LET´S MOVE!
Physical Education Teacher´s Book
First Level

Ana María Montaner Sesmero
Carlos Montaner Sesmero
<table>
<thead>
<tr>
<th>Units</th>
<th>Theory</th>
<th>Activities</th>
<th>Vocabulary</th>
</tr>
</thead>
</table>
| **1 TO START WITH...** (6) | • Skeletal system  
• Warm-up | 1. Questions  
2. Main bones  
3. Warm-up stages | Heart, legs, back, fist, ponytail, lungs, feet, tongue, hair, thigh, nose, nails. |
| **2 BASIC PHYSICAL ABILITIES** (14) | • Endurance  
• Strength  
• Speed  
• Flexibility | 1. Questions  
2. Daily tasks  
3. Physical tests  
4. Basic physical abilities | Playground, hoops, mat, cones, wall bars, goal, bench, changing room, hurdles, gym, laces, track suit. |
| **3 ATHLETICS** (22) | • History  
• Events  
• The athletics track | 1. Questions  
2. World athletics records  
3. The athletics track | Hurdle, baton, pole, chronometer, starting block, discus, javelin, hammer, water jump, lane, medal, tape, measure. |
| **4 FLOORBALL** (30) | • Concepts  
• Basic rules  
• Equipment  
• Floorball rink | 1. Questions  
2. True or false  
3. Test your skills  
4. Attitude and participation | Team, goalkeeper, stick, board, corner, mask, goal, ball, rules, player, rink, passes. |
| **5 WOOD - RACKETS** (36) | • History  
• Game modalities  
• Rules  
• Techniques | 1. Individual racket skills  
2. Racket skills in pairs | Balance, rackets, sand, grass, wood, bounce, asphalt, net, court, pelota court, referee, grip. |
| **6 COLPBOL** (42) | • Definition  
• Basic rules  
• The ball  
• The court | 1. Rules  
2. Colpbol games | Mate, hit the ball, kickoff, colpbol ball, lines, score, half court, foul (push), hold the ball, bib, whistle, elastic band. |
| **7 ORIENTEERING** (48) | • Definition  
• Modalities  
• Resources  
• Race on foot | 1. Questions  
2. Crossword  
3. Map and legend  
4. Orienteering | Path, map, compass, checkpoint, legend, bush, waste, meadows, first aid kit, branches, fountain, polar star. |
| **8 DRAMATIZATION** (54) | • Definition  
• Elements  
• Techniques | 1. Body contact activities  
2. Deshinibution activities  
The origin of athletics is the same as the human beings because the practice of athletics is based on natural movements (walking, running, jumping and throwing). Then, athletics is one of the oldest sports that exist.

The distance between Marathon and Athena was 40 km and not 42.195 km (current distance of marathon). The origin of the modern distance is due to the London Olympic Games in 1908. In this Olympic Games Prince of Wales requested that the competition began in his gardens. The distance between the gardens and the finish of the Olympic Stadium was 42 km and 195 m.

Search on the Internet information about the world athletics records (record, year and athlete who achieve it) of the following events.

EASIER FOR TEACHER:  http://www.iaaf.org/records
## MINI OLYMPIC GAMES

### A PRACTICE AND KNOW THE EVENTS

1. Make teams of 4 people.
2. Choose a country for your team (i.e. Spain, Canada, UK...).
3. Your team has to participate in the events below. Write the individual results obtained in each event.

<table>
<thead>
<tr>
<th>Country: Athletes (students)</th>
<th>ATHLETICS EVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sprint</td>
</tr>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
</tbody>
</table>

**HIGHLIGHT YOUR BEST RESULT**

### B COMPETITION DAY

1. Each person of the team takes part in only one event. However everybody participates in the relay event (4 athletes = team).
2. You are going to compete against other athletes (other teams).
3. The first of each event wins 12 points; the second 10 points; the third 8 points; the fourth 6 points; the fifth 4 points and the sixth 2 points.
4. At the end of the competition day... **who is the winner?**
1. Complete the **athletics track events** as the example.

