

Smart P. E.

Manual de uso
para o
alumnado

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Curso 2019-2020

1.- Os menús.

Esta contorna manéxase exactamente igual que como calquera sitio web. Na parte superior esquerda está a barra de menús. Fai clic nun dos temas para despregar a lista e escoller a opción desexada. Algunha das opcións presentará un submenú no que poderás escoller outras opcións.

The screenshot shows the SMART P.E. website. On the left is a sidebar menu with a blue header 'SMART P.E.' and a list of units: 'Unit 1. Starting a new academic year', 'Unit 2. Traditional games', 'Unit 3. Health', 'Unit 4. Physical condition', and 'Unit 5. Chess'. Under 'Unit 3. Health', there is a sub-menu titled 'The human body' with options: 'Human body parts', 'Human body bones', 'Human body muscles', 'Body movements', 'Body axis', 'Food', 'Unit 4. Physical condition', 'Unit 5. Chess', and 'Autoría y fuentes'. The main content area has a blue header 'The human body' and a video player titled 'Leg Muscles During Walking'. The video player shows a 3D model of a person walking with red bars indicating muscle activity. Below the video player, there is a red text box with the message: 'Maintaining good health is essential to avoid illness or body pain. For that reason, exercising every day is essential to maintain good health.' At the bottom of the page, there is a license notice: 'Licensed under the Creative Commons Attribution Non-commercial Share Alike License 4.0' and navigation links: '« Previous Next »'.

Temas

« Previous Next »

Na parte superior dereita atoparedes tres opcións:

A blue button with the text 'Menu' in white.

Ao clicar desaparece ou aparece o menú.

« Previous Next »

Para retroceder ou avanzar páxina no menú. Tamén aparece ao final da páxina á dereita.

2.- Os contidos.

En cada un dos temas atoparás diferentes contidos en forma de texto escrito, táboas, imáxenes, vídeos ou audios.

Pétanque rules

1. Composition of teams: Pétanque is a sport in which 3 players play against 3 players (triples). It can also be played by: 2 players against 2 players (doubles) or 1 player against 1 player (singles). In triples, each player uses 2 boules. In doubles and singles, each player uses 3 boules. No other formula is allowed.

2. Pétanque is played with boules and 1 jack (made of wood).

3. The place to play: Pétanque is played on any surface with minimum dimensions: 15m long x 4m wide. Find a place that is open and flat.

4. Decide who goes first: Flip a coin to see which side goes first.

5. Throw the jack: The team that wins the draw chooses the starting location and then selects one of their players to throw out the jack. The starting location is indicated by a circle. The circle can be drawn with chalk, etched in the dirt with a stick, or made from a hoop. Once the circle is drawn, the player then stands with both feet inside the circle and throws the jack. The jack can be thrown in any direction but must land within 6 to 10 metres of the starting circle.

6. Throw the boules: All boules must be thrown from within the starting circle and with both feet on the ground. The player attempts to throw the boule so that it lands as close to the jack as possible it is okay to hit the jack. The player must remain inside the circle until the boule has landed. A player from the opposing team then steps into the circle and attempts to land his boule closer to the jack even if it means knocking his opponents out of the way. The boule closest to the jack leads or is said to be "holding the point." The other team must continue throwing boules until they take the lead or run out of boules. There is no order that team members must follow when throwing their boules however, they must only throw their own boules, and they must go one at a time from within the starting circle. If they take the lead, the other team then tries to recover by landing a lead boule

7. Winning the round: Once a team has used all its boules, the other side is allowed to throw the rest of its boules. When all boules are thrown, the points are counted. The team that has the boule closest to the jack wins the round. In addition, they also receive a point for each boule that is closer to the jack than their opponents closest boule. Only one team scores points during a round

8. Beginning a new round: Once the points are counted, the next round begins with previous round's winners drawing a new starting circle. The winning team then selects a player to throw out the jack from this new starting circle and then throw out the first boule

9. Winning the game: The first team to earn a total of 13 points wins the game. There is not a required number of rounds that must be played.

Nos textos escritos soamente debes ler tentando entender a información que se che está a dar.

Pódense presentar tamén en modo de persiana, polo que deberás facer clic na parte que desexes mirar.

