



## **PHYSICAL EDUCATION - 1st of BAC TOPIC 0 - COURSE 2021 - 2022**

### **OBJECTIVES**

- Know and assess the effects of regular and systematic practice of physical activities on personal development
- Increase the possibilities of motor performance through the improvement of physical capacities and the improvement of their mastery and body control
- Plan and participate, regardless of the performance achieved, in activities that allow them to satisfy their own needs

### **CONTENTS**

- ❖ TOPIC 1: PHYSICAL ACTIVITIES IN CURRENT SOCIETY
- ❖ TOPIC 2: PHYSICAL-SPORTS ACTIVITIES AS LEISURE ACTIVITIES
- ❖ TOPIC 3: COLLECTIVE SPORTS: GAME SYSTEMS
- ❖ TOPIC 4: INDIVIDUAL SPORTS: SPORTS GYMNASTICS
- ❖ TOPIC 5: AEROBIC AND ACROSPORT
- ❖ TOPIC 6: PREPARING ACTIVITIES IN THE NATURAL ENVIRONMENT:  
THE CAMINO DE SANTIAGO
- ❖ TOPIC 7: SPORTS PLANNING



During the 2021-22 academic year, while the exceptional situation caused by COVID-19 lasts, the activities carried out in the class will try to maintain the safety distance between the students.

## TIMING

EVALUATION	TOPICS	PRACTICE	THEORETICAL WORK
1st	1.2.3	PHYSICAL CONDITION, COLLECTIVE SPORTS	"Body expression as part of physical activity in physical education of the XXI century"
2nd	3.5	COLLECTIVE SPORTS AEROBICS	
3rd	3.4.6.7	INDIVIDUAL AND GROUP SPORTS, SANTIAGO'S ROAD	

## EVALUATION

- The evaluation mark of each student will be drawn as follows:
  - **80%** of the mark of the practical exams
  - **20%** from the class attendance and participation grade (0.2 will be deducted for each negative grade)
- **NO PRESENTING** yourself to an exam can mean losing up to 50% of the evaluation mark.
- The final grade will be the average of the 3 evaluations (as long as all 3 are approved). This grade can be modified by applying positives for participation in different activities throughout the course of the Physical Education subject or others. The student who wishes to raise the grade at the end of the course may submit a theoretical work that must adhere to the instructions indicated in the corresponding rubric.



## **RECOVERY**

- Suspended evaluations can be recovered as follows:
  - The 1st evaluation can be recovered by getting a 7 in the second evaluation.
  - The 2nd and 3rd (and the 1st if it has not been recovered) will be recovered in June sufficiency through a practical exam corresponding to the suspended content.
  - If the reason for failing an evaluation is not having taken a practical exam, the student must take that practical exam in order to pass the subject.
- The recovery in the extraordinary call will be of the failed exams in the partial evaluations.

## **MATERIAL**

The material with videos and the rubrics of the subject exams will be posted in the TEAMS of the Physical Education subject.

To participate in the practical classes the student must bring sportswear

## **IMPORTANT CONSIDERATIONS**

- Attendance is compulsory. Absences will be justified by Educamos. When this absence is for an evaluation examination, the proof must be a medical proof.
- On rainy days the class will be theoretical, but students must bring sports clothing in case any practical activity is carried out.