



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:	Other sports
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Ročník: (Cíl. skupina):	2. – 4 .
Anotace:	Popis různých druhů sportů, jejich disciplín a stručný popis jejich pravidel a nezbytného nářadí či náčiní.



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Other sports

Ice hockey

- a team winter sport played by two opposing teams of 6 players on each side and it consist of three periods of 20 min. each
- the aim is to score in the opponent's goal by shooting a puck with a hockey stick
- it is played on a hockey rink with two goals at each end
- when the play is stopped, it is restarted with a faceoff. The game is usually stopped because of: goal, offside, icing or the puck out of play.
- „offside" is when a player enters his opponent's zone before the puck itself
- icing is when the puck is shot all the way across both the centre line and the opponent's goal line
- the puck is out of play out of play" whenever it goes over the board or glass of the ice rink

- if there is a penalty for a player (usually 2 min.) they are sent to the penalty box (elbowing, roughing, high-sticking, delay of the game, too many players on the ice, holding, hooking, slashing, cross-checking, etc).

Player's equipment

↳ a helmet, hockey stick, puck, shoulder pads, elbow pads, mouth guard, protective gloves, padded shorts, protective athletic cup, shin pads, skates,. Goalkeepers, in addition, use a bit different equipment - a neck guard, chest/arm protector, blocker, catch glove, and leg pads

The best player: Wayne Gretzky (CAN)



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Face off

Athletics

- *track and field disciplines are mainly:*

- Javelin throw - a track and field discipline where the javelin, of about 2.5 m long is thrown. M 98.48m; W 72.28m
- High jump - a track and field discipline in which athletes must jump over a horizontal bar M 2.45m; W 2.09m
- Long jump - a track-and-field discipline in which athletes combine speed, strength, and agility to leap as far as possible M-8.95m W-7.52m
- Pole jump (vault) - a track and field discipline in which athletes use a long, flexible pole (from 3.05m to 5.30m) to help them to jump over a horizontal bar M 6.14m; W 5.06m
- Shot put - a track and field discipline where athletes "put" (throw by a pushing motion) the shot (7and4kg) as far as possible. M 23.12m; W-22.63m

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➤ Hurdles - **men** - 110m - 10 hurdles of 1,07m and 400m - 10 hurdles of 91.4cm

women - 100m - 10 hurdles of 83.8cm; 400m - 10 hurdles of 76.2cm

➤ Discus throw - event in which an athlete throws a discus (2 and 1kg) as far as possible

➤ Hammer throw - a track-and-field discipline where a hammer (weight/ length 7.257 kg and 121.5 cm; 4 kg and 119.5 cm) is thrown as far as possible.

➤ Running – sprint (60-400m), middle-distance (800-3000m), long-distances (5000m, 10000m), relays (4x100m; 4x400m)

➤ Decathlon - **Day 1** - 100 metres, Long jump, Shot put, High jump, 400 metres; **Day 2** - 110 metres hurdles, Discus throw, Pole vault, Javelin throw, 1500 metres

➤ Heptathlon - 100 metres hurdles, High jump, Shot put, 200 metres, Long jump, Javelin throw, 800 metres

➤ Marathon - is a long-distance run in a distance of 42.195 km

- **Bodybuilding** - exercising in order to gain muscle development (+ nutrition and resting)
- **Boxing** - a combat sport in which two boxers try to hit/knock out each other by their hands with gloves in a ring. They fight in 3-min. rounds - up to 12. It is forbidden to hit below the belt.
- **Bowling** - a sport in which a player rolls a bowling ball towards bowling pins in order to knock them over.
- **Fencing** - a sport where two athletes fight each other with foils trying to stab the other one in order to get points.
- **Figure Skating** - a sport of individuals or pairs performing „dancing“ on ice using figure skates
- **Golf** - a sport played on a course with different types of clubs and balls. Players need to hit 9 or 18 holes in a given order using as few strokes as possible.

- **Artistic gymnastics** - is a sport requiring flexibility, agility, physical strength, coordination, grace, balance and control.

↳ The women's events are: *uneven bars, balance beam, floor exercise, and vault.*

↳ Men's events are: *floor exercise, pommel horse, still rings, vault, parallel bars, and the high bar.*

- **Triathlon** - a physically demanding sport involving 3 disciplines: ***swimming*** (1,5km), ***cycling*** (40km) ***and running*** (10km)

- **Floorball** - an indoor team sport of 6 players on each side
The aim is to score the ball into the opponent's goal using a floorball stick where there is a goalkeeper using just hands.

There are 3 periods of 20 min.



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