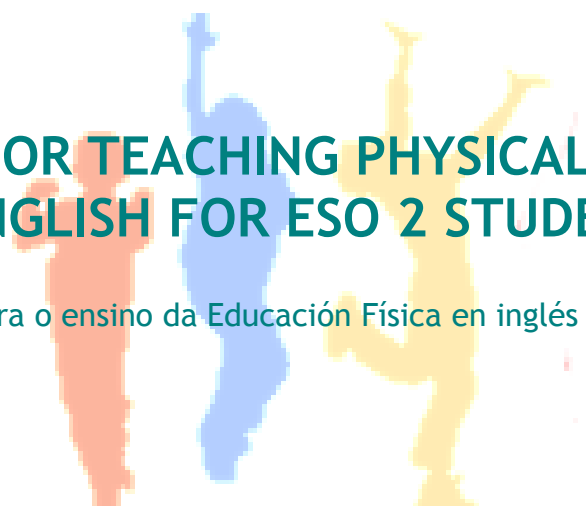


MANUAL DE USO

MATERIALS FOR TEACHING PHYSICAL EDUCATION IN ENGLISH FOR ESO 2 STUDENTS

(Materiais para o ensino da Educación Física en inglés para 2º ESO)



Maria del Carmen García Fernández

Manuel Mato Landeira



Índice

Navegación:.....	3
Exemplos de actividades.....	4
Actividade Fill the gaps (encher os ocos).....	4
Actividade de escoitar e escribir: escolle a mellor opción. (LISTENING AND WRITING: choose de best option).....	5
Actividades de speaking (speaking in pairs, listen and repeat, record your voice).....	6
SELF-ASSESSMENT.....	8



Navegación

Para navegar pola secuencia didáctica debes ter en conta algúns aspectos que se explican na seguinte imaxe:

The screenshot shows a digital learning interface for badminton. On the left is a teal navigation sidebar with a list of units and tasks. The main content area features a video of two people playing badminton. Four callout boxes provide instructions on how to use the interface:

- Top-left callout:** "Podes mostrar ou ocultar o Menú de navegación facendo clic nel." (You can show or hide the Navigation Menu by clicking on it.)
- Top-right callout:** "Podes usar estes botóns para ir á páxina anterior ou á páxina seguinte." (You can use these buttons to go to the previous or next page.)
- Bottom-left callout:** "Usando o Menú de navegación podes ir a calquera páxina da unidade." (Using the Navigation Menu you can go to any page of the unit.)
- Bottom-right callout:** "Estes botóns permiten mostrar ou ocultar ese apartado dentro da páxina actual." (These buttons allow you to show or hide that section within the current page.)

Atoparás actividades para aprender de xeito individual, outras para realizar en equipo ou en parellas. Na maioría poderás avaliar os teus progresos na aprendizaxe. É importante que realices todas as tarefas na orde establecida.



Exemplos de actividades

A continuación atoparás algúns exemplos de actividades que deberás desenvolver ao longo das oito unidades.

Actividade Fill the gaps (encher os ocos)

Fill the gaps

Antes de iniciar a actividade le con atención as instrucións para realizala.

Todas as actividades están identificadas cunha icona diferente.

What is badminton? Do you think that you can explain to someone who does not know badminton at all what it is about? This task is going to help you to organize your ideas and give to your classmates a definition of badminton.

Follow these steps to do this task:

1. Read the words included in the table below.
2. Read the text below the table.
3. Use [Wordreference](#) to look up the meaning of the words that you don't know.
4. Fill the gaps with the words in the table.
5. Listen to the recording and change your answers, if you need it.
6. Finally, click on the **submit (enviar)** button to check your answers.

Ready? Let's go to define badminton!

air	cone	court	over the net	feathers
rules	shuttlecock	table tennis	opponents	racket

Badminton is a sport like tennis or that involves two trying to keep a in the air while passing it to one another .

Players use a light to hit the shuttlecock.

The shuttlecock is a small that has coming out of the back.

