

Student's book
First level



LET'S MOVE!

Physical Education
CLIL methodology

Ana María MONTANER SESMERO
Carlos MONTANER SESMERO

LET'S MOVE!

Physical Education Student's Book First Level

Ana María Montaner Sesmero

Carlos Montaner Sesmero

Primera edición, 2015

Authors: Ana María Montaner Sesmero y Carlos Montaner Sesmero

Artwork by: Violeta Posteguillo Catalina y Cristina Benítez Flores

Text review: Arantza Madrid Monsalve

Edita: Educàlia Editorial

Imprime: Publicep

ISBN: 978-84-943520-1-0

Depósito legal: V-1696-2015

Printed in Spain/Impreso en España.

Todos los derechos reservados. No está permitida la reimpresión de ninguna parte de este libro, ni de imágenes ni de texto, ni tampoco su reproducción, ni utilización, en cualquier forma o por cualquier medio, bien sea electrónico, mecánico o de otro modo, tanto conocida como los que puedan inventarse, incluyendo el fotocopiado o grabación, ni está permitido almacenarlo en un sistema de información y recuperación, sin el permiso anticipado y por escrito del editor.

Alguna de las imágenes que incluye este libro son reproducciones que se han realizado acogándose al derecho de cita que aparece en el artículo 32 de la Ley 22/18987, del 11 de noviembre, de la Propiedad intelectual. Educàlia Editorial agradece a todas las instituciones, tanto públicas como privadas, citadas en estas páginas, su colaboración y pide disculpas por la posible omisión involuntaria de algunas de ellas.

Educàlia Editorial

Avda de les Jacarandes 2 loft 327 46100 Burjassot-València

Tel. 960 624 309 - 963 76 85 42 - 610 900 111

Email: educalia@e-ducalia.com

www.e-ducalia.com

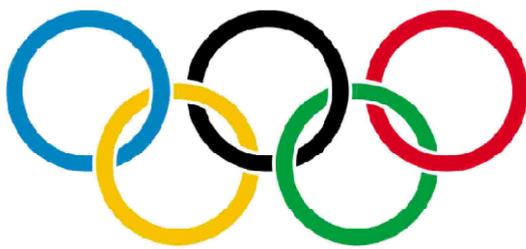
UNIT THREE

3

ATHLETICS

WOMEN IN OLYMPIC GAMES

The first time women participated in the Olympic Games was in Paris in 1900. They compete in tennis, golf and croquet.



OLYMPIC RINGS

The different colors of the Olympic rings represent the flags of all the countries in the world. Besides, there are five rings, one for each continent.



This unit is about **athletics**. You are going to get to know its history, its events and the athletics track. Also, you are going to find information about some interesting topics.

THEORY

1. HISTORY



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. Besides, it was the first sport practised in the ancient Olympic Games (776 BC). The words "athlete" and "athletics" come from **Greek**.

Nowadays we can define athletics as a competitive sport (among athletes or teams), in which there are a lot of events and they can be practised both **indoor** and **outdoor**. Athletics is one of the most important events in the Olympic Calendar.

2. EVENTS CLASSIFICATION



Athletics is made up of different events, but it is divided into two main groups: **track and field** (jumping and throwing). However, there is a third group that includes **combined events** of both types (decathlon and heptathlon).

• TRACK EVENTS

Track events can be divided into four groups: **flat races**, **hurdles**, **race walks** and **road running**.

FLAT RACES

| SPRINTS | MIDDLE DISTANCE | LONG DISTANCE | RELAY |
|---------|-----------------|---------------------|-------|
| 100 m | 800 m | 3000 m | 4x100 |
| 200 m | 1500 m | 3000 m steeplechase | 4x400 |
| 400 m | | 5000 m | |
| | | 10000 m | |

- *All events are practiced by male and female athletes.*



HURDLES

100 m (female)
110 m (male)
400 m (male & female)



RACE WALKS

20 km (male & female)
50 km (male)

ROAD RUNNING

MARATHON
(male & female)



DO YOU KNOW THE ORIGIN OF THE MARATHON?

We can trace the **origins** of the marathon back to **490 BC**. A Greek soldier called Filipides died after running 40 km from Marathon to Athena to announce the victory over the Persian army. A competition with the name of "marathon" was created to pay tribute to him.

WHICH IS THE REAL DISTANCE OF THE MARATHON?

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 the 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. From this year on it became the official distance of marathon.

• **FIELD EVENTS**

Jumping and **throwing** events are grouped under the name of field events.

JUMPING

- HIGH JUMP
- POLE VAULT
- LONG JUMP
- TRIPLE JUMP



THROWING

- DISCUS
- SHOT PUT
- HAMMER
- JAVELIN

• All events are practiced by male and female athletes.



DO YOU KNOW WHO FOSBURY IS?

Dick Fosbury is a former athlete from USA who won the Olympic Games in Mexico 1968 doing high jump (2.24 m).

He created a new jump technique: the **Fosbury flop**. Nowadays all elite high jumpers use the Fosbury flop and its efficiency is absolutely demonstrated.

FOSBURY FLOP



STRADDLE TECHNIQUE



- **COMBINED EVENTS**

In this classification athletes compete in **various different events**. Depending on their best results each of one accumulates points and at the end the person who has the most points wins.

DECATHLON (male)

HEPTATHLON (female)



3. THE ATHLETICS TRACK

The main place where the athletic competitions are carried out is in the **athletics track**, being one of the main areas in the Olympic facilities.

In the athletics track there are separate zones to do each event. Generally speaking the running events are carried out in the outside lanes and the field events (jumping and throwing) in the inside part...

ACTIVITIES

1

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

The **origin** of athletics is the same as the human _____ because the practice of athletics is based on _____ movements (_____, _____, _____ and _____). Then, athletics is one of the _____ that exist.

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

| WORLD ATHLETICS RECORDS (Outdoor records) | | | | | | |
|---|--------|---------|------|---------|-------------------|------|
| Events | Male | | | Female | | |
| | Record | Athlete | Year | Record | Athlete | Year |
| 100 m | | | | 10,49 s | Florence Griffith | 1988 |
| 1500 m | | | | | | |
| Marathon | | | | | | |
| Javelin | | | | | | |
| Long Jump | | | | | | |
| High Jump | | | | | | |
| Pole Vault | | | | | | |

3

MINI OLYMPIC GAMES

A PRACTICE AND KNOW THE EVENTS

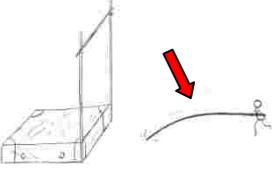
1. Make teams of 4 people.
2. Choose a country for your team (i.e. Spain, Canada, UK...).
3. Your team has to participate in the events below. Write the individual results obtained in each event.

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

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?**

VOCABULARY

| ATHLETICS | | | |
|---|---|--|---|
|  |  |  |  |
| HURDLE | BATON | POLE | CHRONOMETER |
| | | | |
| STARTING BLOCK | DISCUS | JAVELIN | HAMMER |
| | | | |
| WATER JUMP | LANE | MEDAL | TAPE MEASURE |