

UNIDAD DIDÁCTICA AICLE DE EQUILIBRIO: CONOCIENDO EL ACROSPORT

Asignatura: Physical education
Curso / Nivel 4^o of Primary

Profesor: Pedro Javier Buendía Arenas
English language

1. Objetivos de aprendizaje / Criterios de evaluación	<ul style="list-style-type: none"> • To support positions in static balance and to know the acrosport as physical activity • To value, to practise and to design activities of acrosport as way of creative expression. • To agree, to value the different existing roles in a composition of acrosport. • To analyze the physical basic capacities and motive qualities that intervene in the acrosport. • To agree, to value and to respect the possibilities and own and foreign limitations.
2. Contenido de materia	<ul style="list-style-type: none"> • We play with the static balance. I work in pairs. • Coordination and capacities basic. • Vocabulary in English. • New forms of leisure and sport. Safety procedure. • Hygiene of habits and health. I respect between companions. <p>https://www.youtube.com/watch?v=ZJeXzJ352k#t=28</p>
3. Contenido de Lengua / Comunicación	<p>English language. Present simple or Present Continuous. General vocabulary of the area of physical education. Specific vocabulary of the acrosport and balance.</p>
Vocabulario	<ul style="list-style-type: none"> • Names: en pairs, balance, number, individual, warming, in group, music, force, body, head, shoulders, knees • Prepositions: to, with, from, towards. <p>https://www.youtube.com/watch?v=7wTTxyD69wA</p>
Tipo de discurso	<p>Informative speech and fatico with the teacher.</p>
Destrezas Lingüísticas	<ul style="list-style-type: none"> • There uses the oral expression and expression of ideas • To understand terms of reference to resolve situations. • To be able to execute the movements with balance. • To be able to relate the information with practice. • He collaborates with the companions in the physical activity.
4.Contexto	<p>Sports and games of the world of the physical activity in the stage of primary</p>
5. Procesos cognitivos	
6. (a) Tarea (s)	<p>Working the acrosport in pairs and in groups</p>

7. Metodología AICLE,	
Organización y distribución en la clase/ tiempo	The dedicated time will be 3 meetings of 45 minutes. The organization according to the moment will be individual, in pairs, trios or great group for choreographies of acrosport.
Recursos / Materiales	Video and song of groupings: https://www.youtube.com/watch?v=ZJeXzJ352k#t=28
Competencias básicas	<ul style="list-style-type: none">• Learning to learn.• Communication in foreign languages.
8. Evaluación (criterios e instrumentos)	<ul style="list-style-type: none">• Observation continues during the daily practice.• To know the activity of the acrosport. Games of balance.• Knowledge of the group: agile and portores• Balances and force.• Achievement of coordinated movements and with the autonomy• The session 4 is the part more importants. It is the final task where the students have to show what they learned.

SESSION 1

Theory Acrosport

Objetivos generales: Gymnastic skills grupales
Objetivos específicos: Knowledge of the activity, expectation and motivation
Contenidos: Theoretical session where one will show to the pupils what they are going to know, I use in the school area, his advantages and disadvantages.

Level 4º **Place** : Ordinary classroom or classroom multiple uses

Materials: PDI,PC , digital resources (videos and photos), flashcard

Time: 45´



VIDEO



<https://www.youtube.com/watch?v=7wTTxyD69wA>

Main Vocabulary Learning Unit. Pronounce it with students and distribute to each student's vocabulary tab to go associate new words

FICHA I

- ON ALL FOURS
- LYING ON BACK
- PRONE POSITION
- LYING ON SIDE
- CROUCH
- ON YOUR KNEES - SITTING DOWN
- STAND UP - MAKE A ROW
- ON TIPTOE
- FORWARDS
- BACKWARDS
- FACE TO FACE
- BACK TO BACK
- IN PAIRS

FICHA II

- WALL BARS - BAT
- MAT - LANDING MAT
- BENCH
- FORWARD ROLL
- FORWARD ROLL OPENED LEGS
- LION
- DOUBLE FORWARD ROLL
- HANDSTAND
- HEADSTAND
- CARTWHEEL

SESSION 2

Knowing his movements

Objetivos generales:
Objetivos específicos: Knowledge of the activity and the first practical session.
 Contents: Safety procedure., I use of the Material and hygiene, wardrobe

Level 4º **Lugar:** multipurpose gym or classroom

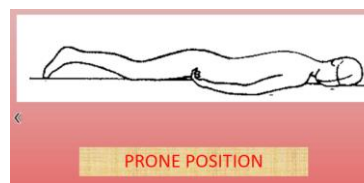
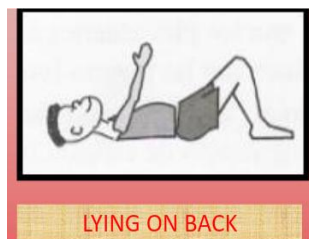
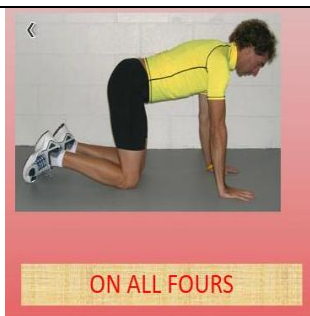
Materials: mats, clean socks, music player or speakers and PC

Time: 45´

WARN UP

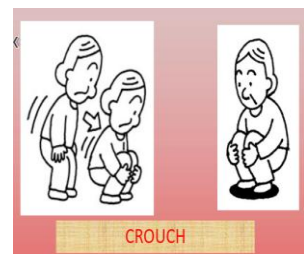
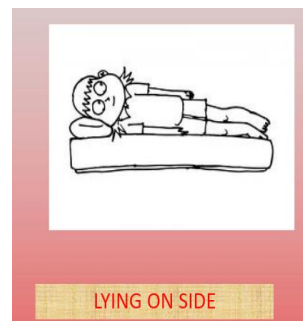
PRINCIPAL PART

COMMANDS



We remember the theory of the previous meeting. We realize the first movements of individual form imitating the teacher.

On all fours
Lying on back...



RELAXATION

We revise the learned positions, listening to the following resource and the pupils realize the movements that know without help of the teacher.

[PULSA AQUÍ](http://www.authorstream.com/Presentation/analaradiez-1452546-5-acrosport-positions/)
<http://www.authorstream.com/Presentation/analaradiez-1452546-5-acrosport-positions/>

To use the PC of the teacher for this activity

SESSION 3

I am employed at pairs

Objetivos generales: Gymnastic skills
Objetivos específicos: The first figures. Basic balances. Relation between sexes. Discovery of the difficulty in pairs
Contenidos: The first figures, exchanging the pairs, they all can do any role

Level 4º
Lugar: Gymnasium or classroom multiple uses, breeding animal music and loudspeakers

Materials: mats, clean socks, music player or speakers and PC.

Time: 45´

WARN UP

We warm the principal muscles that are going to intervene: legs, back, wrists, shoulders and neck ...

PRINCIPAL PART

In pairs a few cards will be delivered them as the image in order that they are practising

ACROSPORT



COMMANDS

Two companions direct the warming and revise vocabulary of the human body: head, legs, shoulders, etc.

I change pair.

Carefully

RELAXATION

They the session will be evaluated during and ultimately. With questions to see the degree of attainment and vocabulary acquired during the beginning of the unit

- That is what mas you have liked? - the most difficult thing? - the easiest thing?