



evropský  
sociální  
fond v ČR



EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,  
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání  
pro konkurenceschopnost

## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Projekt:	MO-ME-N-T MODerní MEtody s Novými Technologiemi
Reg.č.:	CZ.1.07/1.5.00/34.0903
Operační program:	Vzdělávání pro konkurenceschopnost
Škola:	Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady
Tematický okruh:	Outdoor activities
Jméno autora:	Michal Škvor
Datum:	26. 10. 2013
Ročník: (Cíl. skupina):	2. – 4.
Anotace:	Outdoorové volnočasové aktivity, (cyklistika, vodácké sporty, skok padákem, plavání, lyžování, jízda na koni, lov, rybaření), jejich charakteristika a základní nářadí a náčiní k jejich provozování.



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# Outdoor activities

- can be defined as competing with yourself, your fears, courage or pushing yourself to the limits

## ➤ **Trekking (backpacking)**

- a long walk in the countryside

### **Equipment:**

- hiking boots (waterproof), socks, shorts or trousers, T-shirt, sweatshirt, waterproof jacket, hat, backpack, water bottle, sunglasses, knife, flashlight, sleeping bag, tent, insect repellent, sunscreen, matches, etc.

## ➤ **Rock climbing**

- climbing natural rock formations or climbing walls

### **Equipment:**

- rubber shoes, climbing chalk, rope, carabiners,



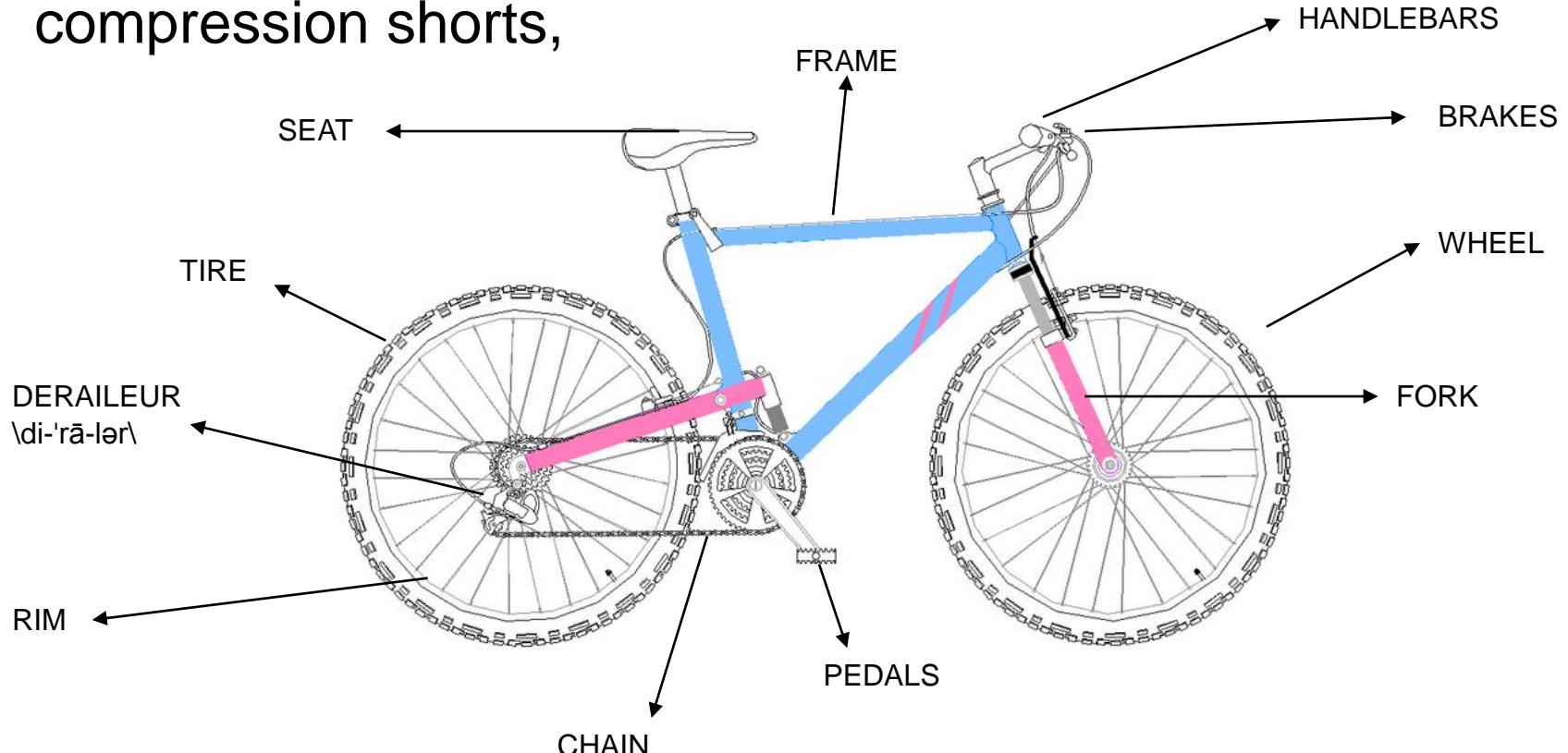
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# ➤ Cycling

- riding a bike on the roads (road bike) or on rocky trails in woods, fields and meadows (mountain bike – MTB)

## Equipment:

- bike, shoes, jersey, sunglasses, helmet, gloves, compression shorts,



## ➤ Canoeing, kayaking

Canoeing is a paddle sport in which you sit facing forward in an opened canoe, and move by using a single-bladed paddle.

