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THE HEART RATE



THE HEART RATE SYSTOLE-DIASTOLE-SYSTOLE-DIASTOLE

What is the pulse?

The number of heartbeats in a minute.



Why is it taken?

Because it can detect a heart desease or how hard the effort is.

IN EFFORT

If 120-180 Bpm is a general range, for improving health we can personalize even more our effort if we also take into account two other values:

Where to take it?

- Radial artery
- Carotid artery
- Heart

And in

effort?



What is the normal HR at resting?

50-100 bpm

- Below 50 bpm can be a healthier heart because athletes hace a higher and stronger heart.
- Havin over 100 bpm at resting is called tachycardia.



When to go to the doctor?

- If the pulse goes fast most of the time.
- If it is irregular.
- If it goes solwly and you feel sick, pain, dizziness...
- If it persists over 100 bpm or below 50 bpm and if there are other symptoms involved.



MAXIMUM HEART RATE (MHR)

It is the pulse that we should not exceed when performing an effort.

It is found with a subtraction.

WOMEN: 226 -age MEN: 220 - age

TARGET HEART RATE

based on your level

HIGH FITNESS 60-85% of MHR **AVERAGE FITNESS** 60-75% of MHR **LOW FITNESS**

50-75% of MHR



How to take it?

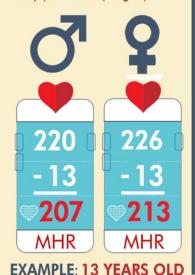
- · Take it with your index and middle finger.
- Do not use the thumb..
- If you have more than 100 bpm at resting, take it twice more in order to confirm it.

6 seconds x 10

HOW TO FIND YOUR HEALTHY HR WHILE EXERCISING

STEP 1

Find your probable MHR sSubstract your age at 220 (for boys) or at 226 (for girls).



STEP 2 fIND YOUR TARGET HEART RATE BASED ON YOUR FITNESS LEVEL

Identify your fitness: high, average or low-



EXAMPLE: 13 YEARS OLD HIGH FITNESS

STEP 3 Work out in that HEALTHY TARGET HEART RATE

This is the interval of heartbeats where that our girl should train to improve health.



FACTORS THAT CHANGE THE PULSE

SEX

Women has something more pulse at resting because have a smaller heart than men.



TRA
Train
less
beco

TRAINING

Trained people usually have less pulse at resting. It is because certain types of exercises increase the size and the power of the heart in the long run.



AGE

As we grow, the pulse drops when the heart becomes bigger. For example, the heart of a month-old baby beats in rest up to 160 ppm.





When moving from sitting or lying down to standing, there is more muscles working on against the force of gravity, so they need more input of blood.

What is the Warm Up?

Warming up is defined as 'those moderate and progressive exercises performed before an intense effort' (a physical activity as work out, a match or a competition).

HEART

During a physical activity, the heart rate can rise to 200 bpm. Therefore, we should increase our heart rate from resting gradually. Because of this, a warm up should not exceed 160 bpm.

LUNGS

Lungs have to work faster in order to get more oxygene, which we need to keep our exercise going.





The temperature is increased. Warming up is even more important in winter or freezing days. Increasing the temperature avoid injuries.





EFFECTS ON THE BODY

BEATS ARE INCREASED

Our HR at resting is low. However, in exercise is much higher. Thus,

AT RESTING

EXERCISING

50-100



+120



MENTAL PREPARATION

Warming up effects are not only physical. It help us to focus in the exercise. Therefore, anxiety decreases.

POSITIVE EFFECTS

Our performance improves. In other words, we do our exercise far better.

It helps to avoid or prevent injuries.

STRUCTURE

THE WARM UP STAGES

There are two types: GENERAL AND SPECIFIC. We are going to learn the GENERAL because the specific one is the same but adding sport techniques at the end.

GENERAL: I do not know what kind of exersice I am going to do.

SPECIFIC: I know what kind of exersice I am going to do.



AEROBIC EXERCISES

For cardiovascular system. We increase the temperature, the BR and the HR.



2 DISPLACEMENT **EXERCISES**

We add joint mobility exercises.



3 FLEXIBILITY

We do 3-4 exercises for legs, trunk and

It is better if we start with legs exercises.



STRENGTH **EXERCISES**

We do 1 exercise per zone because we do not want to get tired.



PROGRESSIONS

The last exercises, where we finish our 'reshaping'.

IMPORTANT:

As general rule, we will warm up 8-10 minutes in P.E, although warming up time depends on many factors.



UNIT 3. BPA's

STAMINA

IT IS THE ABILITY OF SUPPORTING AN EFFORT EFFECTIVELY AS LONG AS POSSIBLE.



AEROBIC

120 and 180bpm

Mild and

ANAEROBIC

MORE THAN

180bpm

Short and intense efforts

In this way, health is impoved

It means minutes per week

HOW TO TRAIN THE STAMINA

AEROBIC STAMINA BETWEEN 120 Y 180 BPM FROM
30 TO 60 M
PER SESSION

START WITH STEADY RUNNING

WORK WITH CIRCUITS. THEN, HIIT THEN, TABATA ONE DAY
OF TRAINING
ONE DAY
OF RESTING

WORKING OUT GRADUALLY AND INDIVIDUALLY

The more minutes, the more we develope our stamina and our health Distribuite charges along the week. One day of training, one day of resting Design your own routine and follow no one. You should start with mild exercises.

BENEFITS

Ir reduces tiredness felings



Immune system is strenghen

lacktriangledown

heart, so the pulse decreases and the heart is more effective.

It increases the size of the



It increases lung capacity; thus, it improves respiratory efficiency.

It increases the number of red blood cells

It helps to prevent

osteoporosis





It produces lowered body weight

STRENGTH

IS THE ABILITY TO OVERCOME OR OPPOSE AN EXTERNAL WEIGHT THROUGH THE ACTION OF THE MUSCLES

STRENGHT SUBCOMPONENTS

MAXIMUM STRENGTH

It is the greatest amount of strength that a muscle can produce. The most representative sports are weightlifting and bodybuilding.



PROBLEMS OF WORK IT OUT 18
BEFORE YOU ARE

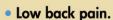
- Spine deviations if we carry weight in the backbone.
- Spine and joint compressions.
- Contractures by dismetrias.
- Torn meniscus.
- Joint overload.

EXPLOSIVE STRENGTH

It is the ability to move a load in the shortest possible time.

Characteristic sport gestures are jumps and shoots.

PROBLEMS OF WORK IT OUT BEFORE YOU ARE



- Sciatica.
- Knee injures.
- Tendinitis.
- Periostitis.
- Lumbar contractures.

STRENGTH ENDURANCE

It is the ability of supporting a movement of force for a long time. Typical sports are rowing orcross country skiing.



- Work with large muscle groups 2 or 3 times a week on alternate days.
- Work with your own weight and with low loads such as balls, pulleys or bands.
- Movements must be controlled.
- 1-2 sets of 8-12 repetitions at 60%.
 Work all parts of the body. Otherwise, injuries may appear.
- Vary the work out to not getting bored.
- Increase weight by 5-10% after a time and reach up to 2-4 sets of 6-12 repetitions at 80%. Make it funny.

BENEFITS

Improvement of the posture and the perception of the body.

It helps, for example, with back problems.



It improves bone mineral density and strengthens bones.



It regulates insulin. Thus, there is a lower diabetes risk.



7



FLEXIBILITY

IT IS THE QUALITY OF DOING A MOVEMENT UNTIL THE END OF THE WAY

FLEXIBILITY SURCOMPONENTS

MUSCULAR ELASTICITY

is the property of muscle tissue to be stretched until the end of its haul.

JOINT MOBILITY

It is the ability to move a joint to the end of its haul.





It is recommended to work it out daily during at least

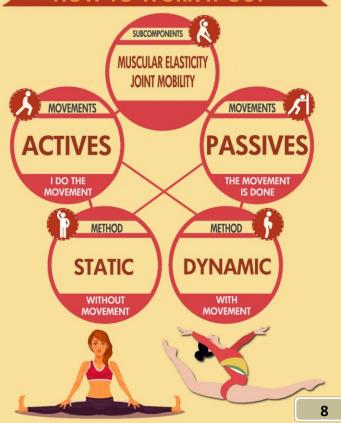






Flexibility exercises that must be avoided are those in which acute pain signals appear, which indicates to us that we are coming to exceed the limit of stretch and we could break the muscle fibers (muscle breakdown).

HOW TO WORK IT OUT



BENEFILS

It improves coordination. Thus, it improves the output and prevents probable injuries and muscles aches and pains.

It delays muscle fatigue in an effort and improves recovery after him.

It prevents muscle and joint stiffness.

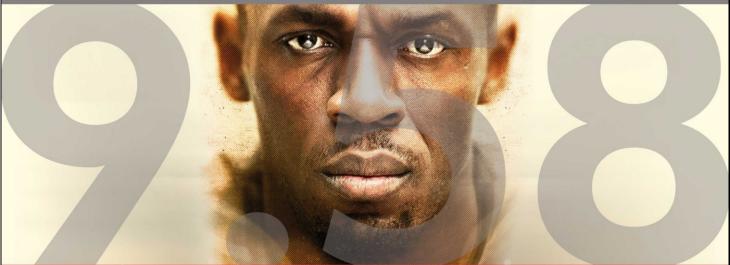
It delays the onset of degenarative joint diseases.

It makes us feel more loose and the movements are more affordable and effective.

It compensates bad body postures.



IT IS THE ABILITY OF DOING A MOVEMENT AS FAST AS POSSIBLE.



SUBCOMPONENTS

REACTION SPEED

It is the ability to respond to a certain stimulus In the shortest possible time.



GESTURAL SPEED

It is the ability to perform a movement with one part of the body in the shortest possible time.

TRAVELLING SPEED

It is the ability to scroll through a space in the shortest possible time.

OLD WORLD RECORDS

1920 Paavo NURMI 1930 Jesse OWENS 1940 Emil ZATOPEK 1950 lolanda BALAS

50 1960 nda Irena SZEWINSKA

1970 Vladimir GOLUBNIC

1980 Carl LEWIS

980] wis 0

1990 2000 Dan Michael O'BRIEN JOHNSON

O Records de el medallas ON <u>en mundiale</u>



WORKING OUT FOR HEALTH

AEROBIC STAMINA ENDURANCE STRENGTH FLEXIBILITY (BOTH)

STAMINA STRENGTH SPEED
(BOTH) (ALL OF THEM)

IN
COMPETITION,
FLEXIBILITY ACTS
AS A FACILITATING
QUALITY
OF THE OTHERS



UNIT 4. Health and Exercise

BEFORE EXERCISING

Seek advice from a professional.

