

PRESENTATION ***SPORT AND EXERCISE***

5th Cross Exchange Meeting

5-11 March 2017

Château Thierry

Mens Sana In Corpore Sano

Erasmus +

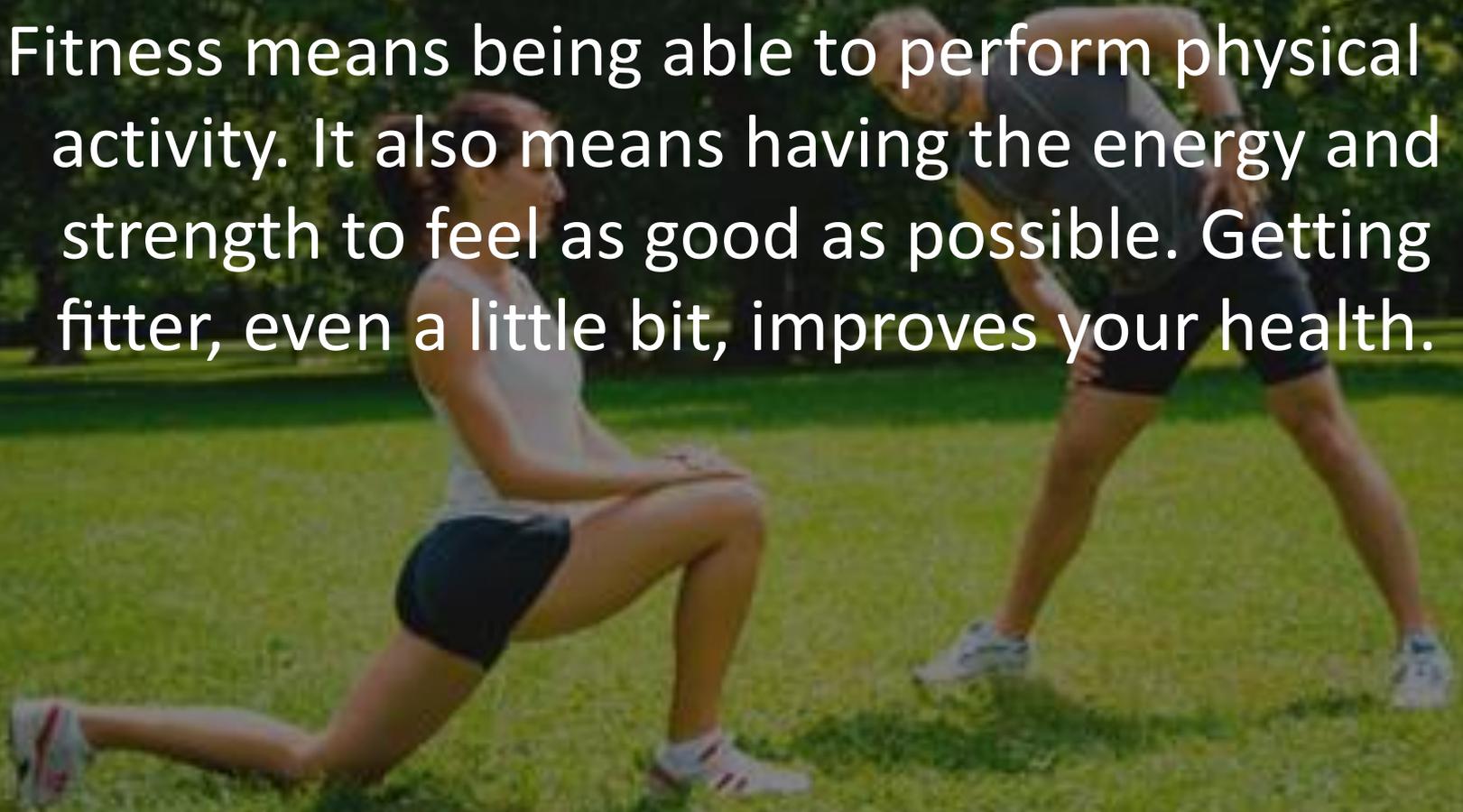
SPORT AND EXERCISE

Physical activity: Exercise or series of exercises that you do to improve your mood or just for fun. It isn't competitive.

Sport: Activity/ies based on competitive game rules between two or more individuals or groups. This physical effort is focused on a goal.

