

"Recommendations for less known individual sports"

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SKOKI NA TRAMPOLINIE

Poddyscyplina gimnastyki akrobatycznej uprawiana z użyciem batutu (trampoliny). W skokach na trampolinie rozgrywane są konkurencje:

- skoki indywidualne kobiet i mężczyzn;
- skoki synchroniczne kobiet i mężczyzn.

Zawodnicy wykonują:

- jeden układ obowiązkowy, który zawiera pewne wymogi, przypisane elementy oraz
- dwaukładowe.

Układ składa się z 10 elementów, których suma trudności składa się na trudność układu. Na zawodach zawodnicy otrzymują punkty za trudność układu. Sędziowie oceniają układ w skali 0 - 10,0. Oceniana jest wysokość skoku, amplituda skoków (różnica wysokości pierwszego i ostatniego skoku), skoki w tzw. prostokacie - za każde wyjście poza jego obrys są odejmowane punkty, technika wykonania, płynność łączenia elementów oraz zakończenie układu (jeżeli zawodnik nie zatrzyma się w odpowiedniej chwili, sędziowie odejmują 0,3 punktów od oceny układu).

Skoki synchroniczne polegają na wykonaniu tych samych układów w tym samym czasie przez dwóch zawodników. W konkurencji synchronów bierze się pod uwagę synchroniczność zawodników wykonujących układu.

Na igrzyskach olimpijskich rozgrywane są jedynie konkursy indywidualne (zarówno kobiet, jak i mężczyzn). Składają się one z dwóch faz. W pierwszej fazie (kwalifikacyjnej) zawodnicy prezentują dwa układy. Najlepiej ocenieni rywalizują w fazie medalowej, prezentując swój finałowy pokaz.



JUMPINGS ON TRAMPOLIN

Subdiscipline of acrobatic gymnastics, cultivated using a baton (trampoline). In the jumps on the trampoline there are competitions:

- individual jumping of women and men;
- synchronous jumps of men and women.

The players perform

- one mandatory system that contains certain requirements, assigned elements and
- two arbitrary systems.

The system consists of 10 elements, the sum of which makes up the difficulty of the system. At competitions, players receive points for the difficulty of the system. The judges evaluate the system on a scale of 0 - 10.0. The pitch height, jump amplitude (difference in the height of the first and last jump) is evaluated, jumps in the so-called rectangle - for each exit beyond its outline are subtracted points, technique of execution, smoothness of joining elements and ending of the system (if the competitor does not stop at the right moment, the judges subtract 0.3 points from the assessment of the system).

Synchronized jumps consist of performing the same systems at the same time by two players. The competition of synchronists takes into account the synchronism of the competitors performing the system.

Only individual competitions (both women and men) are played at the Olympic Games. They consist of two phases. In the first phase (qualifying), the competitors present two layouts. The best judges compete in the medal phase, presenting their final show.

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SKOKI DO WODY

Skoki do wody – wodna dyscyplina sportowa, która obejmuje konkurencje skoków do wody.

Rozgrywa się następujące konkurencje skoków:

- z trampoliny (wysokość 1 lub 3 m) - jest 5 rodzajów skoków z trampolin 1- i 3-metrowych:
 - skok w przód,
 - skok w tył,
 - delfin,
 - auerbach,
 - śruba.
- z wieży (wysokość 5, 7 lub 10 m) - z wież 5-, 7- i 10-metrowych jest o jeden więcej rodzajów skoków niż z trampoliny, ponieważ są jeszcze
 - skoki ze stania na rękach.

Rozróżnia się więc 6 grup skoków wykonywanych w trzech pozycjach. Skoki wykonywane są z miejsca lub z rozbiegu, w zależności od ustawienia zawodnika w momencie wybicia oraz kierunku obrotu. Zawodnicy skaczą:

- indywidualnie;
- dwójkami (gdzie liczy się również synchronizacja).

O wyniku decyduje ocena poprawności skoku przez sędziów oraz współczynnik jego trudności.

Od 1899 odbywają się w tej konkurencji mistrzostwa Europy, od 1904 skoki do wody są dyscypliną olimpijską, od 1973 rozgrywane są mistrzostwa świata. Rozwojem tej dyscypliny kieruje Międzynarodowy Komitet Skoków do Wody (IDC) przy Międzynarodowej Federacji Pływania (FINA), a w Polsce Komisja Skoków do Wody przy Polskim Związku Pływackim.

Dzięki programowi Celebrity Splash ten sport zyskał większą popularność.



JUMPING INTO THE WATER

Jumping into the water - a water sport discipline that involves jumping into the water.

The following jumping competitions are played:

- from the trampoline (height 1 or 3 m) - there are 5 types of jumps from 1- and 3-meter trampolines:
 - forward jump,
 - jump back,
 - Dolphin,
 - Auerbach,
 - screw.
- from the tower (height 5, 7 or 10 m) - from the towers 5-, 7- and 10-meter there is one more types of jumps than from the springboard, because they are still
 - jumping from standing on the hands.