Do not follow anyone's advice. Only professionals know what they are talking about.

Carry out a medical examination.

If you suspect that there may be some problem with your health, better prevent than cure. A brief visit to the doctor

can save us many dislikes.

3

Respect digestion.

Leave 3 hours between meals and exercise to avoid heaviness, discomfort, nausea or vomiting.



Proper clothing.

Dress according to the exercise, sport or physical activity you are going to do. Each one has its specific material.





Perform the right type of exercises

Not all training is good. The exercise should be adapted to your age, level and needs.



Resting after training

Training is as important as resting in order to improve our fitness.

Good recoveries can make our training more effective.



Sleeping about 7 or 8 hours per day and being in bed between 10pm and 10.30pm is recommended. If you do

this, you'll be more awake, your aging process will not be so fast and your blood pressure will be correct.





EXERCISING EXERCISE

HOW TO WORK OUT



Knowing that we do not suffer any disease, we can start.

To improve our health we must work ...



AEROBIC STAMINA



STRENGTH ENDURANCE



FLEXIBILITY (BOTH)



60 MIN DAILY



150-300 MIN OF MILD ACTIVITY
PER WEEK



MORE THAN 300
MIN IS EVEN BETTER
PER WEEK



BETWEEN
120 AND 180BPM



3 or 4 DAYS A WEEK



ACTIVITIES SHOULD BE

PROGRESSIVE

-HOM LESS TO MOHE-

INDIVIDUALIZED

-ADAPTED TO MY LEVEL-

AND MOTIVATING

-DO AN ACTIVITY THAT YOU ENJOY AND IT IS BETTEN DOING IT WITH NICE COMPANY-





EXERCISING RELAXIONS

COOL DOWN

- Stretching statically, we return muscle to a situation close to rest.
- It helps to remove waste substances.
- It relieves the effects of possible muscular stiffness or soreness.
- It helps to recover for subsequent efforts.



THE BRIDGE
It relieves our abs and quads

DOWNWARD FACING
It relieves our back and
hamstrings

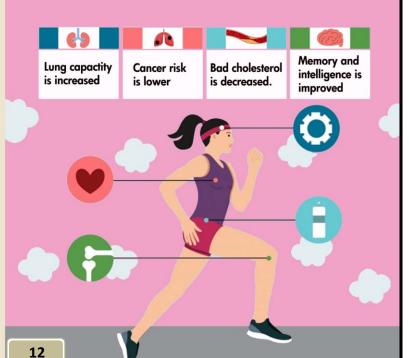


NECK STRETCH For our cervical spine



EFFECTS





EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



GROWTH

Exercise provides you with new challenges which make you feel as though you have an aim in life



Exercising can help to give you a more positive view about yourself

ACCEPTANCE

SELF

FRIENDSHIP

Exercising in groups can lead to more social interactions which can in turn relate to your positive relations with others

)



Exercise is related to positive changes in mood state and has been found to improve positive mood regardless of the number of negative and positive affects experienced in a given day



COGNITION

Exercising three to five times per

week produces significant reductions in depression compared to once-a-week

DEPRESSION

Exercise has been shown to have a number of positive effects on a person's cognitive functioning



ATTITUDE

Exercise helps to improve your body image and therefore improves your attitude



makes you feel you are in charge of the situations in which you live

By exercising you develop environmental mastery which

MASTERY

ANXIET

There are a number of acute affects associated with exercising such as lower state anxiety and higher tranquility scores



Bigorexia, formally known as muscle dysmorphia, is a condition which typically occurs in men, though women may also be affected.

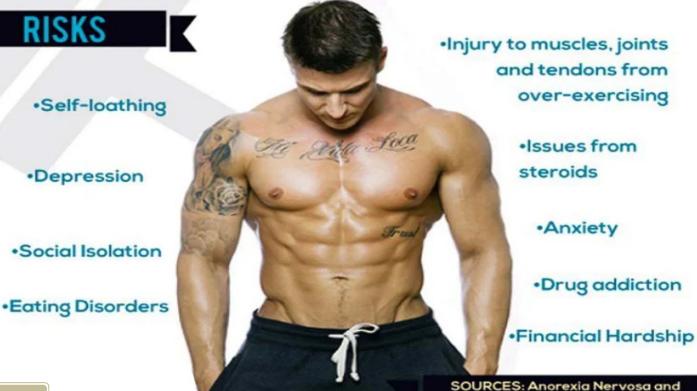
Obsession for 'bulking up' and preoccupation with muscle size. People feel they are not muscular enough.

SYMPTOMS

- Feeling muscular build is never good enough
- Excessive exercising
- Overlooking risk of injury
- Constant mirror-checking.
- Constant measuring.
- Avoiding social situations where more muscular people may be present.
- Extreme attention to diet.

- ·Exercising even when injured.
- Anxiety when a workout is missed.
- Neglecting employment and relationships.
- Use of steroids.
- Obsession with trying the latest muscle-building routines.
- Overdosing on supplements.
- ·Not admitting there is a problem.

Related Eating Disorders Organization



UNIT 5. Postural Attitude POSTURA LYING DOWN - SITTING - STANDING

ATTITUDE

MORE COMMON POSITIONS WHILE SLEEPING

RECOMMENDED

STIFF NECK

Lying on your side, with your knees bent toward your chest and your head resting on a medium-height

pillow.







DORSAL BACK PAIN AND KYPHOTIC ATTITUDE

SCOLIOSIS IF WE ARE SAT TWISTED OR BEARING WEIGHT ON ONE SIDE

SCIATICA AND LOW BACK PAIN

SITTING



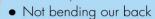
- Feet on the floor
- Kness bent (90º)
- Lumbar and dorsal spine supported by the backrest
- Looking straight ahead

AT BEARING WEIGHT **BEND THE KNEES**





STANDING



- Not walking with too much weight
- The backpack has not to be hanged by one strap
- Backpack should not be hanged too low



- Weight distribuited on two feet
- Head, trunk and feet in the same line
- Back straight
 - Looking straight ahead



CORE

Circuit Training

After warming up mildly for 5 minutes, repet each circuit three times

CIRCUIT 1







ALTERNATE LUNGES WITH SUPPORT

TH LIFT UPS
15 REPS
EACH SIDE

PLANKS WITH ARM FORWARD 15 REPS

15 REPS

CIRCUIT 2

ALTERNATE







LUNGES WITH ARMS

15 REPS

REVERENCES

15 REPS

SIDE LUNGES

15 REPS

CIRCUIT 3







PLANK WITH ROTATION

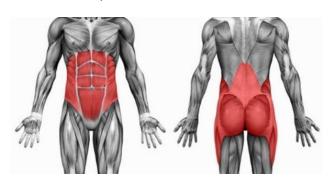
15 REPS

CONTRACTIONS HAND vs LEG

15 REPS

ONE-LEG BRIDGES

15 REPS EACH SIDE **Core** is an English word that means "núcleo". In exercise, when we talk about core we are referring to the central areas of the body: rectus abdominis, obliques, diaphragm, multifidus, quadratus lumborum, glutes, paravertebrals, transverse abdominis and pelvic floor.



You get **most of your body's strength** from this muscle group. Without its contraction, the rest of the muscles are less effective and their execution strength is much lower.

If you work your core, you will **have less back pain**. The idea is to train an entire area that connects with your spine and that helps your body support your spine, so that all your body weight does not fall only on your bones.

BENEFITS OF WORKING OUT CORE

- **Gives stability** to the postural muscles.
- Improves economy and efficiency when running.
- By breathing better, **fatigue decreases**.
- **Reduces** injuries.
- Improves sports performance.





STRETCHING EXERCISES

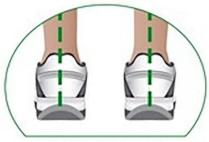


SNEAKERS AND EXERCISE

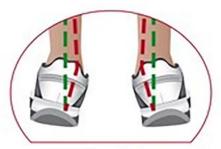
Choosing the right sneakers for running is an important decision in order to avoid injuries: sneakers help us to reduce impact forces and vibrations that affect our joints, as well as to adapt our pronosupination, preventig tendonous and ligament injuries.

A pronator person tends to twist the ankle more than normal towards the inside of the foot

The supinator person's ankle twists slightly towards the outside of the foot



Neutral alignment



Pronation



Supination

Sneaker's choosing for each one of these runners will help to prevent inconviniences and ligaments and hip injuries.



When running, tibia could support vibrations 12 times higher than gravity acceleration. When they reaches the head, vibrations can reach 3 times that acceleration.

UNIT 6. Nutrition and Health



Around the world, unhealthy diets and lack of physical activity are among the main health risk factors.

Caloric intake should be balanced with caloric expenditure. It is the only one way to avoid overweight and obesity.





Limit added sugar intake
12 teaspoons top daily.
Intake does not refer to sugar typical of food.



Moderate salt intake. It tends to rise blood pressure once you suffer from hypertension, which carries risks for health (stroke or cerebral infarctions).

EAT WITH MODERATION

- Ultra-processed foods and drinks
- Refined flours
- Energy drinks
- Saturated fats



INCREASE THE INTAKE OF...

- Unprocessed foods
- Fruits and vegetables
- Legumes
- Nuts and seeds
- Whole grains



TAKE INTO ACCOUNT THESE TYPES OF MEALS

- Fatty acidsOmegas 3 and 6 (fish)
- Eat more white meat than red
- Antioxidants like blueberries, grape or tomato



They reduce risk cancer and other deseases

- Raw fruits and veggies with bright colors
 - Beans, lentils and chickpeas
 - Corn, amaranth, oats and brown rice
 - Leafy vegetables green as spinach





UNIT 7. Futsal

TEAM

Each team has 14 players, but in the court there can only be 5, including the goalkeeper. Substitutions are unlimited and can be done whenever we want.



GOALKEEPER 👁

- In the area, he may stop and catch the ball with the whole body.
- The goal kick will be always by hand. It can't be a direct goal.
- He can leave the area and play with the foot like any other player.

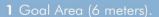


TIME

Two periods of 20 minutes with a 10 minutos resting.

DOUBLE PENALTY

from the fifth foul committed by



- 3 Double Penalty Point.

40 meters

THROW-IN



The ball is smaller and







RED CARD

The player leaves the court and cannot re-enter. After 2 minutes, the team can put another player in their place and it will be played 5 against 5 again.



