



# 1st TRIMESTER THEORY

IES NARCÍS MONTURIOL

PHYSICAL EDUCATION DEPARMENT

# INDEX

1. PHYSICAL FITNESS

2. WARM UP

3. HIKING/WALKING

4. MUSCLES / JOINTS

5. MIME AND DRAMATIZATION

6. ATHLETICS

7. BADMINTON

8. BASEBALL

9. HANDBALL

HEALTH

NATURE ACTIVITY

ANATOMY

BODY LANGUAGE

SPORTS

# 1. PHYSICAL FITNESS - ACTIVITY

- IT IS THE SUM OF:
  - EXERCISE
  - BALANCED DIET
  - PROPER REST



# 1. PHYSICAL FITNESS - ACTIVITY

## PHYSICAL ACTIVITY BENEFITS

- REDUCE PRESSURE AND STRESS
- REDUCE THE OBESITY
- REDUCE THE RISK OF SEVERAL ILLNESS
- PREVENT BREATH PROBLEMS
- INCREASE SOCIABILITY
- IMPROVE YOUR MUSCULAR MASS AND YOUR BODY POSTURE
- IMPROVE YOUR FLEXIBILITY
- IMPROVE YOUR CONFIDENCE

# 1. PHYSICAL FITNESS - ACTIVITY

- BUT...WHAT IS EXACTLY PHYSICAL FITNESS?
- IS THE SUM OF ALL THE BODY CAPACITIES TO FACE PHYSICAL TASKS WITH THE BEST POSSIBLE PERFORMANCE.
- HOW CAN WE CALCULATE OUR PHYSICAL FITNESS? WITH OUR **PHYSICAL TESTS!!**

# 1. PHYSICAL FITNESS - ACTIVITY

- WHAT ARE THOSE MAIN CAPACITIES?

- STRENGTH



- FLEXIBILITY



- SPEED



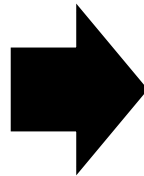
- ENDURANCE



## 2. WARM UP – WHY?

- MAIN GOALS ARE PREPARE US:
  - PHYSICALLY.
  - MENTALLY.

**PREVENT INJURIES.**



## 2. WARM UP – WHY?

- WARM UP CONSISTS OF A GRADUAL INCREASE IN INTENSITY IN PHYSICAL ACTIVITY (A "PULSE RAISER"), JOINT MOBILITY EXERCISE, AND STRETCHING, FOLLOWED BY THE ACTIVITY.



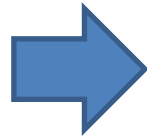
## 2. WARM UP – WHAT HAPPEN TO US?

- **IT INCREASES OUR:**

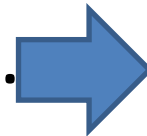
- **BODY TEMPERATURE.**



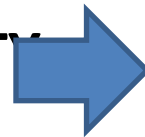
- **HEART RATE.**



- **BREATH RATE.**



- **OUR FOCUS ON THE ACTIVITY**



# 3. HIKING OR WALKING

- IS AN ACTIVITY THAT EVERYONE CAN DO.
- IS DIFFERENT FROM MOUNTAINEERING BECAUSE IT IS DONE ON ADAPTED, APPROVED TRAILS.



- THE ROUTES OF THE TRAILS MAKE THEM SAFE AND TRY TO AVOID SLOPES AND ASCENTS TO PEAKS AND MOUNTAINS.

# 3. HIKING OR WALKING

- MAIN RULES:
  - RESPECT FOR NATURE AND THE ENVIRONMENT
  - HYGIENE AND PROTECTION
  - EQUIPMENT: BACKPACK, TECHNICAL CLOTHING, RIGHT KIND OF SHOES.



# 3. HIKING OR WALKING

- THERE IS A CODE OF COLOURED SIGNALS, WHICH INDICATE HOW DIFFICULT AND HOW LONG THE TRAIL IS.

- **LONG DISTANCE (GR)**

MORE THAN DE 50 KM



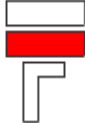












- **SHORT DISTANCE (PR)**

BETWEEN 50 Y 10 KM

- **LOCAL DISTANCE (SL)**

LESS THAN 10KM

## SEÑALIZACIÓN DE SENDEROS

	Continuidad del sendero	Variante del sendero	Cambio de dirección	Dirección equivocada
 Sendero de Gran Recorrido (GR)				
 Sendero de Pequeño Recorrido (PR)				
 Sendero Local (SL)				

# 6. ATHLETICS

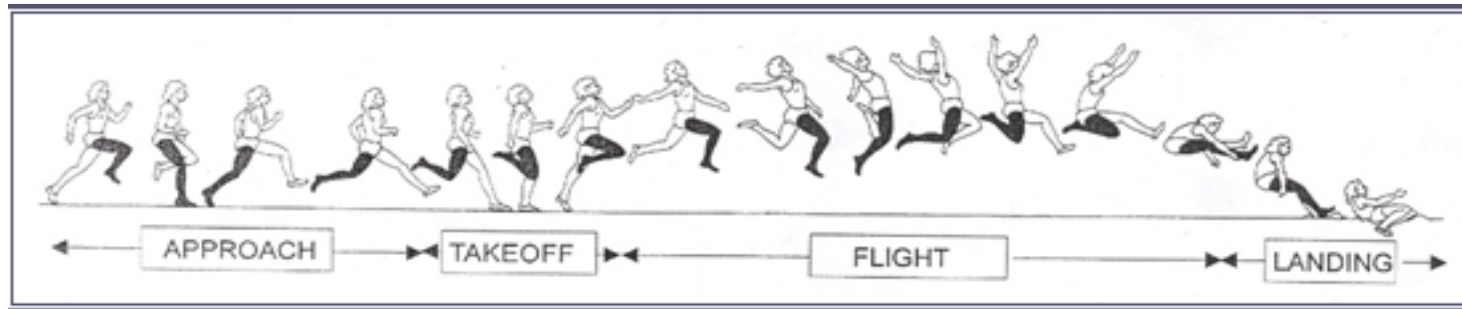
- **Athletics** is a collection of sporting events that involve competitive running, jumping, throwing, and walking.



- One of the sports that we are going to practice is:  
**LONG JUMP**

# 6. ATHLETICS – LONG JUMP

- Athletes sprint along a length of track that leads to a jumping board and a sandpit. (foso).



1. APPROACH (running)
2. TAKE OFF (one foot)
3. FLIGHT (use your arms)
4. LANDING (two feet)





I HOPE YOU HAVE ENJOYED

**IT'S BETTER TO BE HEALTHY AND STRONG THAN LAZY AND WEAK**