EXERCISE

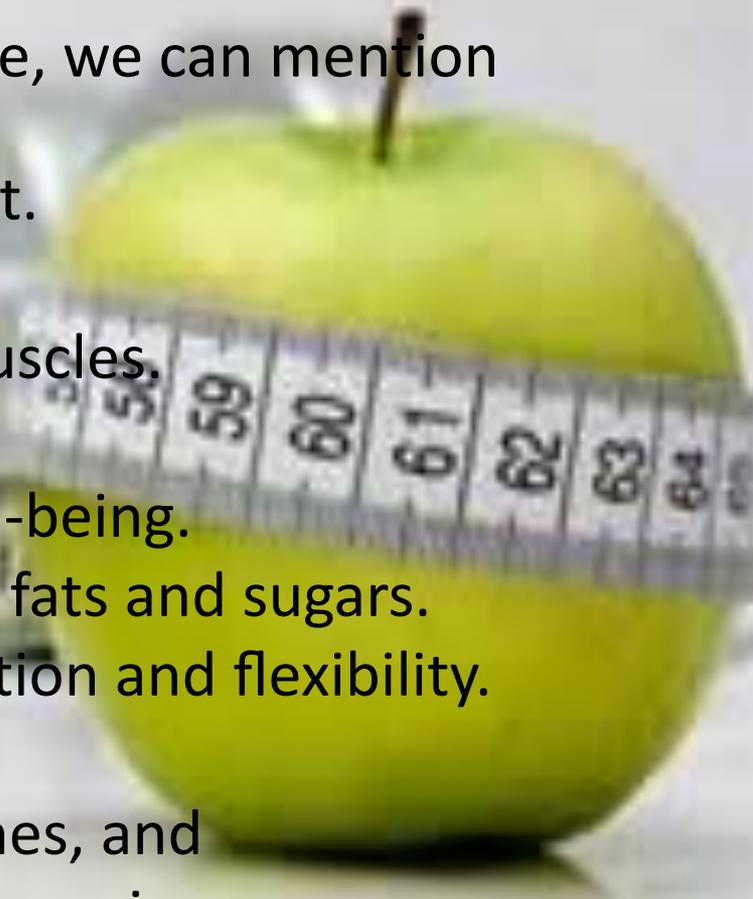
Fitness means being able to perform physical activity. It also means having the energy and strength to feel as good as possible. Getting fitter, even a little bit, improves your health.



BENEFITS OF PHYSICAL EXERCISE

Among the benefits of physical exercise, we can mention these ones:

- -It improves the health of your heart.
- -It controls blood pressure.
- -It improves the strength of your muscles.
- -It keeps bones and joints healthier.
- -It produces an overall sense of well-being.
- -It improves your fitness by burning fats and sugars.
- -It improves your balance, coordination and flexibility.
- -It improves your body language.
- -It reduces the risk of fracturing bones, and
- -It reduces feelings of anxiety or depression.



