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### 3 Eso Pe Workbook Ies

3º ESO - PE Workbook - IES Joan Miró - Physical Education Department. 1. Basic Physical Capacities: These are the basic component. • Health:Traditionally, the concept of health has been understood as absence of disease. However the World Health Organization (WHO) defined it as "the state of complete physical, mental and social well-being and not merely the absence of disease."

### 3º ESO - PE Workbook - IES Joan Miró Physical Education ...

3º ESO - PE Workbook - IES Joan Mir ... Write or explain a progression of 3 exercises to do a handstand by yourself without help, from the easiest to the most difficult. 1p. What is the name of these elements? 1p. True or false. 3p. In the handstand you have to place your hands very far away from your feet.

### PHYSICAL EDUCATION

3º ESO - PE Workbook - IES Joan Miró - Physical Education Department 3 If you do not find the answers in the notes, you will have to seek information about it on the web. 1. What is strength? 2. Write the different types of strength and put and example. 3. Write the two most important positive and negative effects in your opinion. 4.

### BASIC CAPACITIES WORKSHEET NAME: GROUP: DATE

3º ESO - PE Workbook - IES Joan Miró - Physical Education Department. 3º ESO-PE Workbook-IES Joan Miró - Physical Education Department. 17. 17. THE MUSCULAR SYSTEM. The muscular system is one of 10 organ systems in the human body. The human body has more than 650 muscles, which make up half of a person's body weight.

### PHYSICAL EDUCATION

3º ESO - PE Workbook - IES Joan Miró - Physical Education Department. 3º ESO - PE Workbook - IES Joan Miró - Physical Education Department. 1. 1. INJURIES IN SPORTS WORKSHEET. FIRST. AND. LASTNAME: \_GROUP: Look for the translation of the following words related to injuries in sports.

### PHYSICAL EDUCATION

3 º ESO - PE Workbook - IES /D3XHEODGH\$OILQGHQ - Physical Education Department 1 If you follow only a few simple principles while being active, you can prevent many types of injuries.

### INJURIES IN SPORTS - IES LA PUEBLA DE ALFINDÉN

4 º ESO - PE Workbook - IES Joan Miró - Physical Education Department 3 FACTORS AFFECTING SPEED - Speed in the transmission of nerve impulses (it varies from one person to another). - Neuromuscular coordination: it relates to the ability of the nervous system to efficiently recruit a muscle or group of muscles in order to perform a specific task.

### DEVELOPING PHYSICAL CAPACITIES - SPEED

4º ESO - PE Workbook - IES La a de Alfinden Physical Education Department. 2 . 4. Look for how long it takes to do these activities or sports for a professional athlete. What type of endurance do they use? Activity - sport Duration Energy way ...

### PHYSICAL CONDITION - ENDURANCE - WORKSHEET NAME: GROUP

3º ESO - PE Workbook - IES La Puebla de Alfinden - Physical Education 1 FIRST AND LASTNAME: \_GROUP: 1. Look for the translation of the following words related to injuries in sports. 3 points. 0,25 each Injury Strain Sprain Overstretching Dislocation Bruise Blister Lessens Swelling Cramp Stitch First aids. Muscle pulls 2.

### INJURIES IN SPORTS WORKSHEET - IES LA PUEBLA DE ALFINDÉN

3. Write the exercises done by the two girls and classify them in the 3 parts of the warm up. General movement Moving joints & stretching Intense exercises NAME: GROUP: DATE: 3º ESO - PE Workbook - IES La Puebla del Alfinden Physical Education Department

### THE WARM UP - IES LA PUEBLA DE ALFINDÉN

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### SPEED - IES LA PUEBLA DE ALFINDÉN

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The warm up is basic in Physical Education. We do it everyday, so it is the first thing you must learn. WHAT IS A WARM-UP? A warm up is a series of exercises you do before physical activity, to prepare your body for it. For example, before playing an intense sport you can run slowly to warm your muscles and your heart.

**1º ESO: The Warm Up - EFBilingue.com**

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