speed.



This unit explains the four **basic physical abilities** (BPA) and its main characteristics and types. Try to develop each of them in your training.

THEORY

1. ENDURANCE

Regular endurance exercises improve our **cardiovascular and cardiopulmonary systems** which are formed by heart, lungs, arteries and veins. In order to develop this ability the exercises should be done during a long time and the intensity of our effort has to be low or medium. Some good examples of endurance sports are: marathon, triathlon, route cycling, long distance swimming and so on.

- **DEFINITION**

Endurance is the ability to maintain an effort for a long period of time, as well as the ability to keep on working out despite the fatigue.

- **CHARACTERISTICS**

1. Type of effort: low intensity and long duration.

2. Source of energy: fat.

3. Factors: it depends on the cardiovascular and the cardiopulmonary system and the training level.

- **ENDURANCE AND HEART RATE**



One of the most simple and convenient method to know the effort intensity is monitoring the pulse through the **heart rate** (HR), measuring the **beats per minute** (BPM) of our heart.



HOW TO MEASURE IT?

- During 15 seconds and multiply the result by 4.
- Use your middle and your index fingers (not your thumb, it has got its own pulse).
- Zones: neck, heart and wrist.