- No player may touch the ball with his arm or hand.
- Fouls are kicked from the place where they are done, except for penalties and double penalties.
- Opposing players must be 5 meters away.
- Direct free kicks occur when there is a voluntary and serious foul against the player.
- These fouls are cumulative and can lead to a double penalty.
- The penalty occurs when there is a foul by the defending team within their 6 meter area.
- Dangerous play will be punished with an indirect free kick.

1930 Futsal is born

1994 Female futsal is born. 1950 Blind people futsal is born



UNIT 8. Acrosport

ACROSPORT

A form of acrobatic gymnastics performed in teams

ROLES

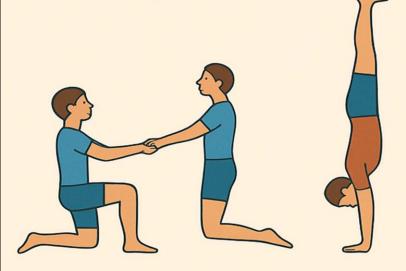
Responsible for supporting the Agile or the Helper

THE AGILE

Climbs to the top of the formation

THE HELPER

Assists the porter or helps maintain balance





TYPES OF GRIPS

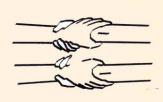












BUILDING A PYRAMID



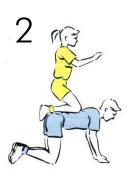
from bottom to top and from inside to outside

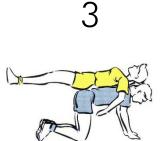
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Benches and Trolleys

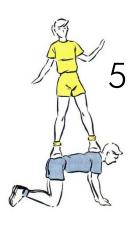
DORSAL BENCHES: IN PAIRS.

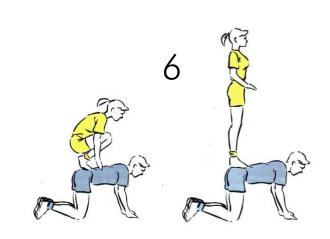




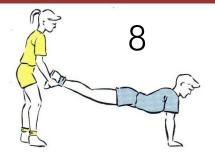


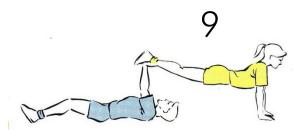


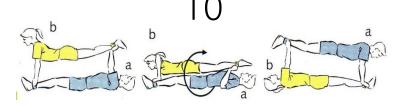


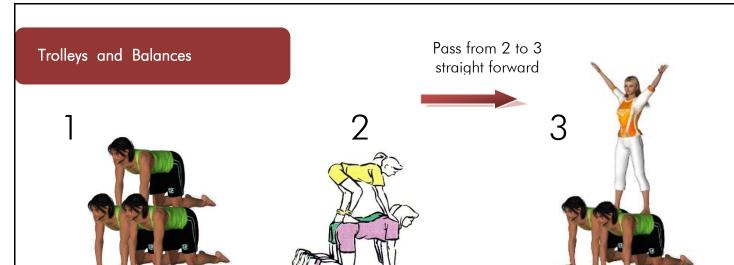


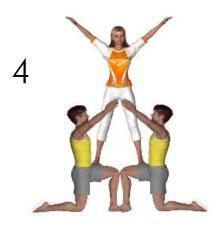
Dorsal Trolley



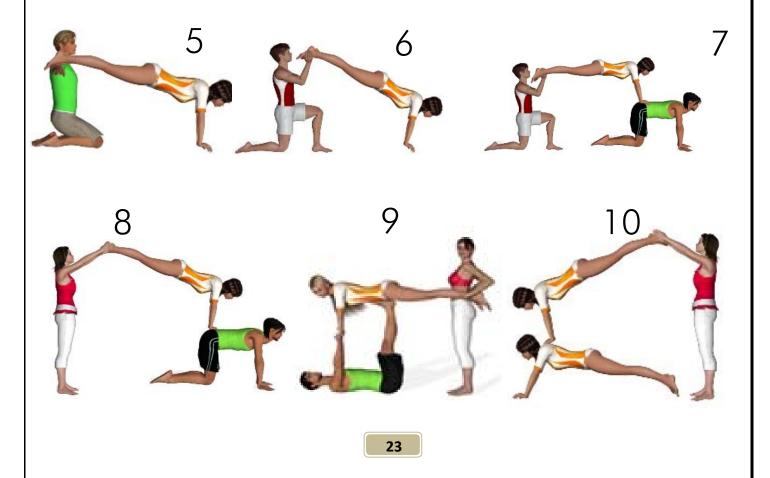


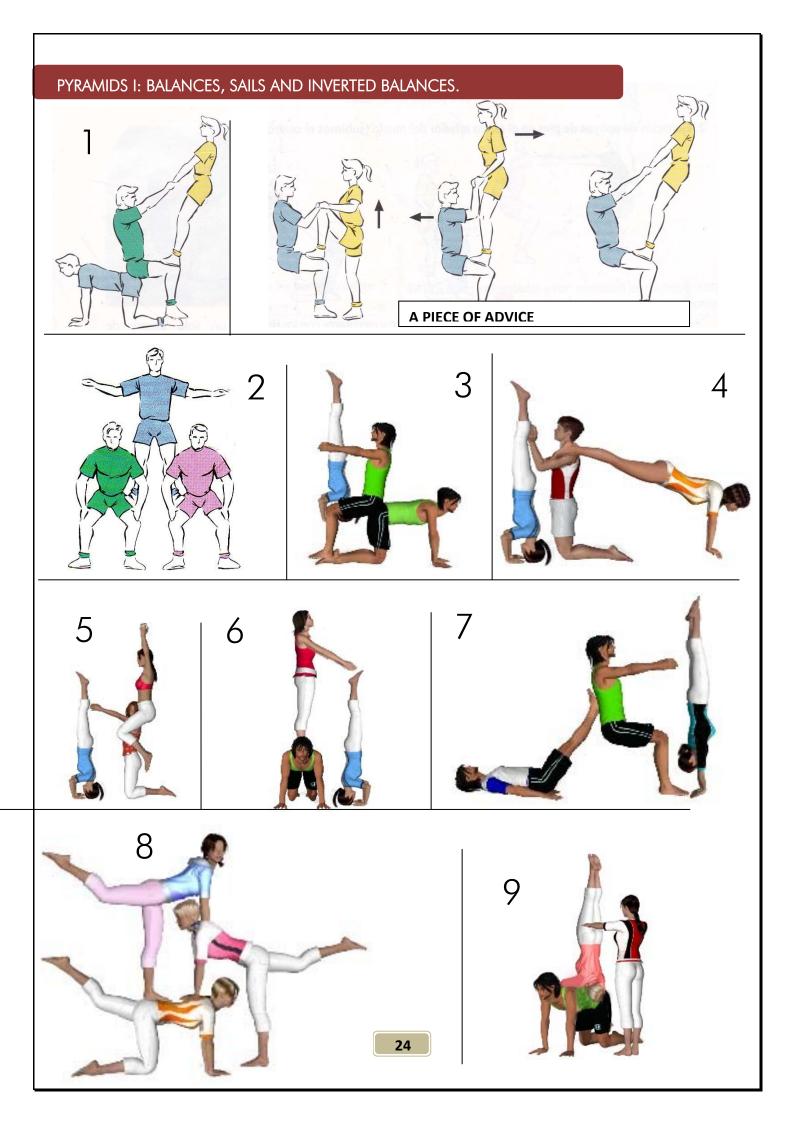


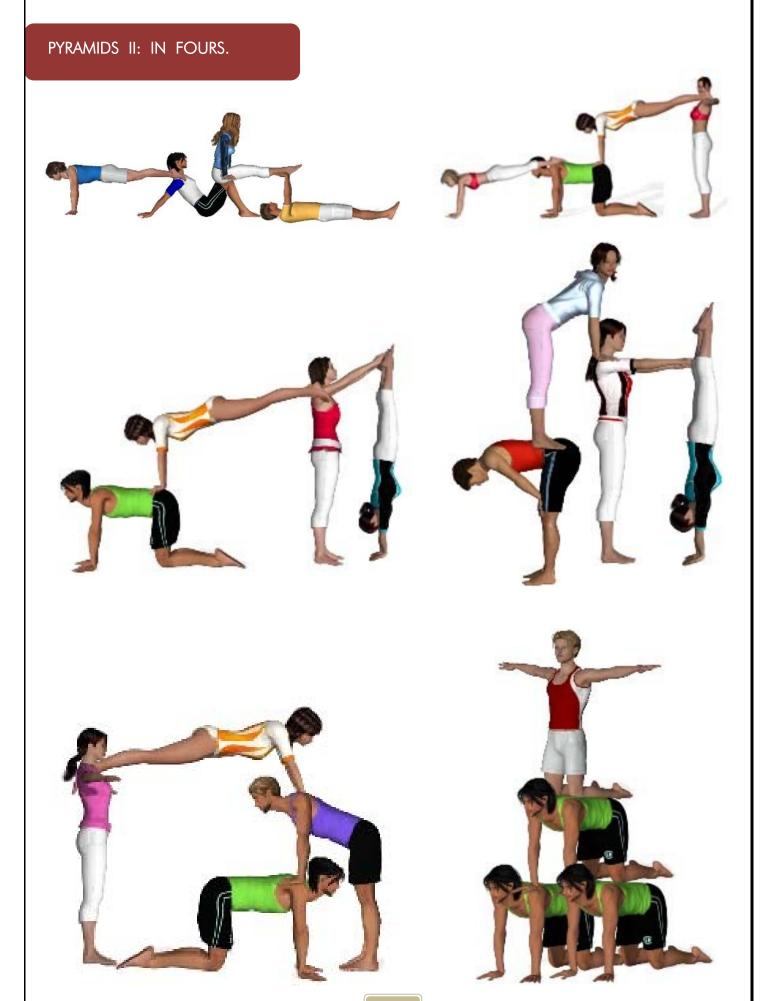




HIGH TROLLEYS: IN THREES









PYRAMIDS IV: SEXTETS AND ACROBATICS.

UNIT 9. Knots





It is the simplest to perform.

We can begin to work it tying shoes laces.

The overhand knot is not strong, so it is not used in situations where you might expect great force. It also reduces the strength of the rope or yarn by about 50%. But as an "anti-slip-knot" it does not have to withstand a lot.

It is used to climb up the rope without burning the hands to facilitate the ascent. It is also used to prevent the rope to pass through a buttonhole (for example of an envelope a tent roof). He is a simple knot and then the firm is surrounded two more times.





