



PHYSICAL EDUCATION - 2nd ESO 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: THE HEALTHY PHYSICAL CONDITION

❖ TOPIC 2: HEATING: EFFECTS OF HEATING

❖ TOPIC 3: SPORTS FUNDAMENTALS AND SPORTS

CLASSIFICATION

❖ TOPIC 4: BODY LANGUAGE AND CHOREOGRAPHS

❖ TOPIC 5: GAMES AND SPORTS IN THE VALENCIAN COMMUNITY

❖ TOPIC 6: ACTIVITIES IN NATURE: HIKING, ORIENTATION,
ROPES AND CAMPING

❖ TOPIC 7: TEAM SPORTS: HANDBALL, BASKETBALL AND
VOLLEYBALL

❖ TOPIC 8: INDIVIDUAL SPORTS: ARTISTIC GYMNASTICS



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
1st	1, 2, 3, 7	PHYSICAL CONDITION, HANDBALL 2
2nd	3, 4, 5, 7	BODY EXPRESSION, VOLLEYBALL 2 BALL VALENCIAN 2
3rd	3, 6, 7, 8	ROPES (KNOTS) BASKETBALL 2 ARTISTIC GYMNASTICS 1

EVALUATION

- The evaluation mark of each student will be drawn as follows:
 - **80%** of the mark of the exams (80% practical - 20% theory)
 - **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 mark will be the average of the 3 evaluations (as long as the 3 approved evaluations are obtained). 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, vocabulary and 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. Not bringing sports clothing will be penalized with a negative that will be deducted from the attitude note.

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.
- The theoretical sessions will have work done in them that can be used in the evaluation of the subject to complete the grade when appropriate.