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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

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World Health Organization (WHO) defined it as "the state of complete physical, mental and social well-being and not merely the absence of disease."

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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 an example. 3. Write the two most important positive and negative effects in your opinion. 4.

BASIC CAPACITIES WORKSHEET

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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

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Department. 5 11. Choose a sport and analyze the types of speed that take part in it and specify in what specific action or moment during the game is needed.(1p) SPORT: _____ TYPE OF SPEED MOMENT - ACTION 12. Watch this ...

PHYSICAL CONDITION - SPEED -

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16

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TO PLAY A rally is the sequence of
playing actions from the moment of the
service hit by the server until the ball is
out of play. A completed rally is the
sequence of playing actions which

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results in the award of a point.

VOLLEYBALL

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FACTORS AFFECTING SPEED - Speed in
the transmission of nerve impulses (it

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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

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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

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- **WORKSHEET NAME: GROUP**

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Types of endurance The Anaerobic way

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

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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.

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