

THEORY OF THE SECOND TERM. PHYSICAL EDUCATION: 3rd E.S.O.

1. - FLOORBALL

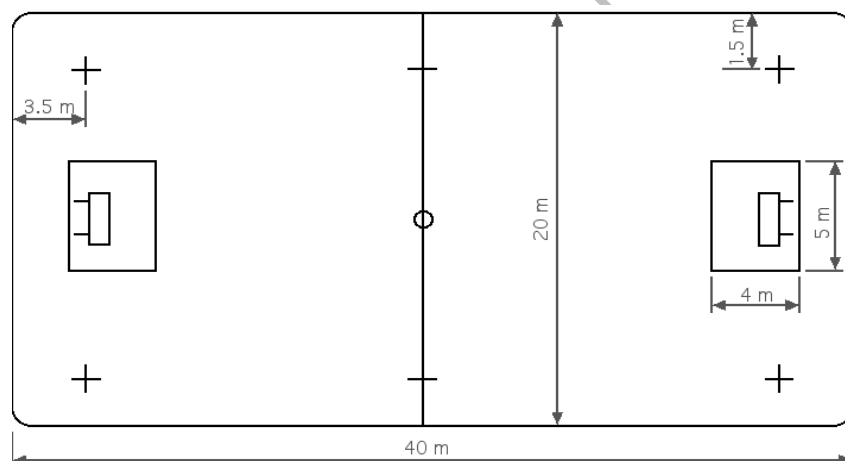
1.1- WHAT IS FLOORBALL?

It's a Swedish sporting game, a collective sport very simple to play, which allows a big participation of all the pupils from the beginning of their practice. This sport has a great application at school. The aim of this sport is to put the ball inside the opposite goal hitting it with the stick.

1.2- THE PLAYING COURT

It is played on a rectangular court which measures have to be between 35 and 45 meters of large and from 18 to 22 meters of width. On the outside, the court is surrounded by a wall of 50 meters of height. Inside the court there will be 2 goals, one on each edge of the court, which measures have to be between 160 centimetres of width and 115 centimetres of height.

The goal area is 5 meters of width and 4 meters of large from the back of the goal. A line has to be painted between the goal posts.



1.3. – EQUIPMENT AND MATERIALS.

In order to play Floorball, we need sticks and balls. The **sticks** are made of hard plastic, they are strong but elastic and light. The handle has a round shape, and it can't exceed the 95 centimetres of length and 3.5 centimetres in diameter. The blade can't be sharp and exceed the 35 centimetres of length. It has a weight about 380 grammes. The **ball** is made of plastic, empty and with 26 holes on the outside. It is 7 centimetres of diameter and 23 grammes of weight.

1.4. – TEAMS AND NUMBER OF PLAYERS.

Team formation. Every team is composed of 17 players as maximum. Just 6 of them can play at the same time. Every team is composed of 5 players and a goalkeeper.

The goalkeeper plays without the stick, but he can touch, hold and kick the ball with every part of the body. He can use helmet, mask, elbow and knee patches.

1.5. – REGULATIONS (RULES).

DURING THE MATCH. The match has a duration of 3 parts of 20 minutes each one, with a resting time between every part. On this time, the teams have to change the court side. The time will be interrupted on the following situations:

- Broken ball.
- Injury.
- Score a goal.
- A penalty kick.

When the game is stopped, it returns to play making a neutral face-off (enfrentamiento) in the same place where the ball was at the time of the stop. The face-off will be made by one player of each team, placing the ball between the sticks of the players, which will be faced each other. The players can't touch the ball till the referee's whistle. The rest of the players should be at least 3 meters apart. In a face off, the shoot can't finish in goal.

If during a match, a team stays with less than 4 players (3 field players and goalkeeper, or 4 field players) either for injuries or failure to appear (incomparecencia: no se presentan), the game is interrupted and this team will lose the match with the result at that moment.

HOW TO UNTIE: if a match finishes in a draw, there will be an extra time of 15 minutes as maximum. If once 15 minutes have finished still in a draw, there will be penalties, which will be made in the following way: every team will make 5 penalties, in an alternative way. If the match continues in a draw, every team will alternatively make a penalty till tie-break.

INITIAL FACE-OFF: in order to start the match, the referee let fall a ball between two players. The rest of the players should be separated 3 meters at least.



STROKE-OFF (saque de falta): the stroke off has to be at the same place where the fault was committed. The ball can't go directly to the goal. The rivals can't be placed 3 meters close to the ball. Just in case the fault happened behind the goal line, the kick-off will take place on this line.

THE PENALTY KICK: the penalty consists in a 1vs1 (1 attacker against the goalkeeper). The attacker initiates the penalty in the middle court and he can approach the goal. While the penalty is being made, the rest of the players should be out of the court, on the bench zone. Once the penalty has been made, we have 2 options: goal or not.

1. If the attacker scores a goal, the initial stroke-off will take place in the middle court.
2. If not, the stroke off will take place 3 meters separated from the goal line, on its extension.



THE GOAL: a goal is scored when the ball crosses the goal line. There are 5 cases when the goal is annulled:

1. From a face-off.
2. From a stroke off.
3. In a goalkeeper kick-off.
4. If the ball was beaten with the attacker's feet or body.
5. If an attacker has moved the goal from its original position. When the defender moves the goal, the goal is accepted.

KICK-OFF AFTER A GOAL: the kick-off will take place in the middle court, and they can move the ball in every direction. The players have to be on their own pitch. The opposite team have to be at 3 meters of distance. The player who moves the ball can't touch it twice until another teammate does it.

GOALKEEPER LIMITATIONS:

1. If the goalkeeper catches the ball, he has 3 seconds as maximums to pass it. If the 3 seconds rule is not accomplished, the rivals will have a stroke off from the goal zone line, in front of the goal. Remember they can't directly score a goal.
2. When he passes the ball, it should touch any player or bounce before the middle line.

