

TEACHER: INÉS

1ºESO

I.E.S NARCÍS MONTURIOL

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

8. BASEBALL



8. BASEBALL

- Duration of the match: varies.
- GAME = 9 INNINGS (Entradas/lanzamientos)
- INNINGS finish when all 9 players are out.

8. BASEBALL - ROLES

- Pitcher (lanzador)



- Catcher (atrapador)

Behing the batter to catch the ball if he doesn't hit it.



8. BASEBALL - RULES

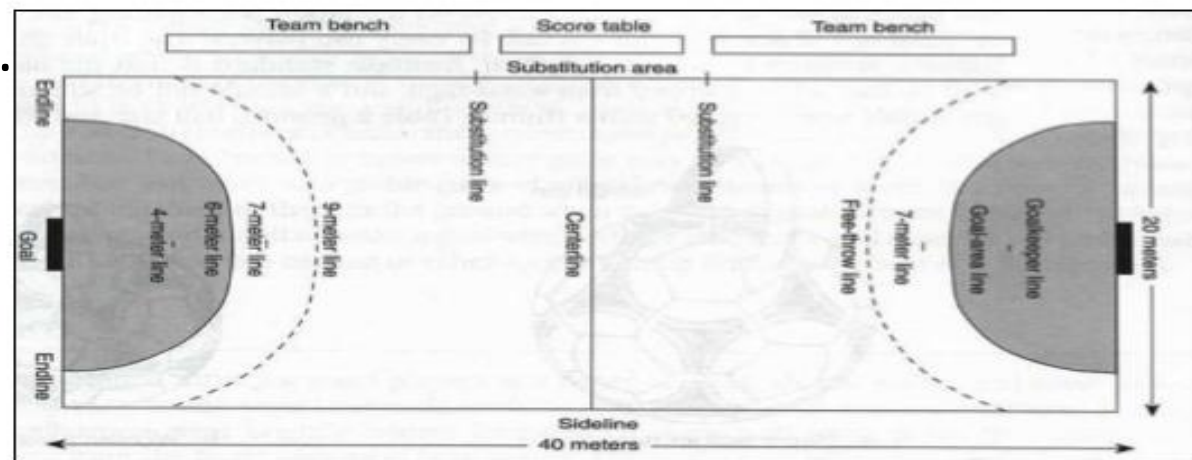
The Basic Rules

- There are nine innings per game in baseball (extra innings are played if the game is tied).
- During each innings each team gets a turn at bat.
- During each turn at bat the team keeps batting until 3 outs are made.
- 3 strikes and the batter is out.
- 4 balls and the batter walks to first base.
- If the ball is caught the batter is out.
- If the batter successfully hits the ball and reaches a base it is called a hit. All runners on base can advance.
- If the runner is tagged with the ball while running the bases he/she is out.
- A run is scored for each player who safely crosses home plate.
- The team that score the most runs wins!



