



## PHYSICAL EDUCATION

Para la recuperación de la asignatura de Physical Education, será **obligatoria la entrega de tres trabajos independientes**, cada uno de ellos pertenecientes a los contenidos trabajados durante cada una de las tres evaluaciones.

La nota final será la media aritmética de la nota conseguida en cada uno de los tres trabajos.

Dichos trabajos **deberán ser entregados a mano** y deberán seguir la siguiente estructura:

*-Título*

*-Índice*

*-Introducción*

*-Parte principal: se contestará de forma detallada las preguntas que aparecen en esta parte.*

*Bibliografía.*

Todos los trabajos, como ya se ha trabajado durante todo el curso escolar, deberán ser **entregados en inglés**.

A continuación, se adjuntan los dossiers relativos a cada uno de los tres trabajos con los contenidos a desarrollar.



## PHYSICAL EDUCATION - WRITING TASK

### 1<sup>st</sup> TERM – 1º E.S.O. - WARM UP

#### Structure

-Title Page.

-Index.

-Introduction.

-Main Part:

#### Questions to be answered

-What is a warm up?

-Explain the benefits of doing a good warm up.

-What are the different parts of a warm up?

-Describe how you would warm up before doing a physical education class.

-Explain a specific warm up for basketball with an approximate duration of 15 minutes.

-Bibliography.

\*The project **must be written by hand**. Typed projects will not be corrected. Printed pictures are allowed.

## PHYSICAL EDUCATION - WRITING TASK



### 2<sup>nd</sup> TERM – 1<sup>o</sup> E.S.O. - HANDBALL

#### Structure

-Title page.

-Index.

-Introduction.

- **Main part: Questions to be answered.**

-Explain in detail 5 rules you consider are really important to understand how to play handball.

-Describe and draw 3 types of passes used in handball.

-What are the player positions when the team is attacking? Explain their roles and main characteristics.

-When is a seven-meter throw awarded? How is it taken?

-Bibliography.

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## PHYSICAL EDUCATION - WRITING TASK

### 3rd TERM – 1º E.S.O. – ACTIVITIES IN THE NATURAL ENVIRONMENT

#### Structure

- Title page.
- Index.
- Introduction.
- **Main part:**
  - We can do different activities in the natural environment such as ski, climbing, surf, or kayaking. Choose **2 of these sports** and explain the following points:
    - Main characteristics.
    - 5 important rules of each sport.
    - Materials needed for their practice.
    - Places where they are practised and their characteristics.
- Bibliography.

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