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Liceo Scientifico Statale
M. Guerrisi Cittanova RC



The Challenge to a Healthy Life

Cittanova, Italy 23rd - 27th May 2022

2021-1-RO01-KA220-SCH-000024460

PRACTICAL TEACHING UNIT

BALANCE ON MOUNTAIN BIKE

Lesson plan for the first classes of Liceo Scientifico Statale "M. Guerrisi"

Physical Education lesson

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Educational objective:

Students will be able to:

- Support the process of self-knowledge and self-control during physical activity
- Create a fitness optimal development oriented to health
- Create a positive relationship between physical activities and sport
- Find motor balance in all the activities where it is needed (skiing, skating, athletic, volleyball, football, etc.)
- Improve proprioceptivity
- Sharpen the motor coordination

REQUIRED MATERIAL

- Metric plastic tape
- Stopwatch
- 12 cones
- Folder to collect data
- Plastic tope in two different colors to apply on the ground for start and arrival
- 2 planks of wood: 2m long, 10cm large, 30cm high each
- Paved straight, at least 35m long and 6m large
- 1 whistle
- Chalk

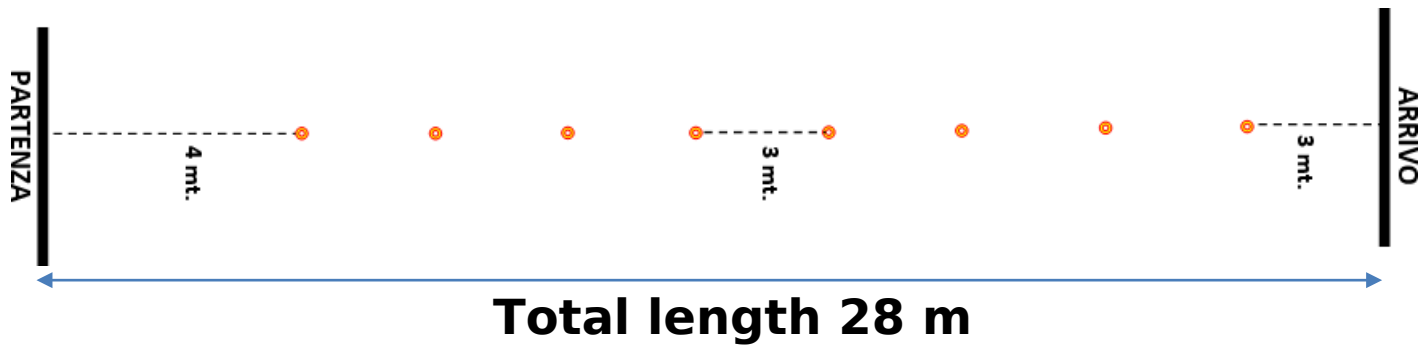
TEST

Slalom
Giant slalom
Narrow passage

SLALOM (how to perform)

Place the first cone 4m far from the starting line, the following 7 cones should be placed one every 3m until the arrival line which is placed 28m from the starting line. 8 cones are needed for this test. The student, supported by a mate or adult (if possible), will start at the teacher whistle who is standing along the path (in an equidistant point between start and arrival: about 14m). The test consists of running around each cone without dropping it, covering the distance in the shortest time. You can indifferently run on the right or left side of the cone. For each cone the student will drop or won't outflank, he gets one second as penalty. Each student will have two tests. Only the best test will be taken into consideration.

SLALOM (set-up)