It is a knot of security. It does not run nor loose. A cote is made taking care that the signature is under the very same cote. The lenght made at a distance from the whip, equal to the size of the bond that you want to get. Cape bottom is introduced into the cote and it is turned around the firm and introduced it again at the cote top down.

The beginning and the end of a mooring. It is used for cape a boat or tie a rope to a tree. It is a simple and very useful knot that has no side scrolling. This knot should not be used when not this subject to a fixed voltage. EG: Tie a boat, because that swinging loose it.





Double

One of the knots more used in climbing, scaling and as a hub of anchorage. It is done with the double rope, turning back and then forward and into the cote consisting of the same rope.

UNIT 10. Climbing

It was born as an activity derived from mountaineering. In 2020 it becomes an Olympic discipline (Olympic climbing).



CLIMBING EQUIPMENT



With reinforced tip















CARABINER

MAGENSIUM

HOW TO START





Use your legs more than the arms and try always have three supports.





Movements must be slow and precise, overall the feet.



OBSERVE



Choose well and with tranquility the better grip or support for saving energy.

MENTAL WORK



Focus is fundamental in climbing. You can't allowed yourself serious failures. They can be fatal.

TYPES OF GRIPS

Secure grips with yolks and much of the fingers.











The surface is flat and not allows you to do so much





IEGATIVES

Very unstable grips.



TYPES OF CLIMBING

SPORT CLIMBING

The climb is done with harness and rope, but the Protectors are recessed

on the wall. It is fast, safe and cheap.

It is done without rope and without protections. In the event of a fall, death occurs.

It is only suitable for very specialized people.

BOULDERING AND BUILDING

Bouldering is done in low walls, usually on crossings (horizontal routes) and does not require protection.

The building is done outdoors (walls or chimneys) and the protection depends on the height to be carried out.

ICE CLIMBING

FREE STYLE

It is done in training frost like waterfalls and glaciers. Special equipment is

SLOPE

needed as ice axes (spikes) and crampons.

TRADITIONAL CLIMBING

It is the best known. It is done with all the equipment and the person are subject to the rock by a rope through the harness, where the carabiner and the belay device is inserted.

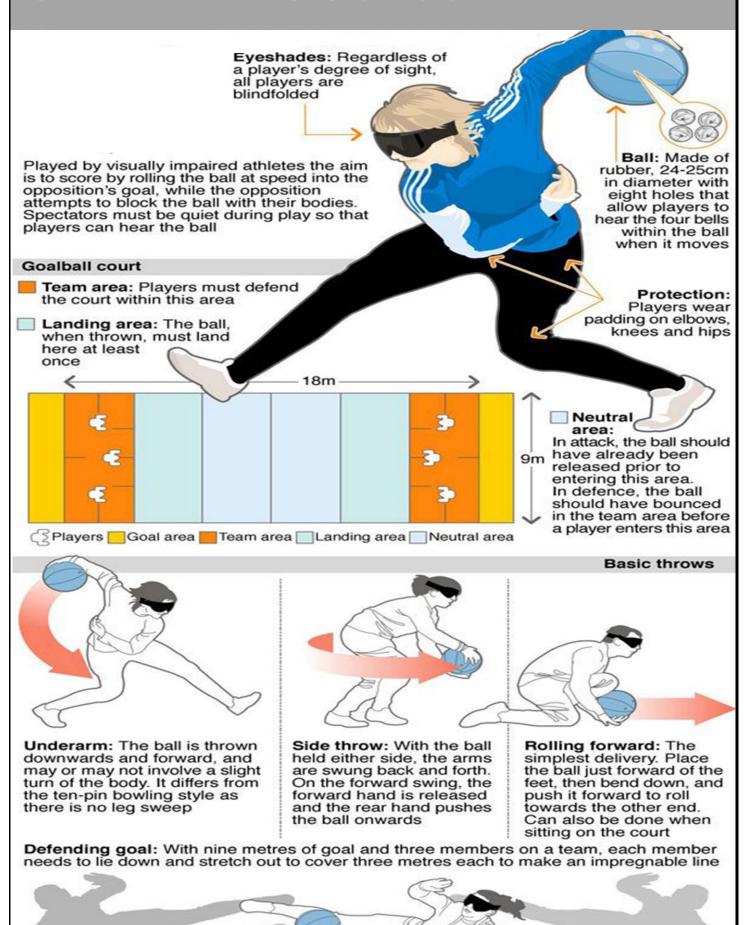


CLIMBING WALL

It is carried out indoors, where the climate does not avoid its realization. It is usually done on laminated wood surfaces or concrete, which are covered with ledges of varying difficulty. In this variety, routes are made (vertical) or you can also do bouldering or climbing in block, where routes are made horizontals (traverses) without elements of protection, as we have seen before.



UNIT 11. Goalball



UNIT 12. Pinfuvote









PING-PONG

FUTSAL

PINFUVOTE

VOLEYBALL

TENNIS



THE COURT

- CHANGES: unlimited
- PLAYERS: 3-20

The **net** must be like the tennis one (0.91 m height)

Forward area

BASIC

Rear Area

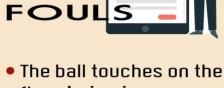
Serving Area

The serve will be done from central circle and always with both feet inside and touching the ground.



A team will win when it reaches 3 sets.

The set has 25 points with 2 points ahead.



- floor twice in a row.
- The ball do not pass the net.
- The ball goes out of boundaries.
- A player hits twice in a row.
- A team hits the ball more. than 3 times...
- The ball can be hit using any part of the body.



- To invade the opposite court in any way.
- To spike the serve.
- Touching the net with any part of the boy.
- For changing a player from one area to another in the same set.

TRIPING

When three different players of the same team touch the ball with three different parts of the body and win the move, their team score 3 points.



31

UNIT 13. First Aid



BLEEDING

- Apply direct pressure to the wound using a sterile gauze pad or clean cloth. Do not remove base layers when changing dressing.
- Elevate the injured area above the level of the heart if there is no fracture.
- Cover the dressing with a pressure bandage. If bleeding does not stop apply additional dressings.
- If necessary, apply pressure to the artery with your hand.



BURNS

- Stop the burning. Remove the person from the source of the burn.
- · Cool the burn. Hold burned area under cool (not cold or icy) running water or immerse for 10 to 15 minutes. Use cool compresses
- · Cover the burn. Cover burn with nonadhesive sterile bandage or clean cloth.
- Prevent shock. Lay the person down and elevate the legs.



FRACTURES

- Help the person support the injured area.
 Stop any bleeding by applying pressure with sterile bandage or clean cloth.
- · Check for feeling, warmth and color
- Immobilize the injured area. Apply a soft or hard splint above and below the fracture.
- Treat for shock. Lay the person down and



CHOKING

Signs of choking

 The person has hands clutching his or her throat, unable to breathe or talk; or skin, lips, and nails are turning blue.

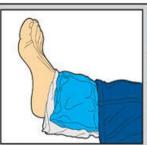
Perform abdominal thrusts (Heimlich maneuver)

- Stand behind the person. Wrap your
- Make a fist with one hand. Position it over the lower half of the breast bone.
- Grab the fist with the other hand. Press hard into the abdomen with a guick inward and upward thrust.
- Perform 5 abdominal thrusts. (Heimlich maneuver)
- If you are alone, perform abdominal thrusts before calling 112 If two people are available, one can call for help while the other performs first aid.
- If the person becomes unconscious perform CPR.



Clear the airway of obese person or pregnant woman

- Place your hands a little higher than normal.
- Proceed as with the Heimlich maneuver. shoving your fist inward and upward
- · Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.



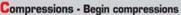
SPRAINS

- · Rest the ankle or injured area.
- Compress by lightly wrapping an elastic bandage around the injured area. Start farthest away from body and wrap up. This reduces risk of cutting off circulation.
- · Elevate the injured area above heart level to reduce swelling.



CPR

- Check for breathing and responsiveness. Unresponsive person that is breathing normally won't require CPR.
- If not breathing call 112 and have someone get the AED if available. Check for carotid pulse, if none begin CPR.



- If face down, put the person on his or her back while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your upper body push straight down compressing the chest to about 2 inches. Push hard at a rate of 120 compressions per minute.

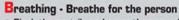


- If trained for CPR, after 30 compress-
- Check for normal breathing, chest motion, and listen for normal breathe



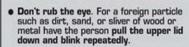
Airway - Clear the airway

ions, open the person's airway your by placing your palm on the person's forehead and gently tilt the head back. With the other hand gently lift the chin forward to open the airway.



- Pinch the nostrils and cover the person's mouth with yours. Use A CPR mask if
- Give the first rescue breath and watch to see if the chest rises. If it does rise give the second breath. If the chest doesn't rise resume chest compressions.
- When AED arrives, turn it on, apply it, and follow prompts. Resume CPR starting with chest compressions until emergency personnal arrive.





- Flush the eye with water. Make sure the eye to be flushed is down so other eye is
- For any chemicals in the eyes immediately wash the eyes with lots of water.
- · Cover both eyes in case of impalement.



SHOCK

- · Help the person lie down on his or her back.
- Elevate the feet about 12 inches. If raising the feet causes pain or further injury, keep him or her flat.
- Check for signs of breathing, coughing, or movement, and if absent begin CPR.
- Keep the person warm and comfortable.
- Turn the person on his or her side to prevent choking if the person vomits or bleeds from the mouth.

32

UNIT 14. Artzikirol



48TZIKIBOL

A NEW SPORT

Created in 2007, the name comes from join the prefix "artzi" (town of Artziniega), and the suffix "kirol", "sport" in Basque.

Artzikirol is a **mix of futsal, rugby and handball,** whose rules we will see now.

DIMENSIONS

- Area is 6 meters away.
- The penalty spot It is 7 meters away.
- The goal is 3 meters long by two meters high.



40 x 20



Between each time there is a 2 minute break, except between the second and the third period that will be 5 minutes.



6 AGAINST 6



There can be **up to 15 members** in a team. Teams can be **mixed or differentiated by biological sex.**

You can play with a foam ball.

fOULS (PLAY€ħ)

- Using force, grabbing, hitting or trip the opponent to remove or keep the ball.
- The player in possession of the ball can not pass the ball from one hand to another in the form of a self-pass.
- Being touched by an opposite player when the ball is in your hand. If it is on the foot, it will not be a fault.