<table>
<thead>
<tr>
<th>FLAT RACES</th>
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<tr>
<td><strong>SPRINTS</strong></td>
</tr>
<tr>
<td>1. 100 m</td>
</tr>
<tr>
<td>2. 200 m</td>
</tr>
<tr>
<td>3. 400 m</td>
</tr>
</tbody>
</table>

2. Answer the following questions about **athletics**. Choose the correct answer: a, b or c. Only one of them is correct.

- **Which was the first time that women participated in Olympic Games?**
  - a) Munich - 1990
  - b) Paris - 1900
  - c) London - 1910

- **What are represented in the Olympic rings?**
  - a) Ring colors represent the five continents.
  - b) Ring colors represent the flags of all countries in the world.
  - c) Ring colors represent the flags of all countries in the world and there are five rings, one for each continent.

- **Choose the correct answer about athletics history...**
  - a) The words “athlete” and “athletics” come from Italy.
  - b) Athletics is one of the oldest sport that exist (the first Olympic Games were 776 BC).
  - c) Athletics is always practiced outdoor.
3. Write the following historical data in the correct sentence.

Dick Fosbury - 490 BC – Fosbury flop - 40 km – London Olympic Games

- Modern distance of marathon was established in______________________.
- The modern jump technique is called______________________________.
- The origin of the marathon was in ________________________________.
- The athlete who introduces a new jump technique is called____________________________.
- The distance between Marathon and Athena (old marathon distance) is ________.

4. Complete the athletics field events as the example.

<table>
<thead>
<tr>
<th>JUMPING</th>
<th>THROWING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. High jump.</td>
<td>5.</td>
</tr>
<tr>
<td>2.</td>
<td>6.</td>
</tr>
<tr>
<td>3.</td>
<td>7.</td>
</tr>
<tr>
<td>4.</td>
<td>8.</td>
</tr>
</tbody>
</table>

5. Fill the gaps with the correct word of the unit vocabulary.

Medal - chronometer – hurdles – starting block – lane

I am an athlete of 110 m ______________. The first action to run a race is situated at the _______________________ correctly. When the race starts you cannot run out of your __________. The _________________ records your mark at the end. If you win the race you get a gold _____________.

MARK
1. Complete the athletics track events as the example.

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<tr>
<th><strong>HURDLES</strong></th>
<th><strong>RACE WALKS</strong></th>
<th><strong>ROAD RUNNING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 100 m (female)</td>
<td>1. 20 km (m &amp; f)</td>
<td>1. Marathon</td>
</tr>
<tr>
<td>2. 110 m (male)</td>
<td>2. 50 km (m)</td>
<td>(male and female)</td>
</tr>
<tr>
<td>3. 400 m (m &amp; f)</td>
<td></td>
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2. Answer the following questions about athletics. Choose the correct answer: a, b or c. Only one of them is correct.

- **Which was the first time that women participated in Olympic Games?**
  - b) Paris - 1900
- **What are represented in the Olympic rings?**
  - c) Ring colors represent the flags of all countries in the world and there are five rings, one for each continent.
- **Choose the correct answer about athletics history...**
  - a) The words “athlete” and “athletics” come from Italy.
  - b) Athletics is one of the oldest sport that exist (the first Olympic Games were 776 BC).
3. Write the following **historical data** in the correct sentence.

Dick Fosbury - 490 BC – Fosbury flop - 40 km – London Olympic Games

- Modern distance of marathon was established in *London Olympic Games*.
- The modern jump technique is called *Fosbury flop*.
- The origin of the marathon was in *490 BC*.
- The athlete who introduces a new jump technique is called *Dick Fosbury*.
- The distance between Marathon and Athena (old marathon distance) is *40 km*.

4. Complete the **athletics field events** as the example.

**JUMPING**

1. High jump.
2. Pole Vault.
3. Long Jump.
4. Triple Jump.

**THROWING**

1. Discus
2. Shot put
3. Hammer
4. Javelin

5. Fill the gaps with the correct word of the unit vocabulary.

**Medal - chronometer – hurdles – starting block – lane**

I am an athlete of 110 m *hurdles*. The first action to run a race is situated at the *starting block* correctly. When the race starts you cannot run out of your *lane*. The *chronometer* records your mark at the end. If you win the race you get a gold *medal*. 