

MUNI
SPORT

np2035 Reflexe praxe

Mgr. Lucie Grajciarová

11:00 – 11:50

20. 03. 2019

#reflectiveteacher
teachthought

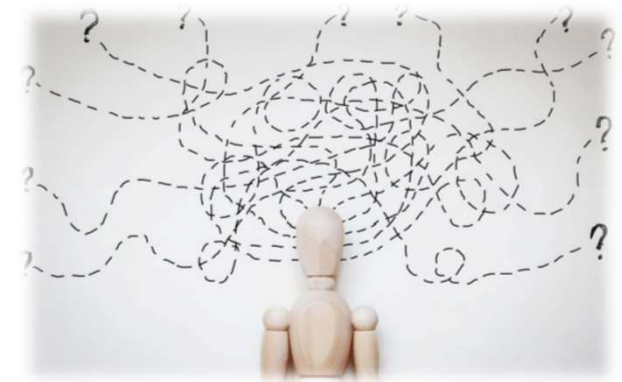
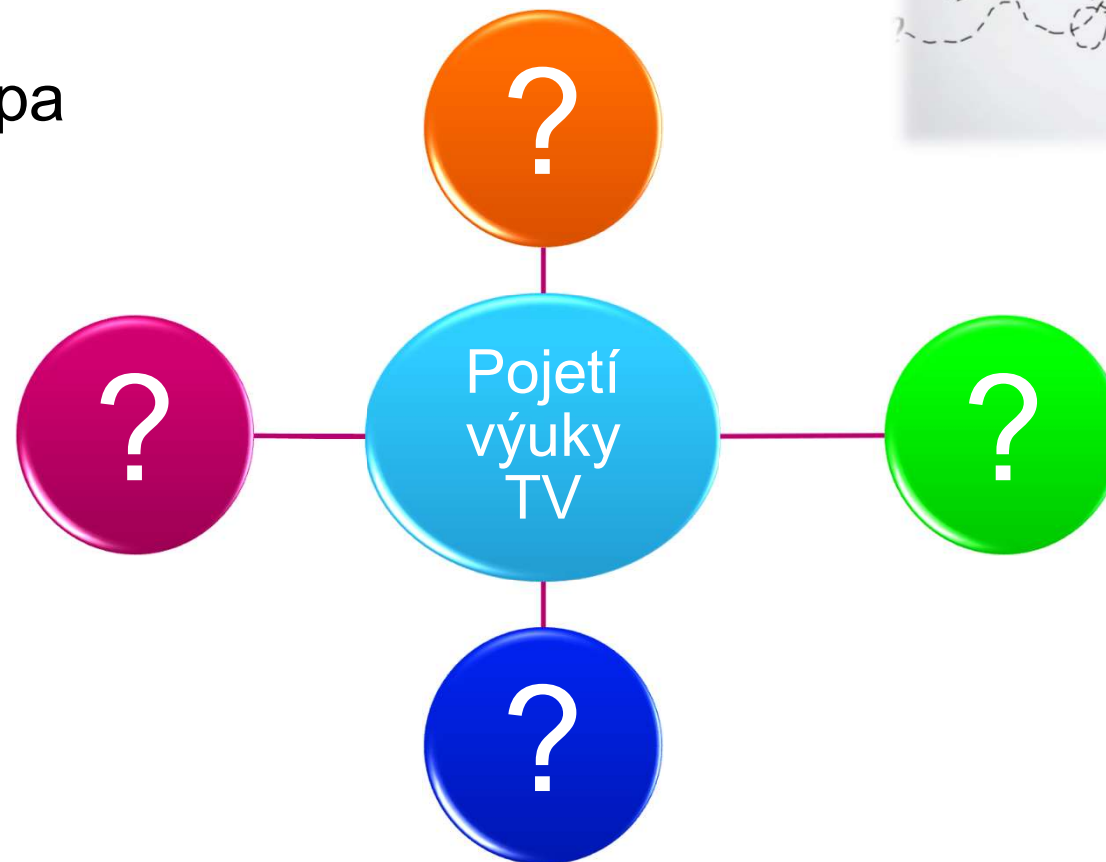


Aktivita ♥



Dílčí úkoly na dnešní hodinu




1. Myšlenková mapa




Reflexe Vašich hodin

SAFETY IN SPORT

All physical activities involve the risk of injury. This risk can be greatly reduced if we use common sense and consider the following issues.