There are 6 groups of jumps performed in three positions. The jumps are performed from a place or from the ground, depending on the position of the competitor at the time of breaking and the direction of rotation. The players are jumping both:

- individually and
- twos (where synchronization is also important).

The result is determined by the judging of the correctness of the jump by the judges and the coefficient of its difficulty.

Since 1899 European championships have been held in this competition, since 1904 jumping into the water has been an Olympic discipline, since 1973 the world championships have been taking place. The development of this discipline is directed by the International Water Jumping Committee (IDC) at the International Swimming Federation (FINA), and in Poland the Commission of Water Jumping at the Polish Swimming Association.

Thanks to the Celebrity Splash program, this sport gained more popularity.

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Wrotkarstwo

– dyscyplina sportowa (często uprawiana dla celów typowo rekreacyjnych), pokrewna łyżwiarstwu. Do poruszania się wykorzystywane są tu specjalne "buty na kółkach". Wyróżnia się dwa typy wrotek – dwuśladowe (tradycyjne) i jednośladowe (tzw. łyżworolki/rolki/inline-skates). Z tych samych korzeni, co wrotkarstwo, wyłoniły się hulajnoga i deskorolkarstwo.

W ramach wrotkarstwa wyróżnia się kilkanaście dyscyplin. Do każdego z tych stylów używa się innych rolek, różniących się rodzajem butów, ramą kółek, wielkością i twardością kółek.

- wrotkarstwoagresywne
 - jazda trickowa vert: czyli jazda w half-pipe i w skateparku
 - jazda trickowa street: czyli robienie trików na poręczach, murkach oraz schodach
- wrotkarstwo fitness – jazda na rolkach fitness;
- jazdę figurową i synchroniczną (zw. również *artystycznym*) - na wrotkach tradycyjnych, rzadziej na rolkach;
- roller derby - sport drużynowy uprawiany na wrotkach na płaskim torze
- freeride – jazda w stylu dowolnym po mieście;
- freestyle jumping – jazda w stylu dowolnym połączona ze skokami;
- freestyle slalom – slalom stylowy;
- speed slalom - slalom naczas
- urban skating - jazda po mieście połączona ze skokami i innymi trick'ami wykonywanymi przy pełnej prędkości
- wrotkarstwo hokejowe tradycyjne na wrotkach oraz na rolkach, z wykorzystaniem kijów hokejowych i specjalnego krążka na kółkach;
- wrotkarstwo rekreacyjne – jazda na rolkach rekreacyjna;
 - wrotkarstwo szybkie – jazda szybka na rolkach;
 - wrotkarstwo zjazdowe – jazda szybka z góry, tzw. downhill;
 - technikiamowania – slides.



Roller-skating

- a sport discipline (often cultivated for typical recreational purposes), related to skating. For moving, special "shoes on wheels" are used here. There are two types of roller skates - two-track (traditional) and two-roller (so-called łyżworolki / wal / inline-skates). From the same roots as roller skating, scooters and skateboarding emerged.

As part of roller-skating, a dozen or so disciplines stand out. Each of these styles uses different rollers, differing in the type of shoes, the frame of the wheels, the size and hardness of the wheels.

- aggressive skating
 - vert trick: driving in half-pipe and skatepark
 - street trick: doing tricks on handrails, walls and stairs
- fitness skating - roller skating;
- figure skating and synchronous (also artistic) - on roller skates, less often on skates;
- roller derby - team sport practiced on roller skates on a flat track
- freeride - freestyle ride around the city;
- freestyle jumping - riding in any style combined with jumps;
- freestyle slalom - stylish slalom;
- speed slalom - slalom on time
- urban skating - city driving combined with jumps and other tricks performed at full speed
- traditional hockey skating on roller skates and on skates, using hockey sticks and a special roller on wheels;
- recreational skating - recreational roller skating;
- quick roller skating - fast roller skating;
- downhill riders - quick ride downhill, so-called downhill;
- braking techniques – slides.

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LA RAYUELA

La Rayuela es un juego popular en el que un jugador o varios lanzan un objeto dentro de unos cuadrados o rectángulos numerados dibujados en el suelo y han de saltar de uno a otro a la pata coja sin tocar las líneas.

La Rayuela se dibuja con tiza en el suelo formando una secuencia de cuadrados individuales y en algunos casos dobles. Al final de estos cuadrados podemos encontrar la casilla de casa o salvado en la que el jugador podrá descansar y pensar sus movimientos, podrá tener forma de cuadrado, rectángulo, triángulo o círculo. Los cuadrados hasta casa deberán ir numerados de forma consecutiva.

A jugar.