The King

The king can move to anywhere, but only one square . The king is the main chess piece. The player whose king is captured loses. This capture is called 'checkmate'. Checkmate happens once the king is under attack, can not move and can not be helped by other pieces. Its value is priceless.










The Queen


The Rook




The Bishop

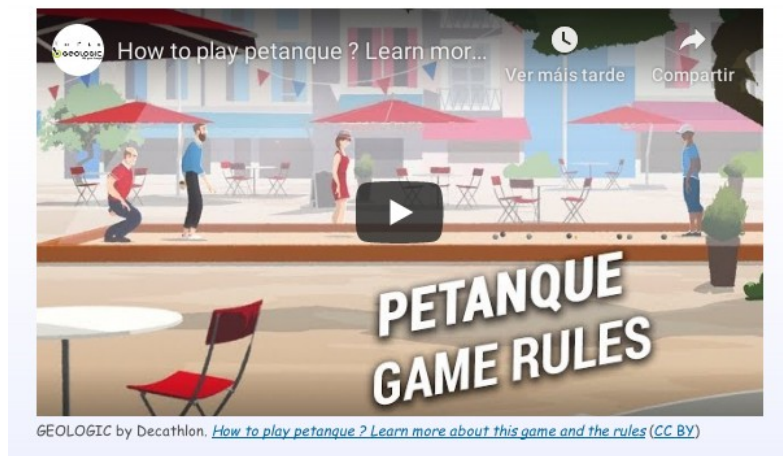
The Knight

The Pawn

MATERIALS		
IMAGES	NAME	SOUND
	Balls	
	Hoops	
	Ropes	
	Bricks	
	Sticks	

Nas táboas trabállase especificamente o vocabulario da unidade, con imaxes e sons. Fai clic en  para escoitar a palabra.

Os vídeos dan información relativa ao tema a traballar. Fai clic en  para o seu visionado. Fai clic en  se queres miralo na páxina de Youtube e poder engadir subtítulos facendo clic en .

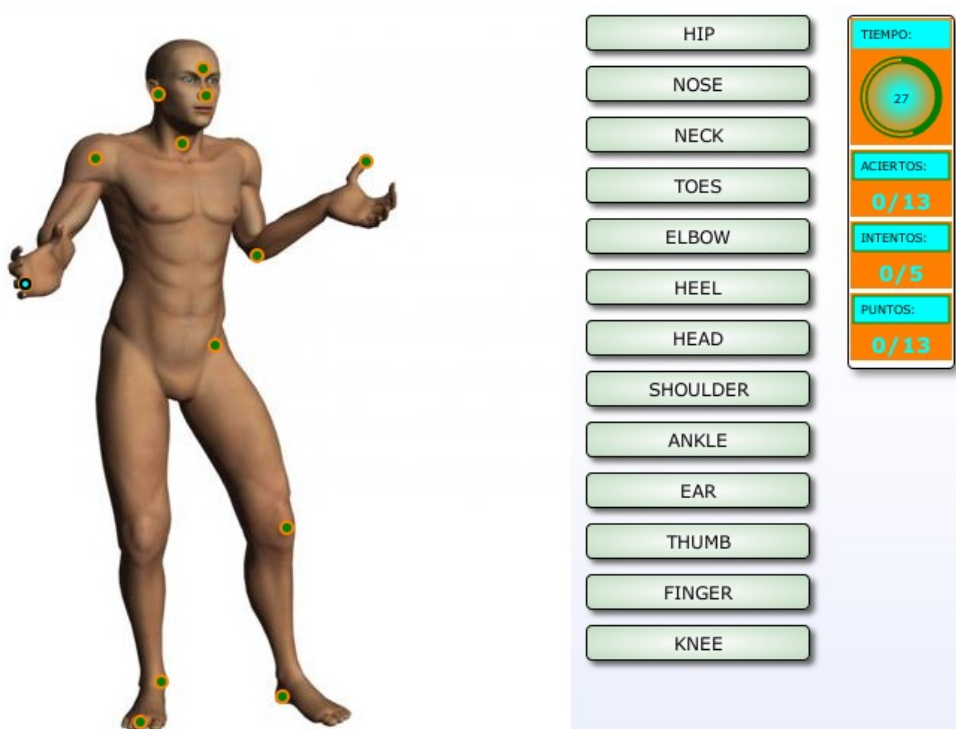


3.- As actividades.