- The ball can be played by feet and hands but never can be dribbled.
 A player who has the ball in hands can be "touched" by any apposite. player
- The player who makes the "touched" serves from that place.
- The goal can be achieved by throwing with the foot or with the hand or patting the ball.

- When the ball is in the air, you can control it with your foot or hand, but once on the ground, the ball can not be controlled again with hands, except the goalkeeper in his area.
- For fouls, throw-ins or corners, the player will have **6 seconds**.
- After a goal, the goalkeeper will serve behind the baseline, including his own goal. If the ball goes out by baseline, the goalkeeper will serve from there in the same way

Penalty shot. Causes and how to execute it

A penalty happens when the defending team makes a foul within his own area or the attacking team's goalkeeper is touched while running as a normal player outside his area.

The defenders will be placed behind the baseline and the attackers, after the imaginary horizontal line that traces the 7 meter line.

The penalty is a direct kick with foot or hand. In no case the player can advance with the ball, which only can be hit once.

You can score a direct goal from a fouls, corner or throw-ins without giving any pass.

PENALTY



Unit 15. Floorball

Equipment

The stick and the ball with holes are made of plastic, since florball is designed not to cause injuries and thus lose the fear of throws and hits.



Periods

3 periods of 20



minutes

Teams



F WE PLAY IN SHORT **COURTS**



against

No one can enter the small area. If the defending team, does it, It will be a penalty. If the attacker does it, it is a foul.

We will play differently: only one attacker and one defender (maximum) may enter the large area. This way we will avoid plugs.



9 periods of



It will be 1/1 for 15



We can play behind the goal.

In our games we will play with goals track background, so it is not He will be able to play from behind.

(JOALKEEPER

The goalkeeper plays without a stick and can touch the ball with the hand outside the small area as long as he has any body part inside. He will not be able to hold the ball with any part of the body for more than three seconds, but he can passes the ball with the hand or foot.

PLLOWED AND BANNED PCTIONS

ALLOWED

- Hitting the ball with both sides of the stick.Stopping the ball with the stick, foot or chest.
- Directing the ball with your foot towards your own stick
- Removing the ball from an opponent without hitting his stic
- Putting the stick in the goal area.

BANNED (FOUL)

- allow an attacker and a defender to enter the area with

- Playing the ball lying on the ground. Raising or hooking the opponent's stick



- After each goal, the center will be taken with a new ball fight between two.
- Fouls will be taken from where they are committed.
- Throw-ins will be taken wherever they come from. the ball, including the corners.
- In all serves, the opponents must be within three meters.

BANNED (PENALTY)

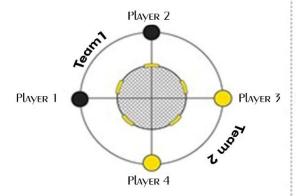
- Pushing, grabbing or tripping the opponent
- Throwing the stick or insult.
- A defender enters the area goalkeeper (with us there will be two).
- Moving the goal to avoid scoring.



UNIT 16. Roundnet

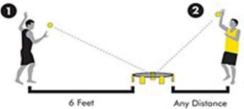


SET UP



THE SERVE

A point starts with a serve. The server stands 2 meters from the net, directly across from the receiving player and must hit the ball at least 10 cm from the release point.



PLAY

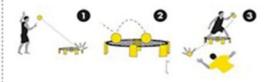
Just like volleyball, the receiving team has up to three alternating hits to return the ball onto the net. When they do, possessión changes to their opponent.



SCORE

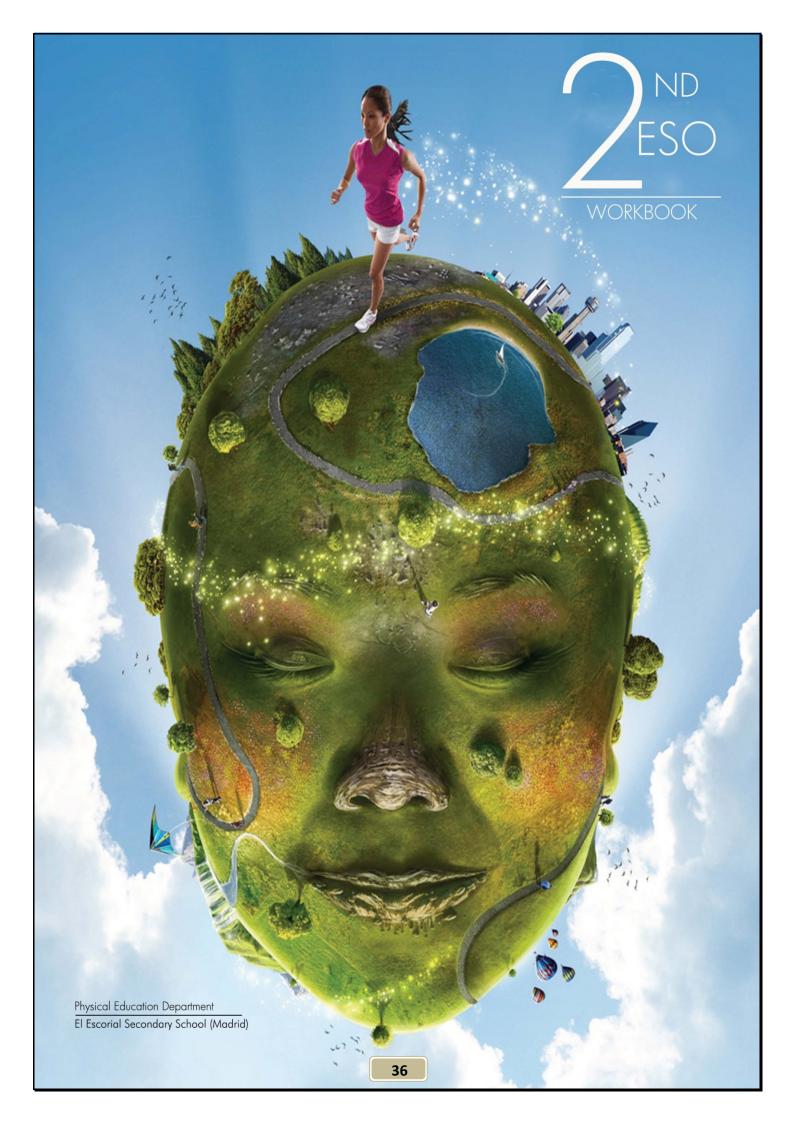
Points are scored when:

- 1. The ball hits the rim or ground.
- 2. The ball doesn't bounce off the net in a single bounce.
- 3. A team can't return the ball onto the net.



ANOTHER RULES

- The server has up to 5 seconds to serve and the opponent has to be ready. The server is to the right of his partner. The server han to keep serving while winning If the receiving team wins, the player to the left serves. From there on, service alternates between teammates after each change of service possession. This four person order continues the rest of the game.
- If the serving team wins the point, the server switches positions with their partner and serves to the other member of the opposing team.
- The ball may touch any part of the body.
- Simultaneous Contacts If teammates touch the ball simultaneously it is counted as two hits. Either teammate may take the next hit provided they have not already used all three hits.
- The ball must not be caught and/or thrown.
- Players may not hit the ball with two hands.
- Players cannot interfere with the opposite team.
- A match is played up 11,15 or 21 points with a 2 points diference. Only one game is played.



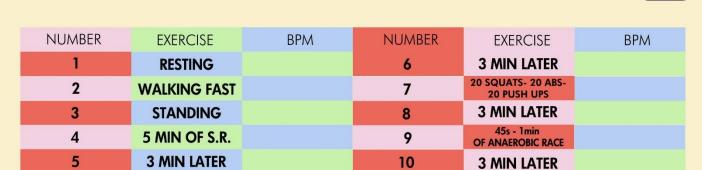
TASK 1. The Heart Rate

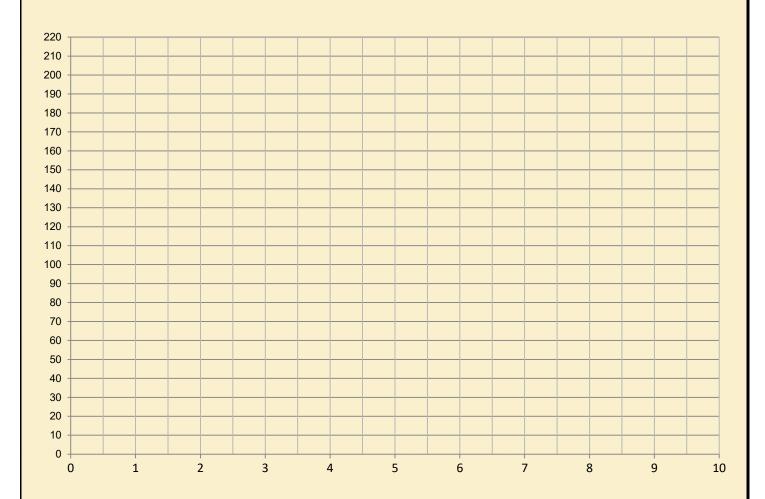
NAME AND SURNAME

CLASS GROUP

QUESTIONS

DO THE ACTIVITIES AND THEN TAKE THE PULSE. AFTER THAT, WRITE THE RESULT BOTH IN THE TABLE AND IN THE GRAPH.





ANSWER THE QUESTIONS

Firstly, you must choose your level and then, fill the gasps.

LOW	V LEVEL	AVERAG	E LEVEL	HIGH LEVEL		
MHR=220-AGE	MHR: 226-AGE	MHR=220-AGE	MHR: 226-AGE	MHR=220-AGE	MHR: 226-AGE	
TARGET HEART RATE ZONE						
50% =	50% =	60% =	60% =	60% =	60% =	
75% = 75% =		75% =	75% =	85% =	85% =	

- 1.- What is this course your M.H.R. and the target heart rate zone for you to develop good health? (you have to write the operations down so that the response is good.)
- 2.- WHICH ACTIVITIES ON THE PREVIOUS PAGE YOU HAVE EXERCISED IN THE HEALTHY RANGE FOR YOUR BODY? (YOU MUST REPLY BASED ON THE RESULTS ON QUESTION 1).
 - 3.- WHEN YOU CHANGE YOUR BODY POSITION FROM 1 TO 3, WHAT DO YOU SEE IN YOUR HR? WHY DO YOU THINK IT IS LIKE THAT?
 - 4.- WHICH ACTIVITY OR EXERCISE ALTER THE LESS YOUR HEART RATE (YOU MUST NOT TAKE INTO ACCOUNT ACTIVITIES 1, 2

 AND 3. WHY DO YOU THINK IT IS LIKE THAT?
- 5.- WHY DID THE TEACHER SAY THAT SQUATS USUALLY GIVE THAT NUMBER OF HEARTBEATS WHICH THE ABS DO NOT REACH EVEN WHEN REPETITIONS ARE THE SAME?