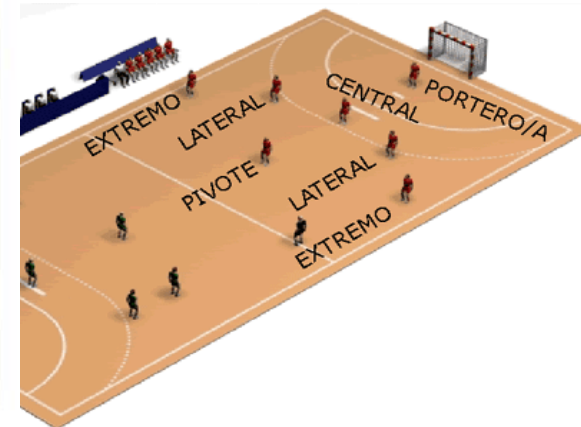
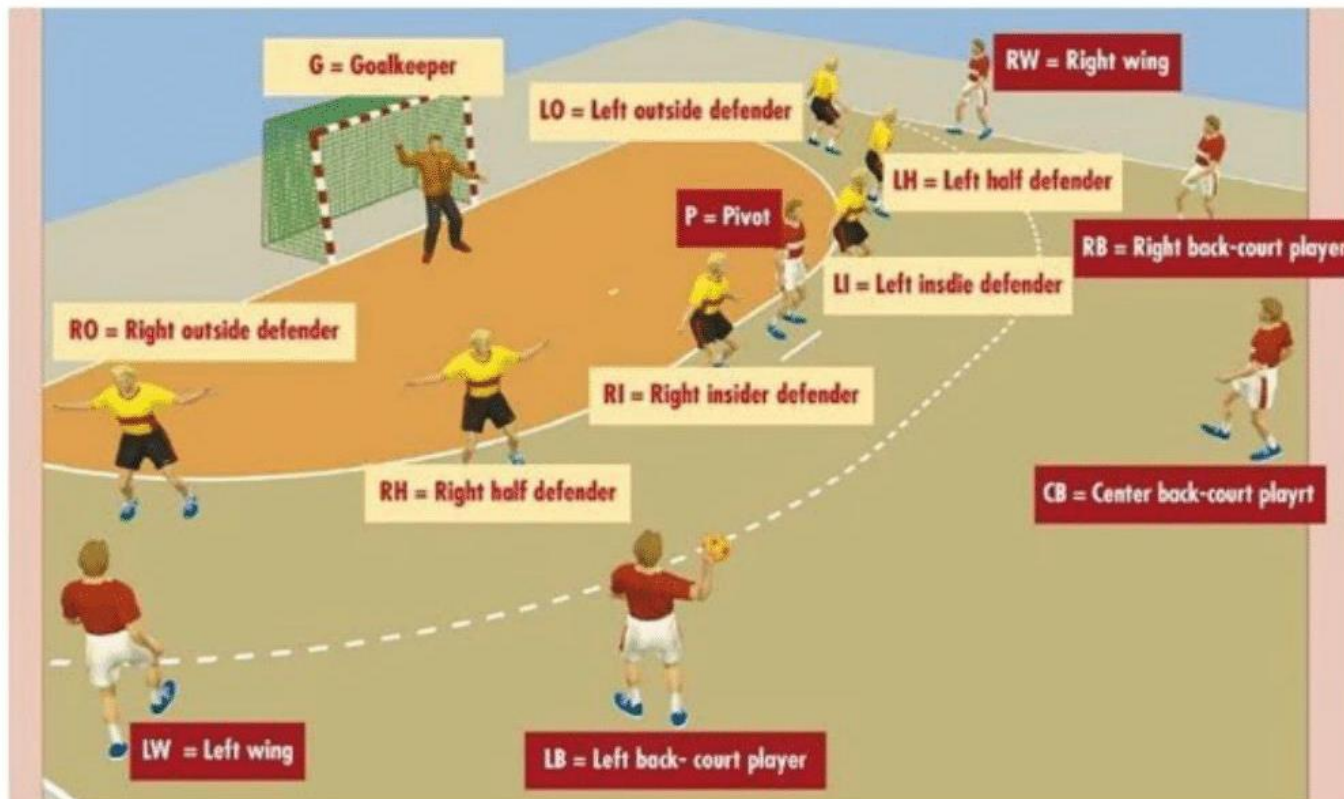
9. HANDBALL

- The dimensions of a handball court are **40m x 20m**, with a goal at each end.
- There is a 6-meter “**goal-area**” in front of each goal. Players cannot enter the goal-area, only the defending goalkeeper can.
- A whole match lasts for 60min, divided into 2 parts of 30min. With a resting time of 10min.



9. HANDBALL - ROLES

- **PLAYERS:** there are 7 players on the court, six plus the goalkeeper.



9. HANDBALL - RULES

- Nobody can take more than 3 steps without dribbling the ball. (TRAVELLING)
- If you stop dribbling the ball you cannot dribble again but you can take 3 more steps (DOUBLE DRIBBLE).
- You can touch the ball from your knees and above. The goalkeeper can use their whole body to block the ball.
- A player who has possession of the ball can take 3 steps or stand without moving for only 3 seconds. They must: shoot, pass or dribble the ball.



9. HANDBALL - RULES

- **PUSHING or HOLDING:** Defending players **CAN'T** push or hold the attacking player.
- **Throw off:** it occurs at the beginning of each period and after every goal scored.
- **Throw in:** when the ball goes out of bounds you put the ball in play with this.
- **Free throw:** if there is a violation but it does not hinder or stop a clear scoring action. Opposite players must be at 3 meters.
- If a foul occurs inside the goal area or stops a clear scoring opportunity, it is a **PENALTY SHOT:** this is an undefended throw from the 7-meter line.





I HOPE YOU HAVE ENJOYED

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