

CONTENTS

INTRODUCTION	7
WHO IS THIS BOOK FOR?	7
TEACHERS	
PUPILS	
HOW TO USE THE BOOK	8
PHYSICAL EDUCATION CONTENTS TEMPORALISATION	
BILINGUAL CONTENTS AND THEIR CONNECTION TO PE CONTENTS	
WHY TEACH PHYSICAL EDUCATION IN ENGLISH? ...	13
LEGAL BACKGROUND	
ADVANTAGES OF TEACHING PE IN ENGLISH	
– TOTAL PHYSICAL RESPONSE AND SILENT PERIOD	
– LINGUISTIC SKILLS AND PHYSICAL EDUCATION	
– MOTIVATION AND UNCONSCIOUS LEARNING	
– COMMUNICATIVE COMPETENCE AND PHYSICAL EDUCATION	
– PHYSICAL EDUCATION AND ITS INTERCONNECTION TO OTHER SUBJECTS	
CHAPTERS	17
CHAPTER 1	19
– PREVIOUS CONSIDERATIONS TO THE IMPLEMENTATION OF WARM UP AND COOL DOWN ACTIVITIES WITH 3 rd CYCLE STUDENTS	
– ACTIVITIES	21
– RESOURCES BANK: WARM UP AND COOL DOWN ACTIVITIES WARM UP STRETCHING EXERCISES TEMPORALIZATION CHART	53

CHAPTER 2	
DIDACTIC UNIT "3RD CYCLE ALREADY?"	54
CHAPTER 3	
DIDACTIC UNIT "HEALTHY PEOPLE"	65
CHAPTER 4	
DIDACTIC UNIT "MENTAL AND PHYSICAL BALANCE"	86
CHAPTER 5	
DIDACTIC UNIT "GETTING FIT!"	110
CHAPTER 6	
DIDACTIC UNIT "THE SCHOOL MARATHON"	128
CHAPTER 7	
DIDACTIC UNIT "WHAT A DUNK!"	151
CHAPTER 8	
DIDACTIC UNIT "HOME RUN!"	168
CHAPTER 9	
DIDACTIC UNIT "THAT WAS A SIX!"	185
CHAPTER 10	
DIDACTIC UNIT "SMASH IT BACK!"	201
CHAPTER 11	
DIDACTIC UNIT "THE REST IS HISTORY"	220
BIBLIOGRAPHY	246