Kayaking, on the contrary, has usually a closed deck and you move by using a double bladed paddle. You sit with legs extended forward.

### **Equipment:**

- kayak or canoe, paddle, life-vest, neoprene, helmet, sunscreen



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<http://commons.wikimedia.org/wiki/File:GreatFallsKayaker2.jpg>

## ➤ Parachuting / skydiving

- jumping out of a plane from about 1000m – 4000m (the higher the longer free fall). After opening the parachute, the jumper controls the direction and speed with ropes attached to the parachute.

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### **Equipment:**

- parachute, glasses, boots, helmet, altimeter, jumpsuit, automatic activation device

## ➤ Swimming - you need a swimsuit, goggles, swim cap

### Back stroke



### Breast stroke



### Crawl stroke



### Butterfly stroke



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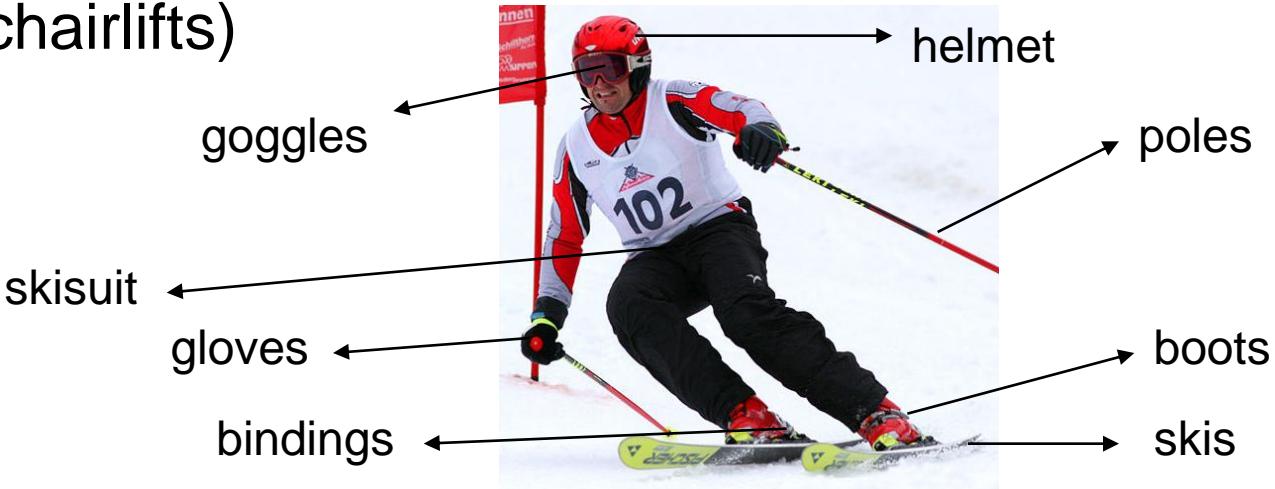
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## ➤ Skiing / Snowboarding

- people go to ski resorts to enjoy these activities on slopes with skilifts (chairlifts)

### Equipment:

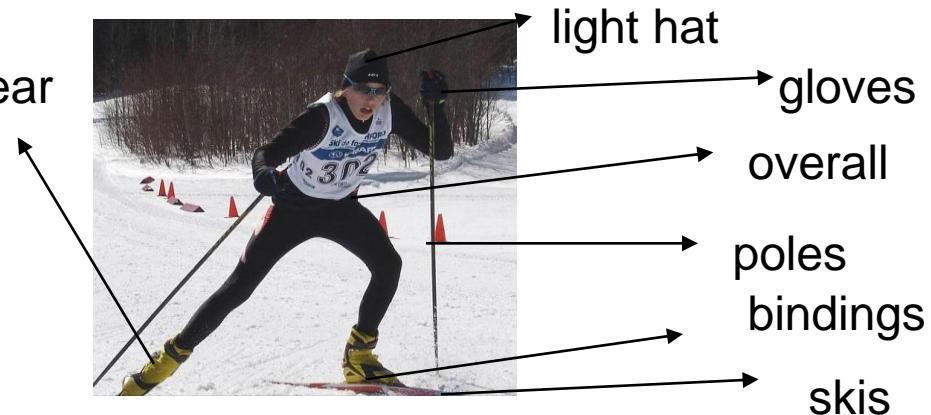


## ➤ Cross country skiing

- is an activity in which skiers move around across snow-covered terrain using skis and poles (classic or skate skiing)

### Equipment:

waxes – different colors according to the type of snow



## ➤ Horseback riding

- riding a horse as a sport discipline or for pleasure

- Hunting

- killing or trapping animals for food, recreation, trade or other reasons using firearms or bows, crossbows or spears



### **Equipment:**

camouflage suit, boots, gun, binoculars, hat, knife, ammunition, backpack

RIFLE



SHOTGUN



BOW



CROSSBOW



# Fishing

- catching fish – usually by using a fishing rod or a net

## Equipment:

- fishing rod (fishing line, fishing hooks), natural or artificial lures (baits), nets, wellington boots, knife, bucket, tools, seat, anorak, landing net, boat

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LANDING NET

## LURE / BAIT



## FISHING REEL



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## FISHING ROD



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