FINAL MARK

GRADES FOR QUESTIONS

1.-3 points.

2.- 2 points. 3.- 2 points. 4.- 1 points (Filling the sheet and the chart will add 1 point).

5.- 1 point.

38

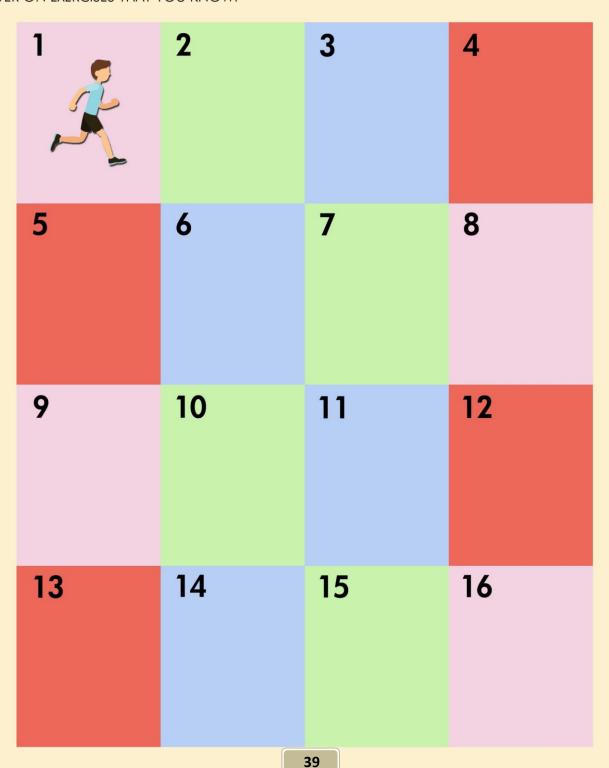
TASK 2. The General Warm Up

NAME AND SURNAME

CLASS GROUP

QUESTIONS

DRAW ON THIS TABLE A GENERAL WARM UP. DO NOT CHOOSE ANY EXERCISE DRAWN IN THE LESSON. SEARCH THEM ON THE INTERNET OR BASED YOUR ANSWER ON EXERCISES THAT YOU KNOW.



TASK 3. Stamina

NAME AND SURNAME

CLASS GROUP

QUESTIONS

WRITE DOWN THE BPMs TAKEN IN THE RECTANGLE AFTER DOING THE ACTIVITY.

	RUNNING			RESTING			RUNNING			RESTING				
	2'	4'	6'	8'	1′	2′	3′	2'	4'	6'	8'	1'	2′	3′
BPM														

QUESTIONS

- 1.- IN YOUR CASE, WHAT IS THE HEART RATE RANGE IN WHICH YOU WORK THE ENDURANCE? (YOU MUST REASON THE ANSWER BASED ON MHR TAB.
- 2.- WHILE YOU WERE RUNNING, YOU HAVE BEEN UP OR DOWN FROM THAT RANGE? IF SO, WHY DO YOU THINK IT IS LIKE THAT? IF NOT, IMAGINE THAT YOU HAD 190 PPM AT 6 MINUTES INI THE SECOND SERIE.
- 3.- HAVE YOU BEEN IN ANAEROBIC EFFORT DURING RUNNING OR HAVE NOT REACHED ENDURANCE? IF SO, IN WHICH DATA YOU ARE BASED ON?
- 4. HOW WOULD YOU WORK OUT THE STAMINA FOR HEALTH?

5.- WRITE DOWN FIVE BENEFITS FOR HEALLTH OF WORKING OUT STAMINA REGULARLY.

TASK 4. Strength

NAME AND SURNAME

CLASS GROUP

QUESTIONS

- 1.- Answer the questions. Be aware: Each incorrect question will substract one correct
 - 1. THE HEALTHIEST TYPE OF STRENGTH IS EXPLOSIVE STRENGTH.
 - 2. A TYPICAL SPORT OF STRENGTH ENDURANCE IS CANOEING.
 - 3. EVERY JUMP AND THROW DEVELOPS THE EXPLOSIVE STRENGTH.
 - 4. STRENGTH ENDURANCE MUST BE TRAINED WITH FEW MUSCLES TO AVOID OVERCHARGES.
 - 5. IN ORDER TO AVOID ANY INJURY, MOVEMENTS SHOULD BE SLOW.



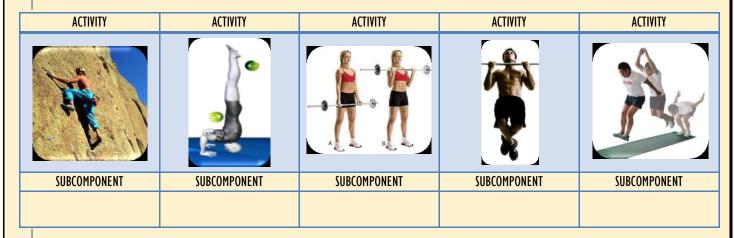
2.- T

3.- T

4.- T

5.- T F

2.- CLASSIFY THE FOLLOWING EXERCISES BASED ON THE SUBCOMPONENT OF THE STRENGTH TRAINED.



- 3.- Write 5 benefits for health of strength endurance training.
- 4.- Write which muscle is trained in each exercise (just one).

ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
				Car Print
MUSCLE	MUSCLE	MUSCLE	MUSCLE	MUSCLE

TASK 5. Flexibility

NAME AND SURNAME

CLASS GROUP



QUESTIONS

1.- WRITE UNDER THE PICTURE WHAT FLEXIBILITY SUBCOMPONENT IS DEVELOPED.



2.- WRITE UNDER THE PICTURE WHAT TYPES OF MOVEMENTS AND METHODS ARE REQUIRED.









3.- WRITE FIVE BENEFITS THAT FLEXIBILITY HAS FOR HEALTH.

1

2

3

4

5

TASK 6. Speed

NAME AND SURNAME

CLASS GROUP

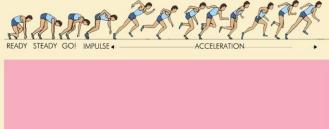
SPEED

1.- DESCRIBE THE TYPES OF SPEED THAT EXIST. ANSWER

- 2.- CLASSIFY THESE SENTENCES AS T OR F:
- 2.1.- A GOALKEEPER BLOCK AT BLANK POINT IS GESTURE SPEED.
- 2.2.- RUNNING TO CATCH THE BUS IS REACTION SPEED.
- 2.3.- A HOOK IN BOXING IS GESTUAL SPEED.
- 2.4.- A KARATE KICK DEVELOPES THE DISPLACEMENT SPEED.
- 2.5.- DODGE A PUNCH IS SPEED OF REACTION.

4.- CLASSIFY THE FOLLOWING GESTURES BASED ON THE SPEED DEVELOPED.







5.- EXPLAIN WHAT ARE THE BPA'S RELATED TO HEALTH AND WHICH ARE RELATED TO COMPETITION SPORTS. FINALLY, SEARCH ON THE INTERNET WHAT MUSCLE INJURIES SPEED USUALLY CAUSE.

TASK 7. Health and Exercise

NAME AND SURNAME

CLASS GROUP



QUESTIONS

1 WHAT COMPONENTS (AND SUBCOMPONENTS)
OF BASIC PHYSICAL ATTRIBUTES SHOULD WE
WORK IN ORDER TO DEVELOP OUR HEALTH?
ANSWER

- 2.- CLASSIFY THIS SENTENCES AS TRUE OR FALSE:
- 2.1.- 2 HOURS OF RESTING ARE RECOMMENDED BETWEEN MEALS AND EXERCISE.



2.2.- IT IS RECOMMENDED WORKING OUT 75 MIN OF MILD ACTIVITY PER WEEK.



2.3.- TRAINING 250 MIN OR 300 MIN WEEKLY IS DANGEORUS BECAUSE IT CAN OVERLOAD OUR HEART



2.4.- I HAVE TO TRAIN IN COMPANY IN ORDER TO DO THE EXERCISE MORE MOTIVANTING

MENTAL HEALTH.



4.- WRITE FIVE BENEFITS OF DOING EXERCISE FOR

3.- DESCRIBE FIVE BENEFITS OF FOLLOWING AND ACCURATE HEALTH-ACTIVITY PROGRAM.



2

3

4

5.- DESCRIBE WHAT VIGOREXIA CONSISTS OF AND WHAT ARE ITS SIGNS AND SYMPTOMS.

TASK 8. Postural Attitude

NAME AND SURNAME

CLASS GROUP



QUESTIONS

1 WHAT IS THE MOST RECOMMENDED POSTU	RE
FOR SLEEPING? DESCRIBE IT ACCURATELY.	

ANSWER

- 2.- CLASSIFY THESE SENTENCES AS T or F:
- 2.1.- SITTING LEANED FORWARD CAN CAUSE LUMBALGIA

2.2.- SCIATICA CAN BE DUE TO SLEEP BAD OR CARRYING WRONG WEIGHT.

2.3.- STRENGTH EXERCISES ARE NOT RECOMMENDED TO IMPROVE POSTURE. ONLY FLEXIBILITY SHOULD BE WORKED OUT

DEVERTED TOWARDS THE SIDES.



- 2.4.- SCOLIOSIS CONSISTS OF HAVING THE SPINE
- BAD POSTURES. **INJURIES**

3.- WRITE FIVE BENEFITS OF CORE TRAINING FOR HEALTH TO THOSE WHO PRACTICE IT.

INJURIES



4.- WRITE WHAT INJURIES THESE CAN CAUSE THESE



INJURIES

INJURIES

00000

5.- DESCRIBE HOW (AND HOW NOT) WE SHOULD CARRY WEIGHT AND WHAT A GOOD STANDING POSTURE LOOKS



TASK 9. Nutrition and Health

NAME AND SURNAME

CLASS GROUP



QUESTIONS

1.- WRITE IN THE FOLLOWING CHART THE MEALS YOU TAKE IN A WEEK.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
IOZCL							
ローΖΖェR							
OTHERS							

2.- ANALYZE YOUR OWN DIET AND WRITE WHICH FOODS YOU EAT TOO MUCH, WHICH ARE MISSING, WHAT DANGERS IT HAS IN THE LONG RUN AND HOW YOU WOULD IMPROVE IT.