Nas distintas unidades didácticas atoparás diferentes tipos de actividades coas que traballar:

- Panel Gráfico

Neste tipo de actividade aparecerá un punto parpadexando na imaxe e terás que facer clic no nome correspondente dos que aparecen nos botóns da parte dereita.



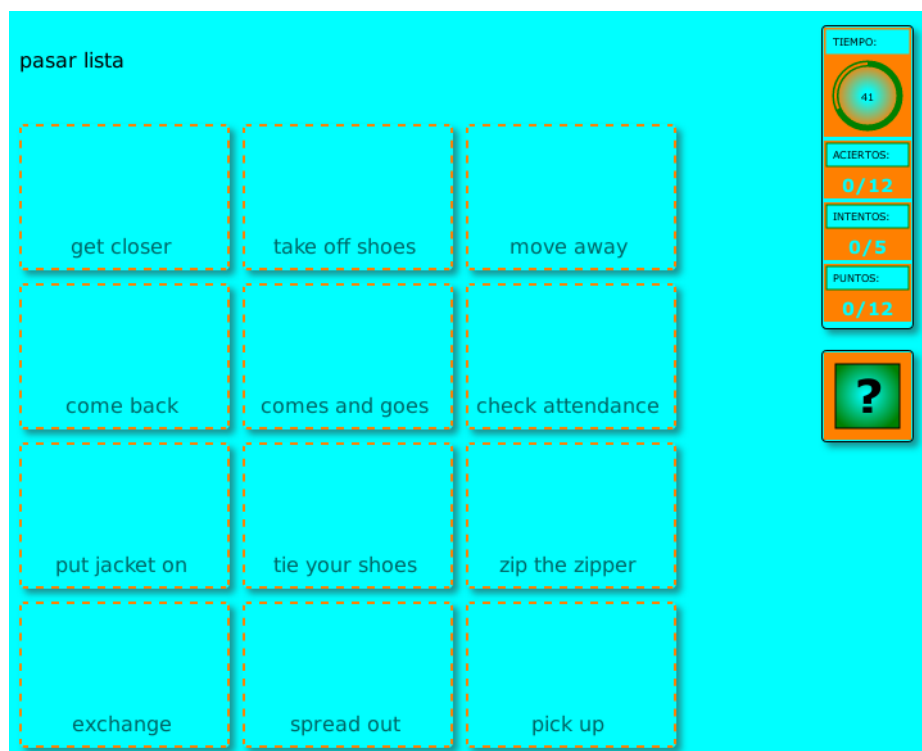
- Relacionar frases/imaxes.

Aquí temos un par de caixas. Facendo clic nas frechas superior ou inferior de cada unha delas terás que facer coincidir o texto da caixa esquerda ca imaxe da dereita e logo premer no botón de verificar:



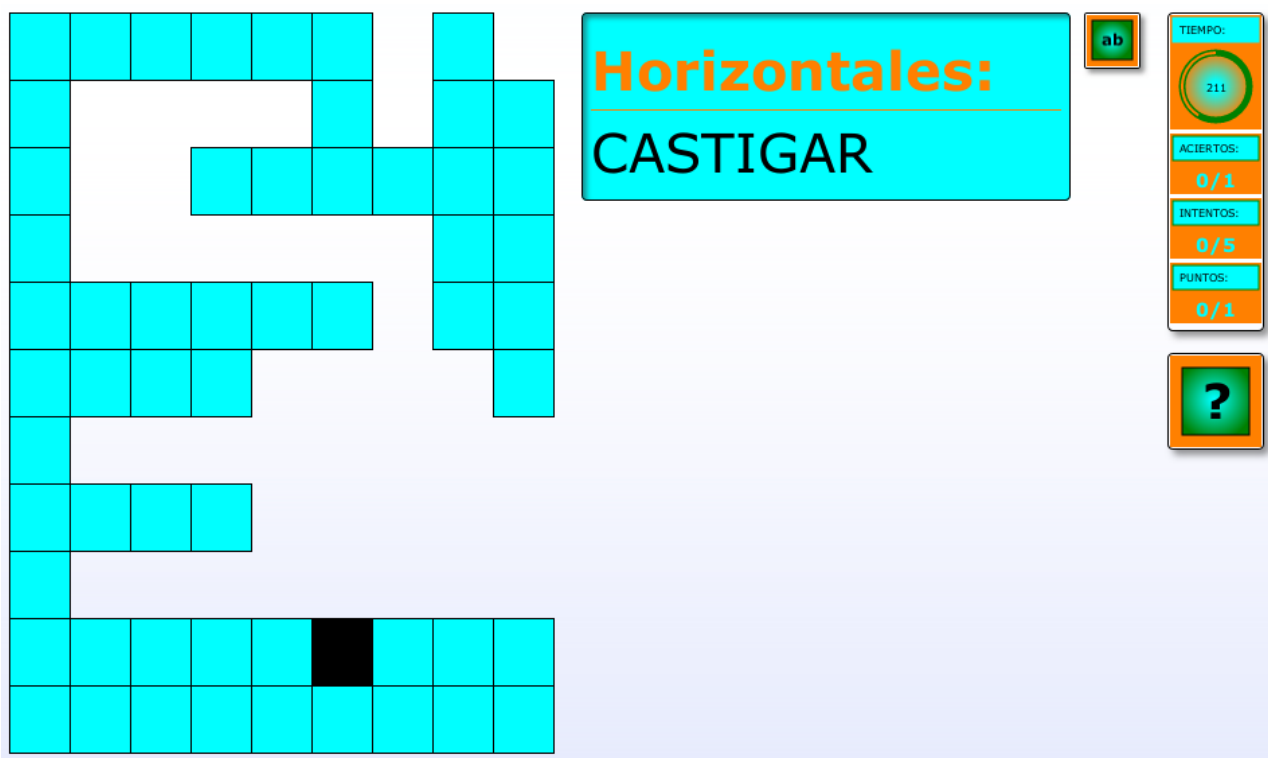
- Relacionar frases

Aquí temos unha expresión en castelán e 12 posibles respostas. Fai clic nunha das posibilidades e logo premer no botón de verificar (se é correcta a opción pásese a seguinte expresión, pero se non é correcta hai que desmarcar esa opción incorrecta e despois marcar a que cremos que é correcta).



- Encrucillado.

Terás que ler as palabras en castelán que aparecen na parte dereita e escribir as palabras en inglés no encrucillado. Sitúa o cursor nunha cela facendo clic nela e observa a definición. Para ver a definición horizontal ou vertical, terás que facer clic no recadro da parte superior dereita "ab" e así cambiar a forma de introducir as letras. Cando todo estea OK, pica no botón [?]. Os cadrados negros son espazos en branco.



- Relacionar palabras.

Esta é a típica actividade de "unir con frechas". Picamos nunha das palabras da esquerda e logo picamos na correspondente palabra da dereita. Se nos equivocamos, basta con facer dobre clic na palabra e a unión desaparecerá. Cando estean listas tódalas unións, pulsaremos no botón de verificación [?].

pabellón	basketball court
vestuario	gym
campo de fútbol	playground
campo de baloncesto	pavilion
gimnasio	changing room
patio	football court

TIEMPO: 47
 ACIERTOS: 0/6
 INTENTOS: 0/5
 PUNTOS: 0/1
 ?

- Crebacabezas.

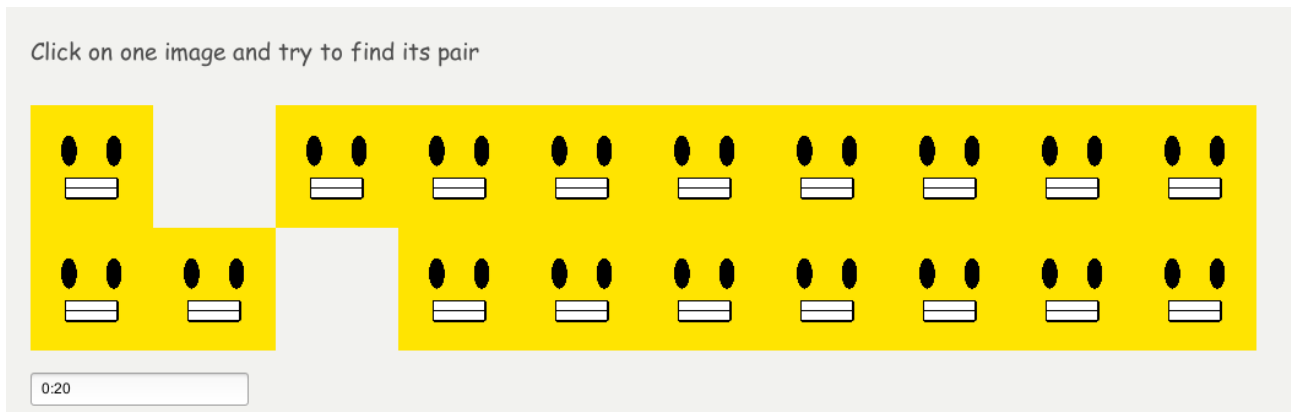
En primeiro lugar, faremos dobre clic enriba do puzzle para que apareza durante algúns segundos a imaxe a formar. Logo picaremos nunha das pezas e, sen soltar o botón do rato, arrastrarémola ó recadro correspondente. Continuamos así, ata formar a imaxe completa:

!!!	Milk, Yogurt & Honey Group 2-3 Servings		Fruit Group 2-4 Servings
Banana, Orange, Grapes, Watermelon, Apple		Meat, Beans, Eggs, Tofu	Vegetables, Legumes
Vegetable Group 3-5 Servings	Meat, Poultry, Fish, Dry Eggs, & Nuts Group 2-3 Servings	Cereal, Oatmeal	Bread, Cereal, Rice, & Pasta Group 6-11 Servings
Fats, Oils, & Sweets Use Sparingly			

TIEMPO: 137
 ACIERTOS: 0/16
 INTENTOS: 0/5
 PUNTOS: 0/1

- Buscar parellas.

Pica nun recadro superior e nun inferior para buscar as parellas imaxes. Cando atopas unha parella pulsando en dous recadros de forma consecutiva, estes dous recadros desaparecerán; se non os recadros ocultaranse de novo. Trata de facelo no menor tempo posible, xa que non hai límite de tempo.



- Completar textos.

Neste tipo de actividade terás que completar un texto con palabras ou números. Se é correcta a solución aparece a ventá en verde, e se non é correcta aparecerá en vermello, polo que debes correxir.

Composition of teams: Pétanque is a sport in which players play against players (). It can also be played by: players against players () or player against player (). In , each player uses boules. In and , each player uses boules. No other formula is allowed.

- Preguntas verdadeiro-falso.

Neste tipo de actividade terás que responder as preguntas formuladas VERDADEIRO ou FALSO. Se a opción elixida é a correcta aparecerá "Correct" e se non é a correcta aparecerá "Incorrect".

Answer the true or false questions

Pins are the wood objects players try to hit with the ball.

☐ True ☒ False

Incorrect

- Preguntas con 2 opciones de resposta.

Neste tipo de actividade terás que responder as preguntas formuladas facendo clic en algunha das 2 opcións. Se a opción elegida é a correcta aparecerá "Correct Option" e se non é a correcta aparecerá "Wrong".



Multi-choice questions

EXTENSION

- ☒ Bending
☐ Straightening

Wrong

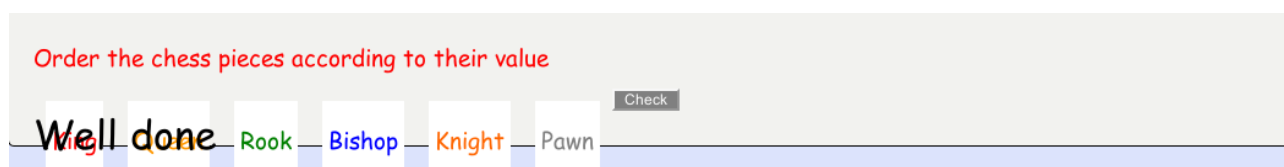
ABDUCTION

- ☒ Moving away from the reference axis
☐ Bringing closer to the reference axis

Correct Option

- Ordenar palabras.

Na área de traballo aparecerán unha serie de palabras. O único que temos que facer é ordenalas segundo o criterio que se nos proporciona no enunciado. Para iso non hai máis que facer clic enriba dunha delas e arrastrala ó lugar apropiado. A orde debe ser de esquerda a dereita. Debes facer clic en "Check" e se o fas ben aparecerá unha mensaxe "Well done" e se non é correcto aparecerá "Try again", e deberás seguir tentándoo.



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Smart P.E., recurso educativo para a Xunta de Galicia