

PHYSICAL
EDUCATION
NOTES 3RD GRADE

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1. PHYSICAL FITNESS – TRAINING METHODS

2. EXERCISE MEASUREMENT. VOLUME / INTENSITY

3. HEART RATE ZONES

4. TRACK & FIELD + HURDLES

COMPONENTS OF PHYSICAL FITNESS

ENDURANCE

STRENGTH

FLEXIBILITY

SPEED



1. PHYSICAL FITNESS - ENDURANCE

METHODS PRACTICED
IN CLASS

FARTLEK

- HIGH INTENSITY PACE
- LOW INTENSITY PACE
- NO REST



INTERVAL

- HIGH INTENSITY PACE
- SHORT REST

1. PHYSICAL FITNESS - STRENGTH

METHODS PRACTICED
IN CLASS

CIRCUIT TRAINING

- 6-12 EXERCISES
- WORKOUT TIME
- RESTING TIME
- LOW-MODERATE WEIGHTS



1. PHYSICAL FITNESS - FLEXIBILITY

**METHODS PRACTICED
IN CLASS**



ACTIVE METHOD

- ON YOUR OWN
- HOLD FOR AT LEAST 30''
- AFTER WARM UP



1. PHYSICAL FITNESS BENEFITS



BETTER CARDIOVASCULAR SYSTEM = + HEALTH



BETTER BODY POSTURE = - BACK PROBLEMS



LESS PROBABILITY OF INJURIES = - JOINT /
MUSCLE INJURIES

EXERCISE MEASUREMENT






VOLUME

DISTANCE
TIME
LAPS

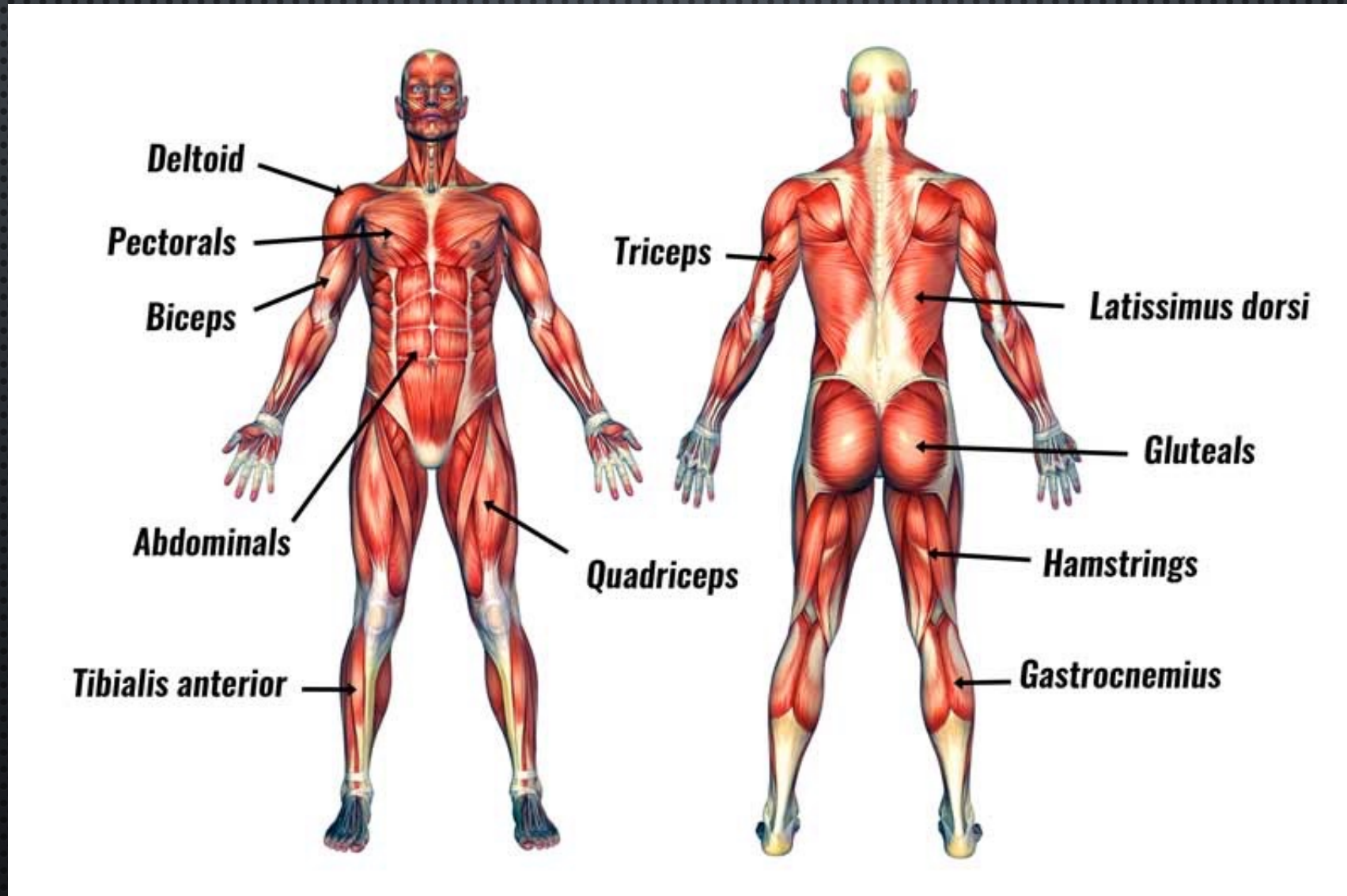
INTENSITY

SPEED
HEART RATE
KILOGRAMS

3.HEART RATE ZONES - INTENSITY

ZONE 1	 50-60% of max heart rate For low-intensity sessions: warming up, cooling down, and boosting recovery
ZONE 2	 60-70% of max heart rate For the longest training sessions, used to build endurance and burn fat