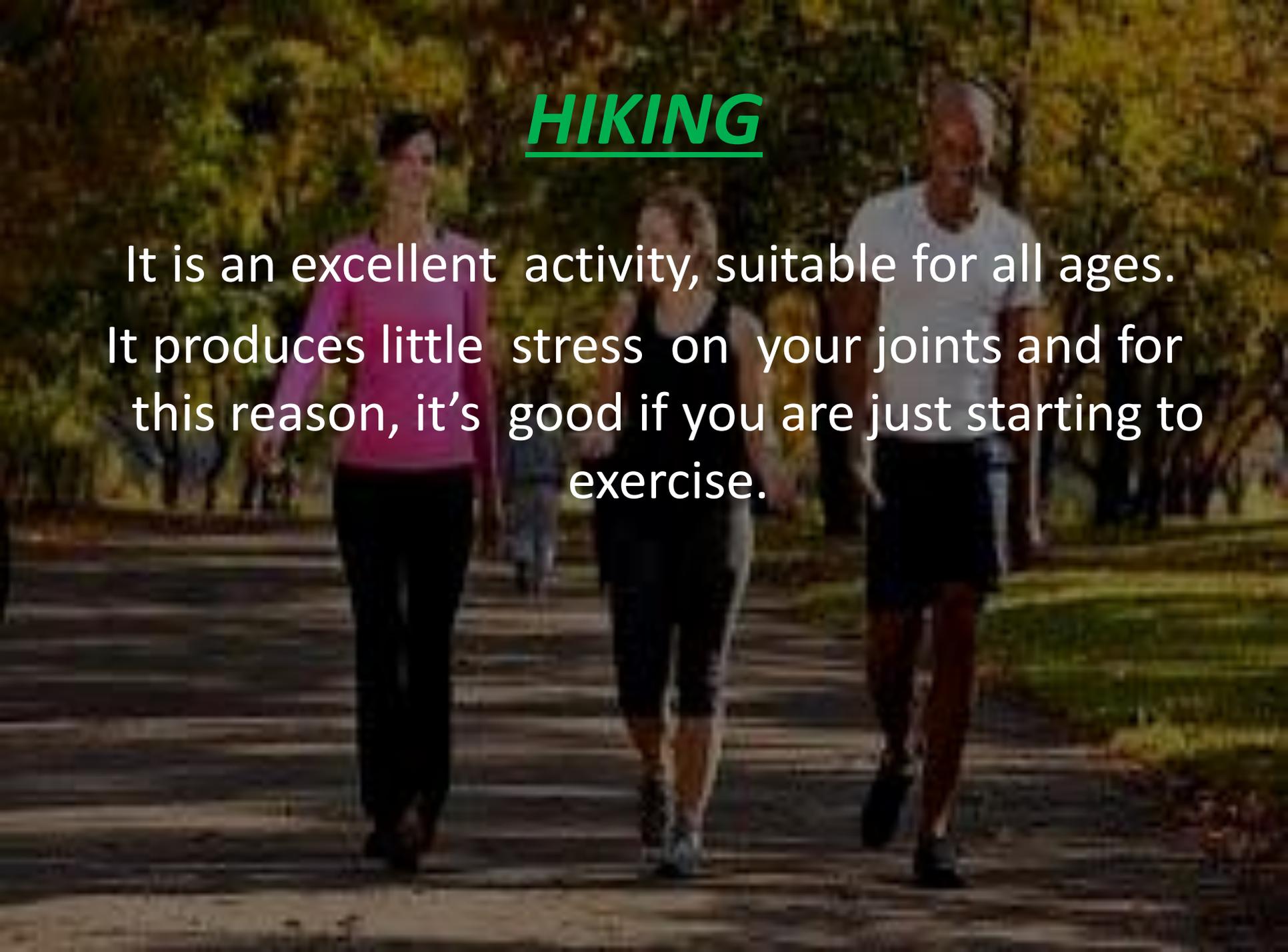
SWIMMING

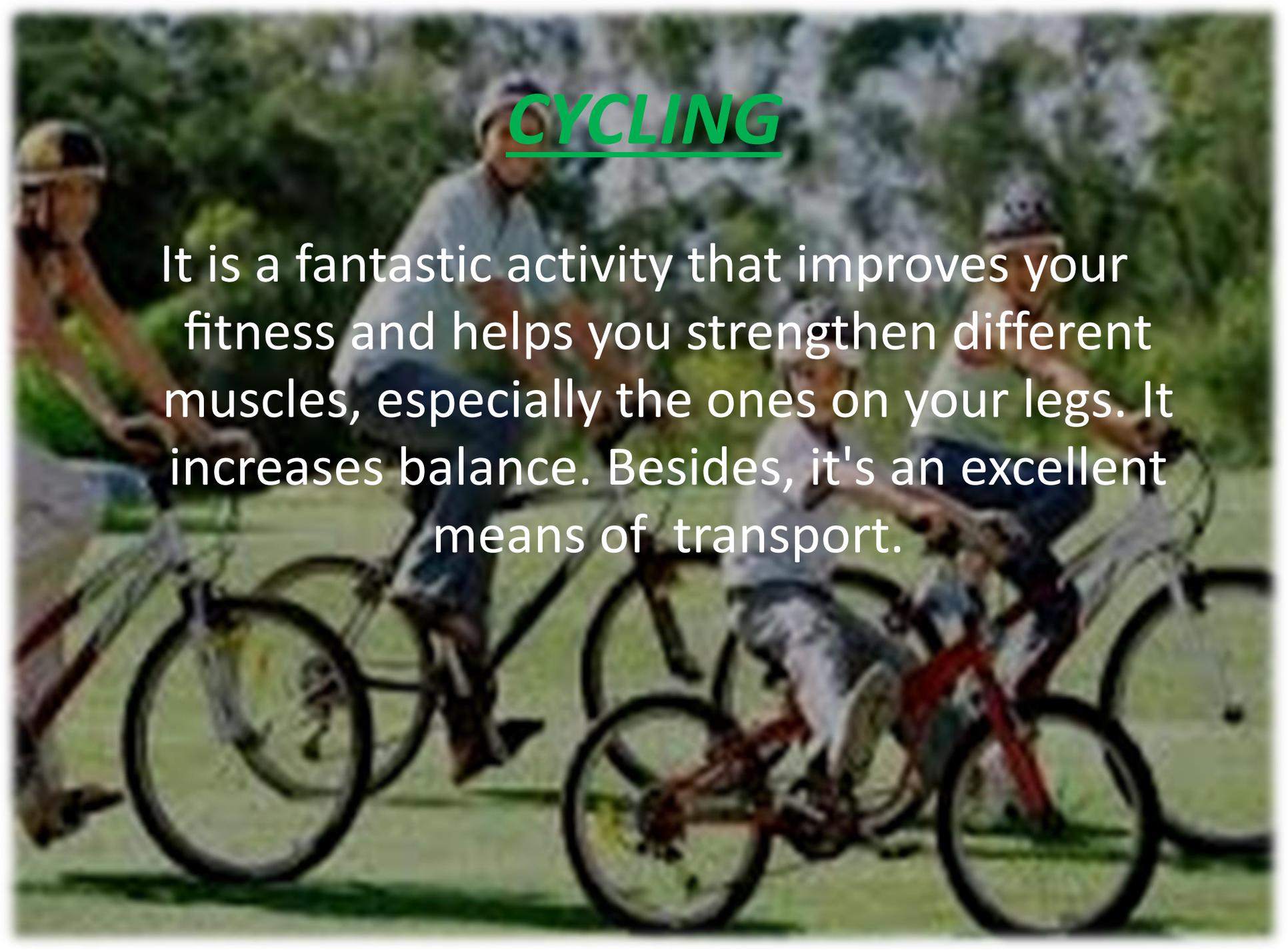
Swimming makes you stronger and it helps you to sleep better. It is not only good for burning fats but also to strengthen your muscles.

