

Team and individual sports

by
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Bogota

WebQuest Description: Which sports do you like? which sport are the most difficult to learn? Do you prefer team or individual sports? well, let me tell you that the most important is to practice one a least,if you try one it will maintain you very fit.Besides,you are going to be all the day very active and strong.

Grade Level: 6-8

Curriculum: Health / PE

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Introduction

A sport is a way to maintaining your body in a healthy manner, the sports are played in teams or in an individual way;if you want to practice one you must follow some rules. Something very important is that you will show your physical body skills. Team sports are integrated for more than two integrals,many of those kinds of sports are played in fields or in stadiums. In the other hand, individual sports may need more effort and individual capability, some times you need a special clothes to practice one.you can find in the team sort: soccer,basketball,volleyball,ice hockey water polo,baseball and so on. For individual sports you may practice bowling,golf,horse racing,tennis,gymnastics ect.Many of them are very particular or well known in different countries. Some people believe that practicing sports keep your body out of illness.

Tasks

Now, you must practice one at home or at your school, following this commands think about and let me know what happen?.....
which sport is more exiting for you? what do you prefer individual or team sports? which is more interesting? why?

Process

you should be sure about which your favorite sport is,you will practice and enjoy even if it is an individual or a team sport. this is the process to do a sport.keep on practicing for one week and you will see the positive changing in your body and mentality, choose one sport and starting.

Evaluation

you will make your own assessment depending on what sport you like more if is an individual sport evaluate your capability to do it. if is a team sport evaluate how you are with your team-friends;

Category and Score					Score
				Total Score	

Conclusion

As a conclusion what can you tell me? is it helpful for your life? do you believe that you can exercise one sport properly ? take in account that if you keep your body healthy you will live strong and very exited, also,you can do anysport you really like that is the most important to fit your body.

Teacher Page

this webquest is to help teachers to do and to involve the student with sports, something that is forgotten by some children and adults nowadays. Please endeavors to do the best when you are teaching individual and team sports. remember that it will maintain you very good and healthy.

Reviews

Footer

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