THE GOAL ZONE: it is an area in which only can be the goalkeeper, and any player's court can enter it. If any player comes into this zone, the referee will punish with stroke-off (if is the attacker who comes in) or penalty kick (if is a defender).

THE SUBSTITUTIONS: the coach can replace a player at any moment. There's not limit of substitutions during the match. There is only a condition: the player who is being replaced has to abandon the court before his teammate come into the pitch.

PROHIBITIONS: the following **minor infractions** are prohibited and, therefore, will be punished with **stroke-free** (lanzamiento libre):

1. To raise the stick over the knee.
2. To stop the ball with the head or the hand.
3. To pass the ball with the feet.
4. To get into the goal area if you are an attacker.
5. To play the ball once you are laid on the floor.

6. To immobilise the rival 'stick.
7. To hit the opponent 'stick in order to raise it.
8. To shove aside (empujar violentamente) the opponent.

The following **grave infractions** are prohibited and will be punished with a **penalty kick**:

1. To hit the opponent with the stick or attack him violently.
2. To put the stick between the legs in order to trip up him (zancadillear).
3. To get into the goal area if you are a defender.
4. If a defender moves his own goal in order to avoid a goal.
5. To throw the stick during the match.
6. To insult the opponents, players or fans.

SUSPENSIONS AND PENALIZATIONS: a player can be expelled (expulsado) to the bench area for different reasons:

1. Minor infractions: 2 minutes of penalization.
2. Grave infractions, big offences or bad behaviour: 5 minutes of penalization. When the same player shows a reiterated behaviour, he can be expelled for the whole match.

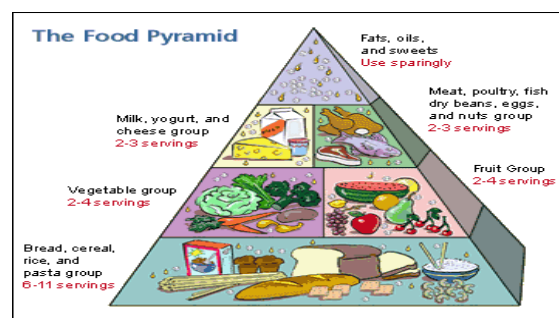
2. FOOD HABITS AND DIET

2.1. ENERGETIC RESOURCES AND FOODSTUFFS

CARBOHYDRATES: pasta, rice, bread, fruit, cereals, legumes, potatoes, etc.

FATS: junk food, oils, dairy, cold meat, sweeties, pastries, Chocolate, sauces (mayonnaise, ketchup, mustard), etc.

PROTEINS: chicken, turkey, pork, calf, eggs, etc.



A correct diet is essential to have and keep a good

Physical condition. We eat foodstuffs which we obtain the nutritional substances to satisfy our energetic needs. We should eat all kind of food but in a regular way, that is, without abuses.

2.2. 5 MEALS EVERY DAY

BREAKFAST. This is very important. It provides us with the energy to make our morning activities. We should include **fruit** (a piece or juice), **cereals** (toasts, biscuits, cereals, etc.), **sugar** (chocolate, marmalade, Nutella, etc.) and **dairy** (yoghurt or milk).

MORNING SNACK. In the playtime, you should eat something in order to take energy till lunchtime. You can eat some piece of **fruit**, a little **sandwich** or some **biscuits**. Be careful and don't eat fries, snacks (chips, Doritos, Risketos and so on), or commercial pastries (Donuts, Donettes, Bollicao, etc.).

LUNCH. The lunch is the most important meal of the day. At this time, you should eat **carbohydrates** like pasta, rice, potatoes, legumes or vegetables. For the desert, you can eat a piece of fruit or a yoghurt. We can eat some bread for lunch because it includes carbohydrates.

AFTERNOON SNACK. This is very important to change because you got used to include commercial snacks and pastries in your diet. It's better to eat a chocolate milkshake, juice, fruit, biscuits or a small sandwich (if you make a sandwich, try to include some jam, chicken or turkey better than cold meat as chorizo, cured meat, sausage, etc. because it has a lot of fats.).

DINNER. At night, you aren't allowed to eat carbohydrates, because these will become in fats meanwhile you are sleeping. At this time, you should eat **proteins**. For example, fish, calf, pork, turkey, chicken, and go with salad, purée or omelette. Remember, the **dinner has to be lighter than lunch**.

2.3. THE FOODSTUFFS I SHOULD AVOID FROM MY DIET

The most important thing is to make the 5 meals we have seen previously. In this way, we won't be hungry to eat the following foodstuffs: sweets, pastries, fries and breaded, junk food.

SWEETIES. The sweets contribute to acquire lots of sugars which are very difficult to eliminate. Besides, it causes caries in our teeth. Remember that you have no temporary teeth, so you should take care of it.

PASTRIES. This kind of foodstuffs, like Bollicaos, Donuts, heart-shaped puff pastry, etc. contain a lot of sugars and which is more important, saturated fats. This kind of fats stick to the arteries and cause heart diseases. The same as sweets, we should reduce its consumption.

FRIES AND BREADED. If you fry the food, they absorb a big number of fats, like croquettes, potatoes, fish sticks, escalope, etc. But which are really harmful to our organism are the commercial products, as Lays, Ruffles, Matutano, etc. This food, besides to be fried, contain lots of artificial preservatives and colourants.

JUNK FOOD. Pizzas, burgers, hot dogs, kebabs, etc. This kind of foods have a lot of fats and calories. You should eat once every 15 days or better once a month.

CARBONATED DRINKS. Coca-cola, fanta, pepsi, sprite.