ZONE 3	 70-80% of max heart rate For the longest training sessions, used to build endurance and burn fat
ZONE 4	 80-90% of max heart rate For shorter sessions that make your body more efficient at processing lactic acid
ZONE 5	 80-90% of max heart rate Utilize this zone in short intervals to push your limits and help achieve peak efficiency

REVIEW – MAIN MUSCLES / JOINTS



4. TRACK AND FIELD

2 POINT START

3 POINT START

BLOCK START



COMMON MISTAKES

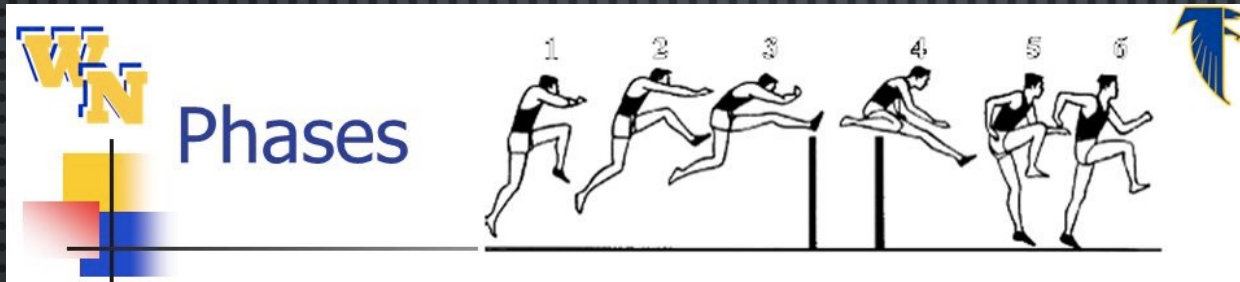
- FACING DOWNWARD
- LOOK AT MY MATES WHILE RUNNING
- NO EXTENSION BEFORE START

TRACK & FIELD - HURDLES



- LAS **CARRERAS DE VALLAS** (LLAMADAS TAMBIÉN **CARRERAS DE OBSTÁCULOS**) SON **CARRERAS DE VELOCIDAD** EN LA QUE LOS COMPETIDORES DEBEN SUPERAR UNA SERIE DE BARRERAS DE MADERA Y METAL (O PLÁSTICO Y METAL).
- PIERNA DE....¿ ?: **LEADING LEG – TAKE-OFF LEG**
- PIERNA DE...¿ ?: **TRAILING LEG – NON-TAKE OFF LEG**

4. TRACK & FIELD - HURDLES



There are 6 Phases of Hurdling

- **Start**
- **Approach**
- **Take Off**
- **Clearance**
- **Landing**
- **Stepping out to next hurdle
(get away step)**

4. TRACK & FIELD - HURDLES

CATEGORÍA MASCULINA

- 110 METROS CON VALLAS – 106 CM
- 400 METROS CON VALLAS – 91,4 CM

CATEGORIA FEMENINA

- 100 METROS CON VALLAS – 0,84 CM
- 400 METROS CON VALLAS – 76,2 CM

