

UNIT 2 - REPORT

Basic motor skills:

- Types of movement:
 - Displacements: run, walk, slither, crawl, on hands and knees, climb, crab walk, wheelbarrow, fly and swim.
 - Jumps: On one foot, with both feet together, long jump and skipping rope.
 - Spins: roll, rotate, spin and somersault.
- Specific coordination:
 - Control of balls: throw, grab, pass, bounce, kick, hit, drive, dribble and dodge.

Physical abilities:

- Main physical abilities: speed, strength, endurance and flexibility.
- Agility circuit. Agility as an addition of strength, speed and flexibility.
- Physical tests: "long jump", "medicine ball throwing", sit-ups, race, laps, and "sit and reach".

- Relaxation: contract, relax, breathing control, muscle tone and massage.
- P.E. materials: ball, mat, cone, bench, stick, wall bar, hurdle, rope, brick, ring and gymnastic box.
- Places: gym, playground, swimming pool and park.
- Adverbs: quickly, slowly, softly, strongly, repeatedly, as fast/ slow/ far/ strong/ much as you can.
- Time expressions: for a long/ short time, for a few seconds.

- **Grammar:**
 - Giving reasons: "Why is this a speed exercise?" "Because you must go as fast as you can".
 - Explaining simple exercises: Verb + noun + adverb (and time expression) + place. Example: "Stretch your biceps slowly for 15 seconds in the gym".

Health and hygiene:

- Heartbeat rate:
 - Maximum theoretical heartbeat rate: 220 – your age (beats per minute).
 - Healthy heartbeat rate when resting: between 80 and 100 bpm.
 - Recommender heartbeat rate in endurance exercise: 130 – 150 bpm.