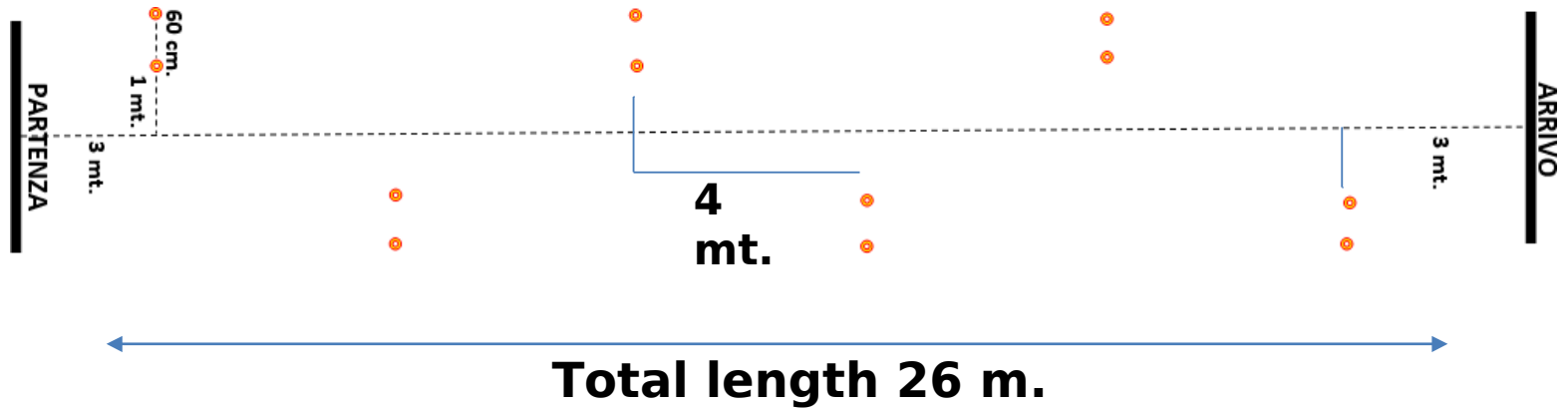
GIANT SLALOM (how to perform)

From the center of the starting line, in the middle of the arrival line (26m from the starting line) trace a line with the chalk. From the starting line, at a distance of 3m from the traced line and moved 1m sideways to the left, place a couple of cones (side by side) at a distance of 60cm between them (from the internal edge of a cone to the internal one of the other cone). Place the second couple at a distance of 4m and moved 1m sideways to the right with respect to the other couple of cones and so on alternating the position of the couples of cones. The last one (on the right with respect to the traced line) will be placed 3m far from the arrival line.

For this test 12 cones are needed to form 6 doors.

The student, supported by a mate or adult (if possible), will start at the teacher whistle who is standing along the path (in an equidistant point between start and arrival: about 13m). The test consists of passing through each couple of cones without dropping them, covering the whole distance in the shortest time. For each cone the student will drop or for the missing passage between a couple of cones, he gets one second as penalty. Each student will have two tests. Only the best test will be taken into consideration.

GIANT SLALOM (in preparation)



THE NARROW PASSAGE (how to perform)

The distance from the starting line to the arrival line is of 14m. After 6m from the starting line, place 2 planks of wood of 2m each so as to form a funnel. The student, supported by a mate or adult (if possible), will start at the teacher whistle who is standing along the path (in an equidistant point between start and arrival: about 7m). The test consists of passing the funnel without dropping the planks, covering the whole distance in the shortest time. Each student will have five tests. All the tests will be taken into consideration, collecting the time and mistakes (the drop of one or both planks).

The five tests differ according to the width of the two planks (look at the following slide)

THE NARROW PASSAGE (set-up)

- 1st test entrance 80 cm, exit 20 cm
- 2nd test entrance 75 cm, exit 15 cm
- 3rd test entrance 70 cm, exit 10 cm
- 4th test entrance 60 cm, exit 7 cm
- 5th test entrance 50 cm, exit 4 cm

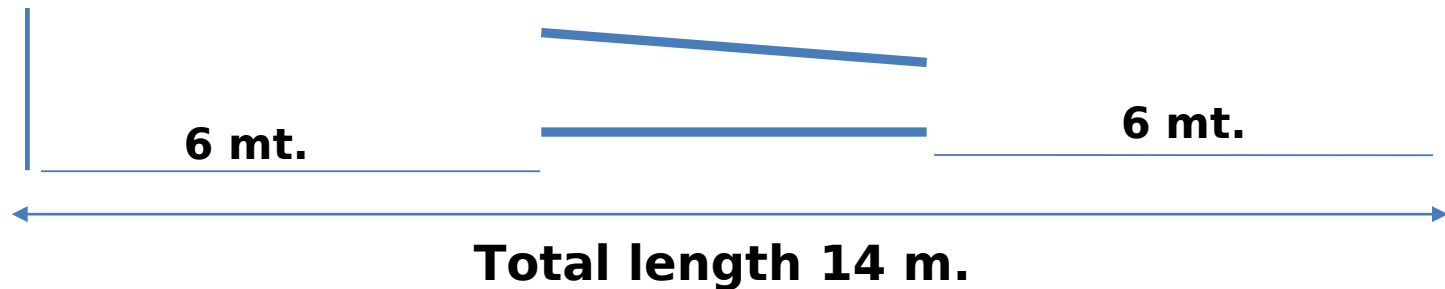


TABELLA RACCOLTA DATI

Denominazione Istituto	Classe
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Data effettuazione valutazione d'ingresso

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