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DEPORTES NA ESCOLA PARA ESO E 1º BACHARELATO

(Para o ensino da materia de Educación Física)

María del Carmen García Fernández



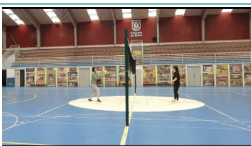
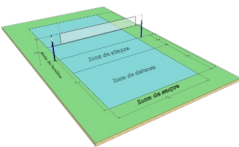
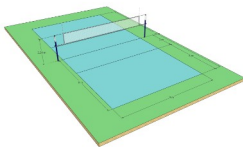
Xiana Guerra Arias

DEPORTES NA ESCOLA: VOLEIBOL



CAPTURA	NOME	AUTORÍA	REPOSITORIO	LICENZA
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	<i>Remate, punto e celebración. Extraída do vídeo Liga Municipal de Vóley Femenino en el Finito Gehrman</i>	Misiones Online	Canle de Youtube Misiones Online	CC BY-NC-SA

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1 Imaxes, GIFs e iconas.

				
Logo Voleibol	Mapa conceptual	Quecemento	Cancha de Voleibol	Animación cancha

	valores de Pinfuvote	específico en Voleibol: toque de dedos		de voleibol
				 <div data-bbox="1187 271 1442 898"> <p>TÉCNICAS BÁSICAS EN VOLEIBOL</p> <p>“SAQUE OU SERVIZO”</p> <ul style="list-style-type: none"> Saque de abaixo: golpease o balón por debaixo da cintura. Saque alto: golpease o balón por riba da cabeza. Pódese facer con ou sen salto. <p>“RECEPCIÓN”</p> <ul style="list-style-type: none"> Evita que o balón toque o chan. Mano a manito á cabeceira. Toque de antebrazos: brazos estendidos, adelantados, unidos polo antebrazos. Colócase o balón co tercio inferior dos antebrazos. <p>“COLOCACIÓN”</p> <ul style="list-style-type: none"> Realízase perto da rede. Continúa cun remate ou final da acción. Toque de dedos: brazos flexionados, dedos separados, mans abertas en forma de copa) pero dedos altos. Colócase o balón coa parte superior dos dedos por riba da cabeza. <p>“ATAQUE OU REMATE”</p> <ul style="list-style-type: none"> É polo frontal, o 3º toque do equipo. Realízase con 2 ou 3 pasos previos, salto e golpeo do balón na súa traxectoria máis alta. O balón golpease forte e cara arriba. <p>“BLOQUEO”</p> <ul style="list-style-type: none"> Salto cara arriba, perto da rede para evitar un remate. Pódese bloquear máis dunha vez. Bloqueo activo: lixeira flexión dos brazos para interromper o punto. Bloqueo pasivo: sómente estirar brazos. Non corra como bloque. <p>“DEFENSA”</p> <ul style="list-style-type: none"> Realízase con calquera parte do corpo (incluído o pé). Para evitar que o ataque do equipo contrario remate ou toque de novo, acíbe con esto. O/a libero está especializado/a en defensa. </div>
Posicións ao comezo dun set	Rotación en voleibol	Posicións despois da primeira rotación	Animación balón	Infografía Técnicas Básicas Voleibol
				
O que está permitido	O que está permitido	O que está permitido	O que está permitido	O que está permitido
				
O que está permitido	O que está prohibido	O que está prohibido	O que está prohibido	O que está prohibido
				
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Bloqueo	Set definitivo	Substitucións	Líbero	Área de xogo
Botón	Botón	Botón	Botón	Botón
				
Infografía voleibol	Está ben	Está mal		

2 Archivos de son



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Definición de Voleibol (CC-BY-NC-SA)

3 toques

Dobre falta

Rotación

Bloqueo

Set definitivo

Substitucións

Líbero

Área de xogo

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3 Vídeos



Deportes na Escola. Voleibol. Quecemento específico



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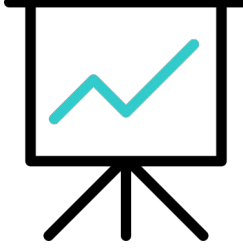
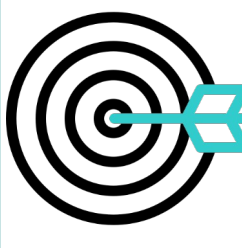
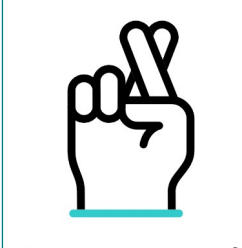





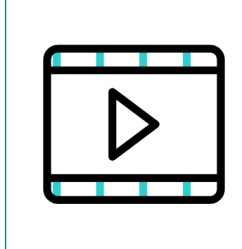
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 <p>thinking.png</p>	 <p>computer-3.png</p>	 <p>document.png</p>	 <p>community.png</p>	 <p>brain.png</p>
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