When you swim, you are doing a great task with your arms and legs by keeping yourself into the water and moving forward. Swimming is probably one of the healthiest activities that you can do.

HIKING

It is an excellent activity, suitable for all ages. It produces little stress on your joints and for this reason, it's good if you are just starting to exercise.



A group of four people, including a woman on the left and three men, are riding bicycles on a grassy path. They are all wearing helmets and casual clothing. The background is a lush green landscape with trees and bushes. The word "CYCLING" is written in large, green, bold letters with a red underline at the top center of the image.

CYCLING

It is a fantastic activity that improves your fitness and helps you strengthen different muscles, especially the ones on your legs. It increases balance. Besides, it's an excellent means of transport.

RUNNING

You burn more calories than just by walking, and it improves your physical condition. You don't need almost any special equipment to practise it.

You may change your daily path to make it funnier.

DANCING

Although probably you didn't think about it, dance is a very healthy exercise to build your muscles.

Hip-hop works your thighs and many dance movements keep your arms stronger, while your shoulders and biceps work.

Of course, belly dance comes from eastern countries. It exercises your abdomen and waist.

YOGA

Practising yoga makes all your muscles work. It is a wonderful physical and mental activity. It can also be very relaxing and rewarding.

PILATES



Pilates is similar to yoga, but it trains different muscles of your body. It particularly affects the abdomen and muscles that support the spine.

It relaxes and may be really funny.

SPORT

Sport is a physical activity, played as a game or a competition, in which you train, and that is subject to rules. In a second, wider meaning, we can define it as "recreation, hobby, pleasure, fun or physical exercise, usually practised outdoors".

We can class sports into two groups:

- Individual sports: for instance, tennis.
- Team or collective sports: such as football or basketball.

Some sports, such as cycling, depend much more on a team than they could seem at first glance.

Next we're going to see some kinds of sports:

BALL SPORTS

In this kind of sports, played between two teams or individuals, the ball becomes the most important element and acts as a referential point that polarizes both sides. The ball takes on such importance that players focus rather on it than on their opponents. According to this, tactical movements are classified as defensive or offensive, in order to achieve a specific goal.

Some of the sports which may be mentioned within this category are tennis, soccer or football, basketball, volleyball or handball, among others.

COMBAT SPORTS

In these contact sports, opponents face each other in order to reach or knock the other one. They use techniques such as hitting, gripping or using weapons in order to beat their contenders. Some examples within this category are fencing, boxing or martial arts, among many others.

ATHLETIC SPORTS

In this type of sports, the point of reference passes neither by the ball nor by the opponent, as in the two cases mentioned before. Athletes seek to render as good as possible in order to get good results. These sports are an excellent means to encourage self-improvement.