Badminton is played in a rectangular and it has specific that players have to follow.

▶ 00:30 ◀ 00:35

Enviar

Usando os controis deste reprodutor poderás escoitar os audios correspondentes.

For further information about badminton, read below.

3. Use [Wordreference](#) to look up the meaning of the words that you don't know.

4. Fill the gaps with the words in the table.

5. Listen to the recording and change your answers, if you need it.

6. Finally, click on the **submit (enviar)** button to check your answers.

Ready? Let's go to define badminton!

cone	court
shuttlecock	table tennis

Badminton is a sport like tennis or that involves two trying to keep a .

Players use a light to hit the shuttlecock.

The shuttlecock is a small that has coming out of the back.

Badminton is played in a rectangular and it has specific that players have to follow.

▶ 00:00 ◀ 00:35

Reiniciar Mostrar respostas

A súa puntuación é 0/10.

Good job if you have 10 correct answers

For further information about badminton, read below.

Usando este botón poderás comprobar o resultado do teu intento, reiniciar o exercicio ou mostrar as respostas.



Actividade de escoitar e escribir: escolle a mellor opción. (LISTENING AND WRITING: choose the best option).

Nesta actividade tes unhas caixas de texto con **listas despregables** onde terás que escoller a opción que consideres máis axeitada.

S

UNIT 1: The Physical Education Session

LEARN IN

1.1 Before starting, rules for PE students

LISTENING AND WRITING: choose the best option

1.2 Warm up about joints

1.3 Warm up a stretching routine

1.4 Warm up some activities

PROJECT: Design your own warm up session

SELF-ASSESSMENT

LISTENING AND WRITING: choose the best option

Choose the best option

You will hear Anna talking about rules to PE students. Read the text below. Then, listen to the recording AS MANY TIMES AS YOU NEED TO and choose the correct answer for each gap.

FOR PE STUDENTS

- Punctuality: Arrive at the [] on time.
- Clothing: Wear appropriate footwear and [].
- Jewellery: Remove your [] and jewellery.
- Teacher's instructions: []'s instructions.
- []'s explanations: Pay attention to the []'s explanations.
- Equipment: [] the equipment.
- []: Show a positive and active [].
- Respect: Respect your [] and the [].
- []: Take a shower after the PE class.
- []: Try to do your best.

Rules for PE students

Carmen García and Manuel Mato

Rules for PE students (CC BY-NC-SA)

Check

FOR PE STUDENTS

Teacher: Arrive at the [] on time.

the teacher: Wear appropriate footwear and [].

peers: Remove your [] and jewellery.

Goal: []'s instructions.

Attitude: []'s explanations: Pay attention to the []'s explanations.

watch: [] the equipment.

Hygiene: [] tidy.

Follow: []: Show a positive and active [].

Don't: []: Take a shower after the PE class.

Take care of: []: Try to do your best.

Respect: Respect your [] and the [].

teacher: []: Take a shower after the PE class.

teacher: []: Try to do your best.

attitude: []: Try to do your best.

Rules for PE students

Carmen García and Manuel Mato

Rules for PE students (CC BY-NC-SA)