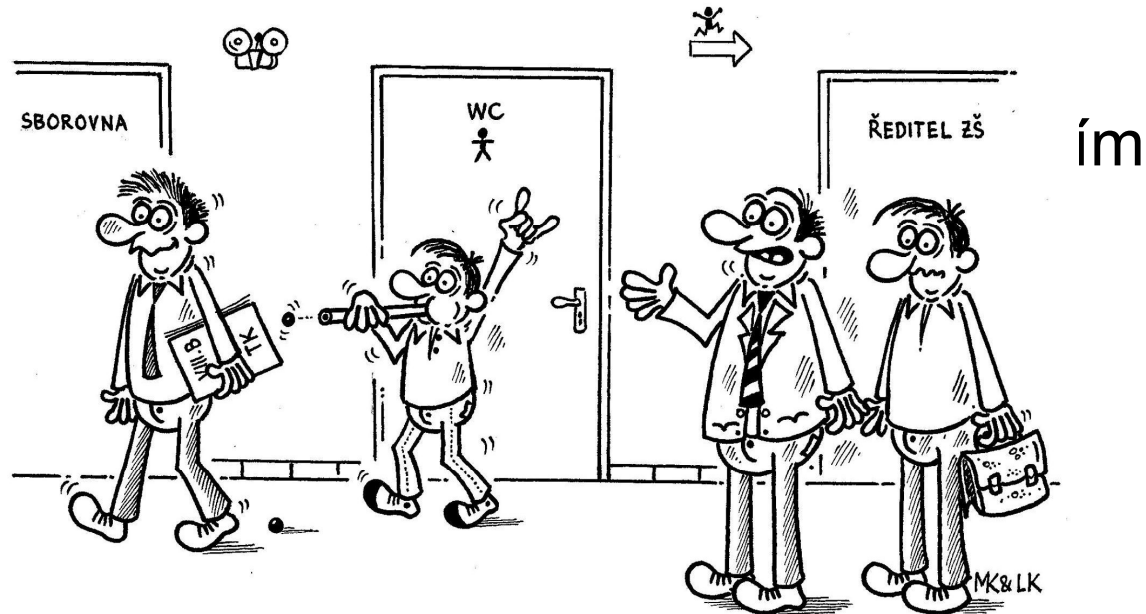
B BODY	Always complete a full warm up and cool down. Warm up: Perform a light aerobic activity to increase blood flow and stretch muscles and joints to avoid injury. Cool down: Gradually reduce the level of activity to avoid sudden pooling of blood and muscle stiffness.	
R RULES	Many sports have rules which are implemented to improve safety and to protect the participants. Referees/Umpires oversee sporting activities to ensure those participating adhere to the rules, reducing the risk of injury.	
E EQUIPMENT	The equipment used in sporting activities must be safe and in good working order. For example, do not use damaged or broken apparatus in the gymnasium. Also, many sports employ safety equipment to prevent injury. For example, post protectors in rugby.	
A ABILITY	Ability levels vary greatly in sport. It is important to ensure sports performers compete with participants of similar ability. Particularly in contact activities, age, weight and skill levels should be used to identify ability.	
K KIT	To avoid injury in sport, it is imperative that the appropriate kit is worn. For example, football players are expected to wear shin pads whilst cricketers have to wear protective helmets, gloves and various other pads whilst batting.	
S SURFACE	Before a sporting activity has even started, evaluate the environment and the playing surface. Ensure the surface is free from litter, broken glass, potholes, standing water and other potential hazards.	

REMEMBER - In addition to the above rules, correct techniques must be used and coaches' instructions followed. ALWAYS be responsible for your own safety.



Další AKTIVITA ♥

- Najdi u nás na fakultě problémem výuky.
 - Nejlepší učitel
 - Administrativa



„ UČIT NEUMÍ, KÁZEŇ A AUTORITU VE TŘÍDĚ NEMÁ, S RODIČI ŽÁKŮ NEVYCHÁZÍ... ALE NECHÁVÁM SI HO TU, PROTOŽE UMÍ NAZPAMĚŤ ŠKOLNÍ VZDĚLÁVACÍ PROGRAM A MÁ BEZCHYBNĚ VYPLNĚNOU VEŠKEROU DOKUMENTACI - TAKŽE PODLE INSPEKCE JE TO NÁŠ NEJLEPŠÍ UČITEL!“

Dílčí úkoly na příští hodinu

– Semafor



Dotazy?!

Děkuji za pozornost.