Well-known examples of this are swimming, gymnastics or athletics -in all their different disciplines and modalities

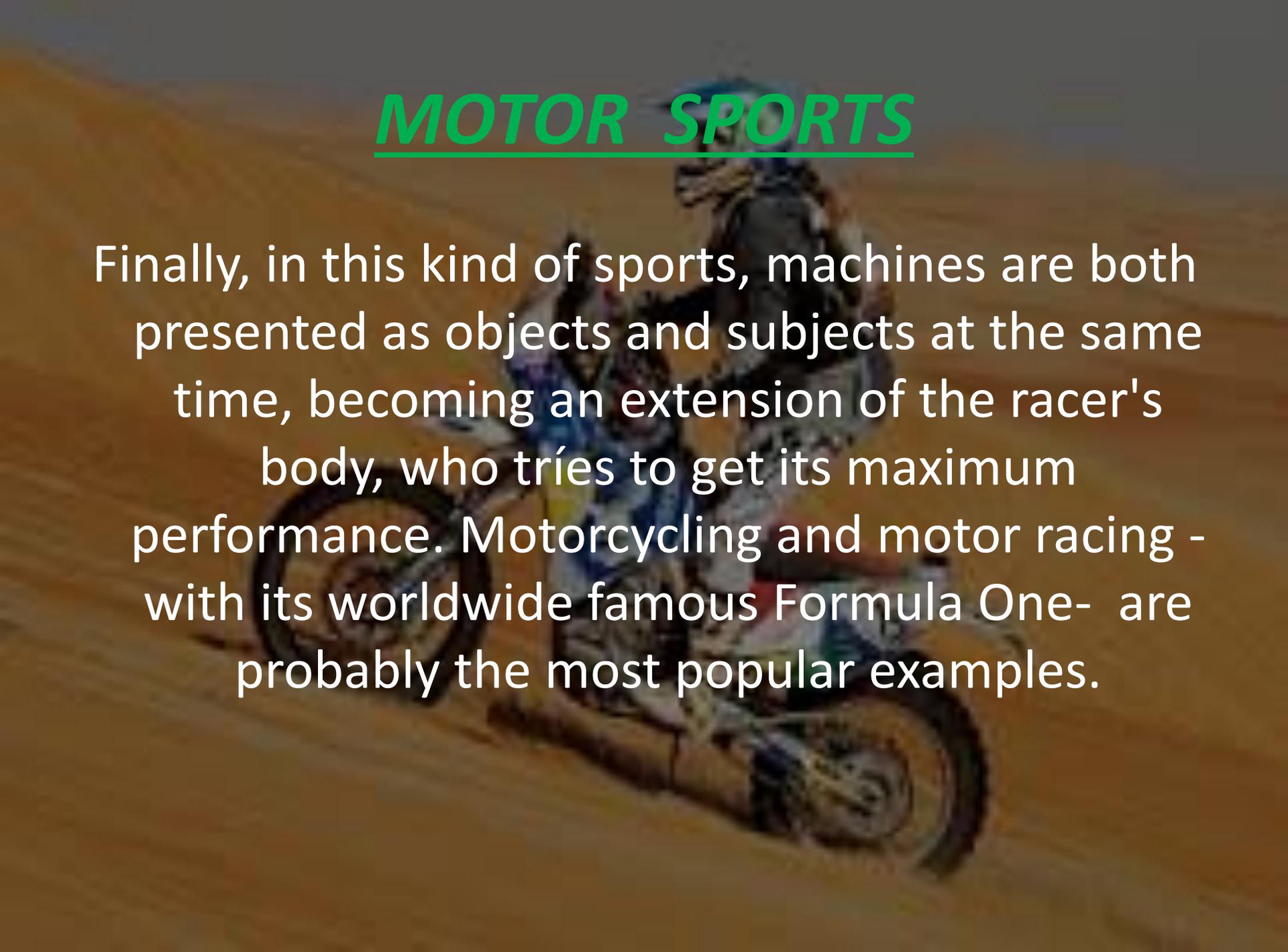
ADVENTURE SPORTS

In this kind of sports, held outdoors, in contact with nature, competitors try to overcome various obstacles that find their source in natural elements, such as snow, water, wildlife and others.

We can class within this category diverse sports ranging from skiing and mountaineering to surfing or rafting, among many others.

MOTOR SPORTS

Finally, in this kind of sports, machines are both presented as objects and subjects at the same time, becoming an extension of the racer's body, who tries to get its maximum performance. Motorcycling and motor racing - with its worldwide famous Formula One- are probably the most popular examples.





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