TASK 9.2. Diet and Exercise

NAME AND SURNAME

CLASS GROUP



QUESTIONS

1.- DOWNLOAD GOOGLE FIT AND FATSECRET APPLICATIONS ON YOUR MOBILE.



Coogle Fit

2024

* al 8 70%

Heart Points
Last Points
Last Page
14 page
14 page
15 page
16 page
16 page
18 pa

It is a free and anonymous application that records daily physical activity.

The first thing is to enter our data.

- 1.- We will invent an email and we will use that account to enter.
- We will enter our sex (biological), the date of birth (the important thing is year), weight and height.
- We activate and allow access to our physical activity.

From that moment on, everything will work.

It is a free and anonymous application that records daily calories consumed.

The first thing is to introduce our objective: lose weight, maintain it or gain it.
Choose the one you want. You will have to choose later how many kilos do you want to gain or lose.

Then, our data: sex (biological), level of activity that you have in your day to day, weight, height, date of birth, region, account (the email invented with Google Fit) and we can now begin to introduce what we eat in the search engine.



2.- MONITOR FOR A WEEK THE PHYSICAL ACTIVITY PERFORMED EACH DAY AND THE CALORIES IGESTED. AT THE END OF THE ACTIVITY, TAKE A SCREEN SHOT OF THE STEPS AND PHYSICAL ACTIVITY WEEKLY MADE WITH GOOGLE FIT.

IN FATSECRET, TAKE ANOTHER CAPTURE OF THE CALORIES EATEN PER WEEK IN THE SECTION "REPORTS". THOSE TWO CAPTURES YOU WILL BE ASKED TO UPLOAD THEM ON THE INTERNET ON THE PAGE WE TELL YOU.

- 3.- ANSWER THE FOLLOWING QUESTIONS.
- 3.1.- WHAT ARE THE MINIMUM ACTIVITY LEVELS PER WEEK FOR YOUR AGE? AND FOR ADULTS?
- 3.2.- BASED ON THE DATA COLLECTED, DO YOU MEET THAT MINIMUM OF ACTIVITY? IF NOT, WHAT HAS PREVENTED YOU FROM ACHIEVING IT?
- 3.3.- HAS THE CALORIE INTAKE MEASURED IN FATSECRET BEEN ADEQUATE? REASON YOUR ANSWER.
- 3.4.- HAVE YOU ACHIEVED A GOOD BALANCE BETWEEN CALORIE EXPENDITURE/INTAKE? HOW DO YOU BELIEVE WHAT COULD YOU IMPROVE IT?

TASK 10. Knots and Climbing

NAME AND SURNAME

CLASS GROUP

5

QUESTIONS

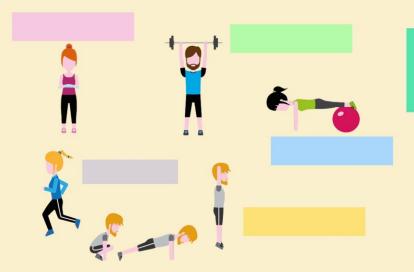
- 1.- True (T) OR FALSE (F)?
 - 1.1.- THE BOWLINE IS USED TO CLIMB THE ROPE.
 - 1.2.- CAPPUCCINO IS USED A LOT IN CLIMBING.
 - 1.3.- SHEEOSHANK CAN BE USED TO TIE A BOAT.
- 1.4.- THE DOUBLE 8 IS USED AS AN ANCHOR KNOT.

2.- DESCRIBE WHAT TRADITIONAL CLIMBING AND BOULDERING ARE.



TRADITIONAL

3.- WHAT BPA'S INTERVENE IN THIS CLIMBING WORK OUT?





4.- WRITE THE NAME OF THE FOLLOWING MATERIALS IN THE RECTANGLES.



TASK 11. Futsal

NAME ADN SURNAME

ANSWER



QUESTIONS

1.- WRITE SIX MEASURES RELATED TO



2.- CLASSIFY THESE SENTENCES AS T or F:

2.1.- A MATCH HAS TWO PERIODS OF 20 MIN EACH



FUTSAL COURT.



2.2.- EACH TEAM IHAS 5 PLAYERS PLUS THE GOALKEEPER (ON COURT).

AND A BREAK OF 15 MIN.



2.3.- YOU CANNOT SCORE A DIRECT GOAL IN A THROW-IN BUT IT IS POSSIBLE BY KICKING A MAKING A CORNER (OR CORNER KICK)



2.4.- THE GOALKEEPER CAN LEAVE THE AREA, BUT ONLY



TO THE MIDDLE OF THE COURT.



3.- EXPLAIN WHAT A DOUBLE PENALTY CONSISTS OF.





NAME

NAME



5.- EXPLAIN WHEN AND HOW A CORNER, A PENALTY AND A DIRECT FOULS OCCUR. Don't make schemes. Write.

TASK 12. First Aid

NAME AND SURNAME

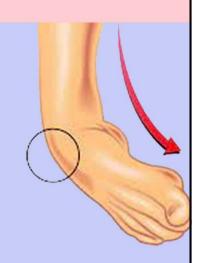
CLASS GROUP

QUESTIONS

1.- WHAT WOULD BE THE STEPS TO FOLLOW TO TREAT THIS GIRL. DESCRIBE THEM.



2.- WHAT WOULD BE THE STEPS TO TREAT THIS INJURY?



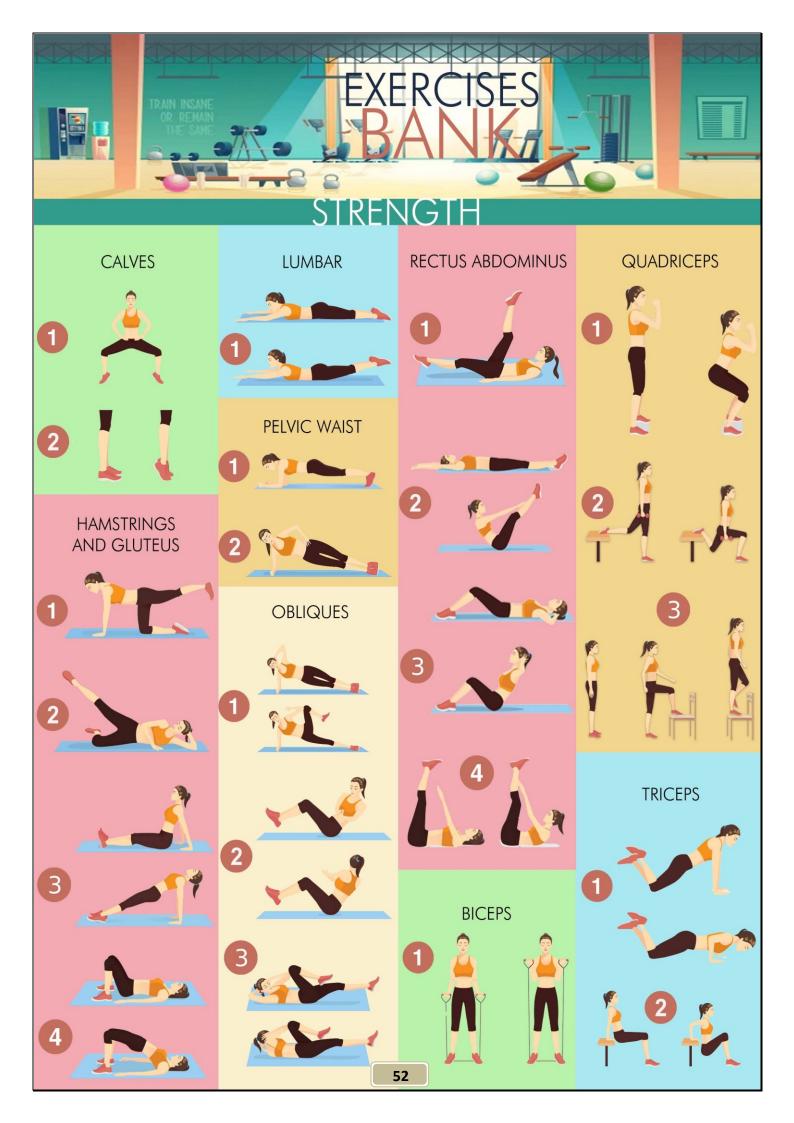
3.- WHAT IS HAPPENING WITH THIS MAN AND HOW COULD WE HELP YOU?



4.- WHAT IS HAPPENING HERE AND HOW COULD WE HELP?

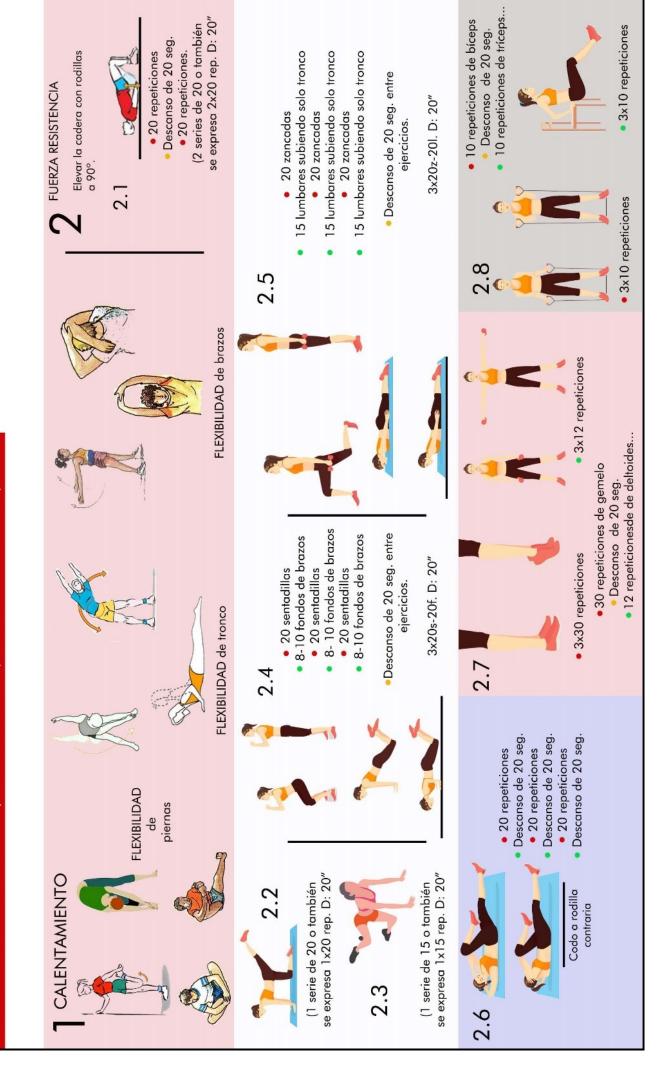






ENTRENAMIENTO (LUNES)

OBJETIVO: desarrollo de la flexibilidad y de la fuerza resistencia (con aumento del tono muscular).