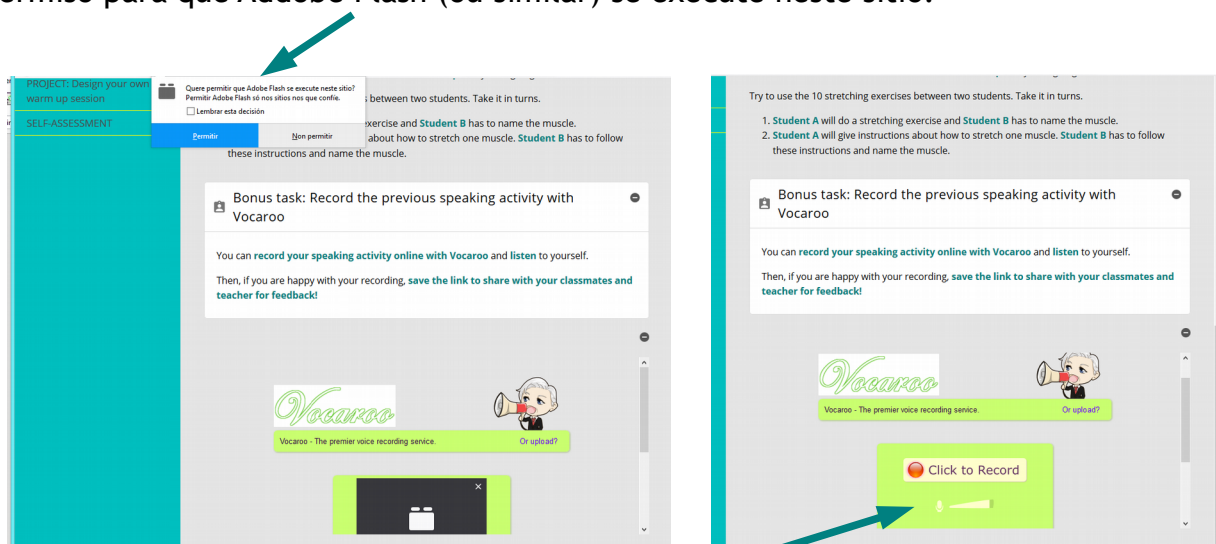
Check

Your score is 0/16.

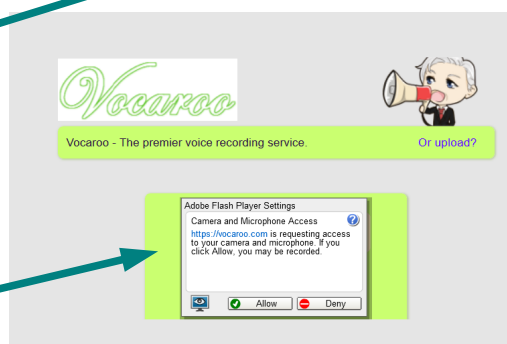
Cando remates podes **comprobar** os teus resultados.

Actividades de speaking (speaking in pairs, listen and repeat, record your voice).

Neste tipo de actividades tes varias opcións para gravar a túa voz. Unha delas é utilizar a aplicación [Vocaroo](#). Esta é unha aplicación online que nos permite gravar e gardar o audio para poder escoitalo posteriormente en formato mp3, ogg, FLAC ou WAV, mandalo por correo electrónico ou polas diferentes redes sociais. Resulta moi fácil de utilizar, é de balde e non precisa rexistro para poder usalo. O único que temos que facer é darlle o permiso para que Adobe Flash (ou similar) se execute neste sitio.



Despois cando prememos no botón “click to record” aparece unha mensaxe que nos pide permiso para poder acceder á cámara e ao micrófono:

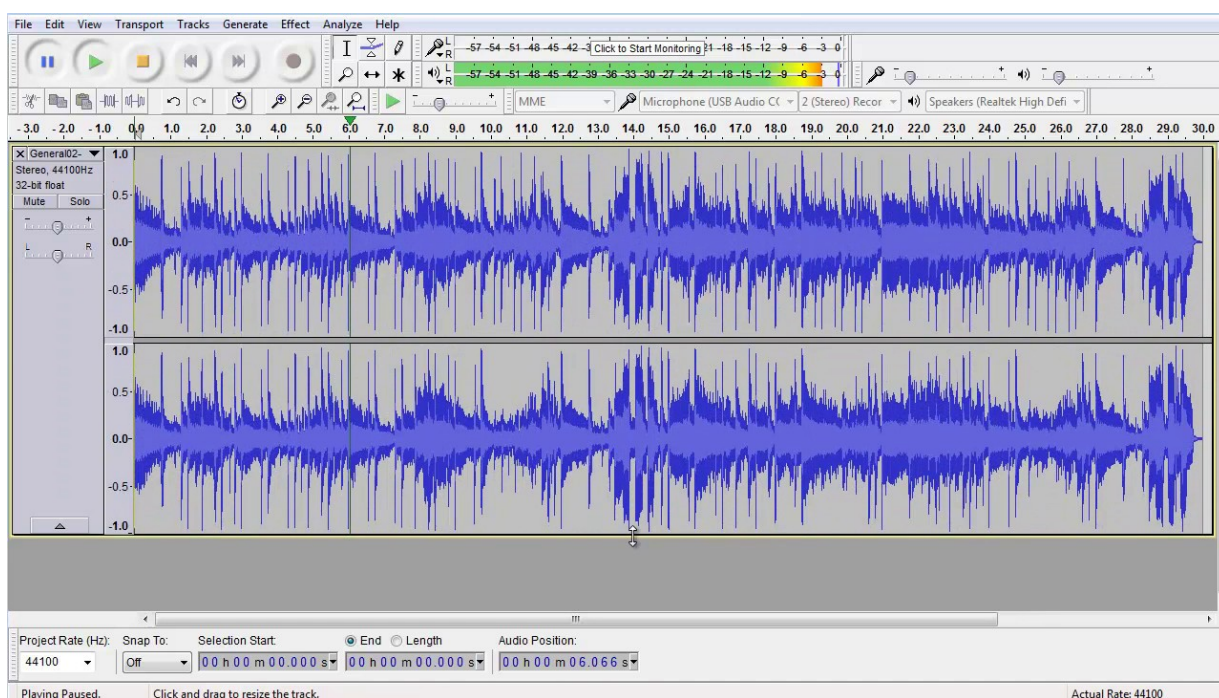


Permitimos (allow) e xa podemos gravar e posteriormente escoitar o audio.



Outra opción para poder realizar estas actividades é utilizar a aplicación [Audacity](#).

Audacity é un editor multiplataforma (Windows, GNU/Linux e Mac) libre e de código aberto destinado á edición e tratamento do son. Multipista, permite gravar sons, converter cintas e gravacións a son dixital ou CD, editar arquivos OGG, MP3 e WAV, cortar, pegar, ensamblar e mesturar sons, cambiar a velocidade ou o ton dunha gravación, axustar os volumes, gravación temporizada, mesturar pistas etc. Ademais, inclúe un amplo abano de efectos, algúns deles de gran complexidade, como eliminación de ruídos ou análise de frecuencias.





SELF-ASSESSMENT

Ao final de cada unidade atoparás un cuestionario de autoavaliación (SELF-ASSESSMENT) no que terás que indicar o teu enderezo electrónico (se ti non tes un propio podes poñer o dos teus pais ou titores legais)

SELF-ASSESSMENT

We have reached the end of this unit! Well done!
Now it's time to reflect on what you've done and what you've learnt so far.

Complete the questionnaire below. Choose numbers 1 - 5 according to the following assessment scale:
1= I need more practice
5= Well done!

SELF-ASSESSMENT UNIT 8 "Yoga at school"

**Obrigatorio*

Dirección de correo electrónico *

Tu dirección de correo electrónico

1. I can define what yoga is with my own words.

1 2 3 4 5

Need more practice ☐ ☐ ☐ ☐ ☐ Well done!

2. I know the different kinds of yogic breathing.

1 2 3 4 5

Need more practice ☐ ☐ ☐ ☐ ☐ Well done!

Carmen García and Manuel Mato [CC BY-NC-SA](#)

IP: [redacted] Licensed under the [Creative Commons Attribution Non-commercial Share Alike License 4.0](#)

Ao final do mesmo atoparás un botón para **envialo** coas túas respostas.

practice

12. I am happy with our yoga routine.

1 2 3 4 5

Need more practice ☐ ☐ ☐ ☐ ☐ Well done!

13. I can understand how yoga helps me to improve my life.

1 2 3 4 5

Need more practice ☐ ☐ ☐ ☐ ☐ Well done!

ENVIAR

GoogleFormularios Este contenido no ha sido creado ni aprobado por Google.

