

**TRABAJOS PARA ALUMNOS /AS EXENTOS TOTAL O PARCIALMENTE DE LA PARTE PRÁCTICA DE LA ASIGNATURA O CON NUMEROSAS FALTAS DE ASISTENCIA:**

**3<sup>rd</sup> E.S.O.**

**All tasks must be hand written with a tittle page, an index page and the sources. You will also have to give an oral presentation of the task. You must write between 5-8 pages.**

**1<sup>st</sup> TRIMESTER**

- Hand in a task about a general and a specific warm up for a basketball or a football match. You must write at least 20 exercises and include a diagram for each.
- Methods of flexibility training. Name 8 muscles and include a diagram of a stretch for each.
- Methods of strength training. Name 8 muscles and include a diagram of a strength exercise for each.
- Athletics: The background of athletics. Events. Explain the shot put technique and the hurdles technique.

**2<sup>nd</sup> TRIMESTER**

- Breathing and relaxation techniques.
- Nutrition: Food groups. How to maintain a healthy diet.
- Handball: History. Basic Rules. Handball court. Techniques. Tactics.

**3<sup>rd</sup> TRIMESTER**

- Hiking: What is hiking? Safety procedures; Basic rules to respect wildlife and guidelines; Equipment required for basic hiking; List three different hiking routes in the province of Cadiz.
- Surfing: The background; Materials required; Basic techniques; The best surfs locations in the province of Cadiz.
- Baseball/softball: The background; The pitch in baseball; Equipment; Rules; Different baseball positions and their role.

**4th E.S.O. (Bilingual)**

**All tasks must be hand written with a tittle page, an index page and the sources. You will also have to give an oral presentation of the task. You must write between 5-8 pages.**

**FIRST TERM**

- Make a plan for a general and specific warm up for a strength session.
- Strength Training methods: Name 8 muscles and Draw and explain exercises to improve it.
- Flexibility Training methods: Name 8 muscles and Draw and explain exercises to improve it.
- Athletics: The history. Disciplines in Athletics. Explain the High Jump and Long Jump Techniques.
- Basketball: History. Basic Rules. Basketball court. Free Throw.

**SECOND TERM**

- Breathing and relaxation techniques.
- Volleyball: The background. Basic rules. The court used. Basic techniques: bump; set; spike.
- Acrosport: History. Roles of Acrosport. (Agil and Base/Portor) Explain and draw 20 positions (with one person/2 people/ 3 people/4 people/5 people/ 6 people or more)
- Badminton: History. Badminton court. Basic Techniques.

**THIRD TERM**

- Safety, Injury, Prevention and First AIDS: Measures of prevention in P.E. class. What to do in case of the most common injuries.
- Sevillanas: History. Types of Sevillanas. Basic Dance Steps.
- Surfing or water Sports (it depending on where we will go): History, Materials. Basic Techniques. Place to practice this in the province.