



## 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 – 3<sup>o</sup> 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.

-Describe and draw 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 – 3<sup>o</sup> E.S.O. – PHYSICAL CAPACITIES

#### Structure

-Title page.

-Index.

-Introduction.

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

-What are the two main types of endurance? Explain both in detail and some methods we can use to improve them.

-What are the different types of speed? Explain all of them. Which one do you think is the most important in a 100 meters race? Give your own reasons.

-What is the difference between absolute and relative strength? Put an example where a person is stronger than another one in terms of absolute strength but it is not regarding to the relative one.

-Explain and draw the two types of flexibility. Give, at least, 3 examples of each type.

-Bibliography.

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## PHYSICAL EDUCATION - WRITING TASK

### **3<sup>rd</sup> TERM - 3<sup>o</sup> E.S.O. VOLLEYBALL**

#### **Structure**

- Title page.
- Index.
- Introduction.
- **Main part:**
  - Explain 5 rules you consider are really important to understand how to play volleyball.
  - Explain with detail and draw the 3 basic hits in volleyball.
  - What are the different types of serves? Explain all of them.
  - Explain the basic rotation after a point when the winner team was not serving. Make a draw to clarify it.
- Bibliography.

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