ENTRENAMIENTO (MARTES)

OBJETIVO: desarrollo de la resistencia, flexibilidad y CORE (con aumento del tono muscular).

■ CARRERA CONTINUA



SESIÓN 1: 3x5 min de carrera continua (c.c)

SESIÓN 5: 2x15 min de carrera continua (c.c)

SESIÓN 6: 1x20 min de c.c.

SESIÓN 7: 1x25 min de cc.

SESIÓN 8: 1x30 minutos de c.c.

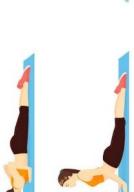
PLEXIBILIDAD. Mantener cada ejercicio un mínimo de 30 segundos respirando sosegadamente.

SESIÓN 4: 3x8 minutos de c.c.

SESIÓN 3: 2x10 min de cc.

SESIÓN 2: 2x8 min de c.c.







3 CORE. Mantener cada ejercicio un mínimo de 30 segundos.



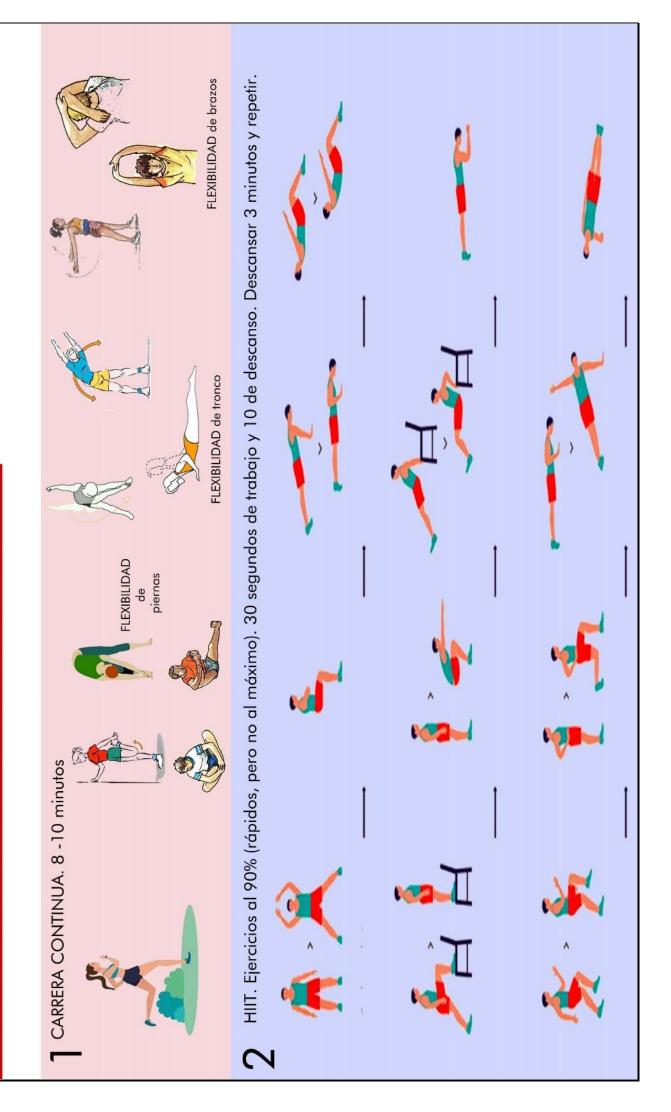






ENTRENAMIENTO (JUEVES)

OBJETIVO: desarrollo de la fuerza resistencia y flexibilidad con aumento del tono muscular).





1. NORMAS DE CONVIVENCIA

- 1. COMPAÑERISMO Y PROFESORADO: RESPETO A LOS COMPAÑEROS Y AL PROFESOR. SE VALORARÁ POSITIVAMENTE EL COMPAÑERISMO, GENEROSIDAD CON LOS QUE TIENEN DIFICULTADES, ACTITUDES DEMOCRÁTICAS Y SOLIDARIAS.
- 2. MATERIAL: RESPETO AL MATERIAL DE EDUCACIÓN FÍSICA. EL MAL USO POR PARTE DEL ALUMNADO SUPONDRÁ UNA SANCIÓN DISCIPLINARIA COMO LA REPOSICIÓN DE DICHO MATERIAL.
- 3. PUNTUALIDAD: EL ALUMNADO DEBERÁ ASISTIR PUNTUALMENTE A LAS SESIONES, VALORÁNDOSE NEGATIVAMENTE UNA IMPUNTUALIDAD RECURRENTE.

2. VESTIMENTA

VESTIMENTA NECESARIA. LA INDUMENTARIA BÁSICA Y NECESARIA ES ROPA DE DEPORTE QUE PERMITA REALIZAR TODAS LAS ACTIVIDADES PROPUESTAS EN LA SESIÓN. CONCRETAMENTE:

- *a* Parte superior: Camiseta de manga corta, larga o sin mangas o *tops* deportivos.
- **b** Parte inferior: pantalón largo o corto de chándal. Mallas deportivas.
- C CALZADO: ZAPATILLAS ADECUADAS, CORRECTAMENTE ATADAS, ASÍ COMO EL USO DE CALCETINES.
- d ASEO: SE PERMITIRÁ AL ALUMNADO TRAER CAMISETA DE REPUESTO Y ELEMENTOS DE ASEO PERSONAL.

3. NORMAS DE SEGURIDAD

POR SEGURIDAD, SE HACE IMPRESCINDIBLE EVITAR:

- LLEVAR ANILLOS, PENDIENTES, CADENAS Y OTROS ACCESORIOS QUE PUEDAN ENTORPECER LA ACTIVIDAD FÍSICA.
- Masticar chicles, caramelos o cualquier objeto susceptible de ocasionar un colapso en las vías respiratorias.
- LLEVAR EL PELO LARGO Y SUELTO, YA QUE DIFICULTA LA VISIÓN Y LA PRÁCTICA DEPORTIVA.

La falta de alguno de los puntos incluidos en el punto 2 y 3 podrá implicar que el ese alumnado no participe en la sesión práctica, viéndose sustituido el trabajo práctico por uno teórico o de colaboración en el buen funcionamiento de la clase y, también, ver penalizada su nota en el apartado de actitud.

CRITERIOS PARA LA REPETICIÓN DE UNA PRUEBA POR AUSENCIA DEL ALUMNO

- SE LE REPETIRÁ LA PRUEBA EVALUABLE EN EL CASO DE QUE EL MOTIVO SEA UNA ENFERMEDAD Y EL JUSTIFICANTE PRESENTADO SEA OFICIAL. DADO QUE EL PERSONAL MÉDICO NO TIENE OBLIGACIÓN DE EMITIR JUSTIFICANTES, LA PROPIA CITA MÉDICA O EL INFORME MÉDICO SERÁN VÁLIDOS. EN EL CASO DE OTRO TIPO DE JUSTIFICACIÓN, VIAJE, EVENTO FAMILIAR, ENFERMEDAD DE UN FAMILIAR... SERÁ EL PROFESORADO EL QUE DECIDA SI PUEDE DE REPETIRSE O NO.
- SI LAS JUSTIFICACIONES FUERAN REITERADAS O EL PROFESORADO SOSPECHARA QUE EXISTE MALA FE O NEGLIGENCIA EN LA JUSTIFICACIÓN DE LAS AUSENCIAS, ESTE PODRÁ TOMAR LA DECISIÓN DE NO REPETIR LA PRUEBA SI ASÍ LO DECIDIERA.

CRITERIOS PARA LA SANCIÓN POR DESHONESTIDAD EN PRUEBAS

SI EL PROFESORADO SOSPECHA QUE EL ALUMNADO NO HA SIDO HONESTO EN ALGUNA DE LAS PRUEBAS, PODRÁ OPTAR POR REPETIRLE LA PRUEBA EL DÍA QUE CONSIDERE OPORTUNO CON EL FIN DE CONSTATAR LA VERACIDAD DE SUS RESPUESTAS, EN EL CASO DE UN CONTROL, O HACÉRSELA REPETIR, EN EL CASO DE UN TRABAJO REALIZADO EN CASA.

EN EL CASO DE QUE TENGA PRUEBAS OBJETIVAS DE QUE LA PRUEBA NO ES ORIGINAL, PODRÁ INVALIDARLA SIN NECESIDAD DE REPETICIÓN Y LA NOTA SERÁ UN O EN EL APARTADO TEÓRICO.



En la siguiente ficha (de carácter confidencial y de uso exclusivo por el departamento de Educación Física), debe señalar SÍ o NO (solo si la respuesta es afirmativa debe contestar a las preguntas).

iGracias por su colaboración!

¿Padece su hijo/a algún tipo de enfermedad o problema CARDIOVASCULAR?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de ALERGIA?

SÍ

NC

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de ASMA o problema respiratorio?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de lesión en los músculos, huesos o articulaciones RECIENTE?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de DESVIACIÓN en la COLUMNA VERTEBRAL?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Existe en la actualidad algún otro tipo de problema que haga que su hijo/a deba acceder a una adaptación curricular por parte del Departamento de Educación Física?

SÍ

NO

En caso afirmativo, lea el recuadro inferior.

En caso de respuesta afirmativa en alguna de las cuestiones enumeradas anteriormente, y con el objeto de acceder a una adaptación que permita al alumno/a cursar la asignatura en las mejores condiciones, debe presentar ante el departamento de Educación Física un certificado médico oficial en el que conste:

- Patología y/o enfermedad.
- Contraindicaciones hacia el ejercicio físico: qué tipo de ejercicios, qué deportes puede realizar, a qué intensidad...
- Duración de la patología que provoca la adaptación curricular.

En caso de no presentar dicha documentación, para evitar posibles problemas de salud y, al mismo tiempo, que el alumno pueda superar la asignatura, queda al criterio del profesor el cursar dicha adaptación. Recordamos de nuevo que la figura del alumno exento no es contemplada por la ley.

NOMBRE DEL PADRE/MADRE O TUTOR/A

DNI

EL ABAJO FIRMANTE CERTIFICA QUE TODOS LOS DATOS REFLEJADOS EN EL PRESENTE DOCUMENTO SON VERDADEROS.

EN A DE DE

FIRMA