El jugador lanza el objeto o ficha, que puede ser una piedra, sobre la pista., comenzará por la casilla 1. La ficha deberá caer a la pista, sin que toque ninguna línea, o sea, deberá estar completamente dentro de un cuadrado. Una vez lanzada el jugador deberá saltar a la pata coja a través de la pista, saltando por encima del cuadrado donde está la ficha. Los cuadrados individuales deberán saltarse con un solo pie, y los cuadrados dobles con dos pies, pisando el cuadrado izquierdo con el pie izquierdo y el cuadrado derecho con el pie derecho. Se puede llegar a la casilla de casa con cualquier pie y se podrá descansar allí apoyando si es necesario los dos pies. Estando en la casilla de casa deberemos darnos la vuelta y comenzar el regreso a la casilla de salida en el orden inverso, el jugador para el recorrido en la casilla anterior a la que está la ficha, la recogerá y saltará esa casilla sin tocarla cayendo en la siguiente, pudiendo continuar hasta terminar el recorrido. Una vez terminado el recorrido lanzará la ficha a la casilla 2 y así sucesivamente hasta completar toda la secuencia de números. Si el jugador pisa una línea o su pie está fuera de la casilla, deberá volver a empezar el juego.



HOPSCOTCH

Hopscotch is a popular playground-game in which player or players toss a small object into numbered triangles or a pattern of rectangles outlined on the ground and then hop or jump through the spaces to retrieve the object.

Court is usually composed of a series of linear squares interspersed with blocks of two lateral squares. Traditionally the court ends with a "safe" or "home" base in which the player may turn before completing the reverse trip. The home base may be a square, a rectangle, or a semicircle. The squares are then numbered in the sequence in which they are to be hopped.

Playing the game.

The first player tosses a stone or marker also called a "lucky", onto the court. This object should land in the square without bouncing, sliding, or rolling out. The marker must land completely within the square without touching the line. The player then hops through the course, skipping the square with the marker in it. Single squares must be hopped on one foot. For the first single square, either foot may be used. Side-by-side squares are straddled, with the left foot landing in the left square, and the right foot landing in the right square. Optional squares marked "Safe", "Home", or "Rest" are neutral squares, and may be hopped through in any manner without penalty. After hopping into "Safe", "Home", or "Rest", the player must then turn around and return through the course (square 9, then squares 8 and 7, next square 6, and so forth) on one or two legs depending on the square until reaching the square with the marker. The player stops in the square before the marker and reaches down to retrieve the marker and continue the course as stated, without touching a line. Upon successfully completing the sequence, the player continues the turn by tossing the marker into square number two and repeating the pattern. If, while hopping through the court in either direction, the player steps on a line, misses a square, or loses balance, the turn ends.



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SALTAR A LA COMBA

„Saltar a la comba”, es una actividad practicada como juego infantil y como ejercicio físico. El uso de las cuerdas para saltar hasido tradicionalmente uno de los juegos favoritos de los niños.

El salto a la comba habitualmente consiste en que uno o más participantes saltan sobre una cuerda que se hace girar de modo que pase debajo de sus pies y sobre su cabeza. Si el juego es individual, es una persona que hacer girar la cuerda y salta. Si el juego es en grupo, al menos son tres personas las que participan: dos que voltean la cuerda mientras que una tercera salta. Es habitual saltar al ritmo de sencillas canciones populares que entonan los participantes. Los participantes pueden saltar simplemente hasta que se cansan o incurrn en una equivocación. Es un juego popular muy conocido en casi todas partes.



SKIPPING ROPE

A **skipping rope** or **jump rope**, “Salto a la comba” in spanish. It is a practiced activity as a children game and as a physical activity as well. It is one of the most favorite traditional games of the children.

Rope is a tool used in the sport of jump rope where one or more participants jump over a rope swung so that it passes under their feet and over their heads. If we are playing an individual game on person will jump over de rope. If it is a collective game, at least three people will participate: two of them will hold on the rope and the third person will jump over de rope. Usually players jump at the same time that they sing popular songs. It is a very famous popular game, played around the world.



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EL TROMPO

Un **trompo** es un tipo de peonza que puede girar sobre una punta. Para lanzar el trompo el primer paso es liar la cuerda alrededor del cuerpo del trompo.

En el momento previo al lanzamiento se sujeta el cuerpo del trompo en la palma de la mano y se agarra el índice y corazón. Justo antes de lanzarlo extremo del cordel entre los dedos se coloca el dedo índice en la parte superior y el pulgar en la punta.

Finalmente se lanza el trompo y se tira hacia atrás del cordel. Al tirar hacia atrás del cordel la punta o púa impacta contra el suelo y, gracias al efecto giroscópico que produce la rotación del trompo, se inicia el movimiento característico del trompo sobre el suelo.



SPINNING TOP

A **spinning top** is a toy designed to spin rapidly on the ground. If you want to throw the top perfectly, you must roll a string around it.

Firstly, before throwing the top, you must hold the top on your hand and take the rope between your middle and index fingers. Just before the launch the index finger must be on the top and the thumb finger under it.

Finally, you launch the top and at the same time you pull the rope. In this moment, the top will touch the ground and will do its characteristic movement on the ground.



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Il badminton è uno sport che si gioca in singolo o in coppia. I giocatori usano le racchette per colpire un volano sopra una rete.

Lo scopo del gioco è quello di colpire il volano sopra la rete in modo che l'altro giocatore o la coppia non possano rimandarla correttamente prima che colpisca il pavimento. Ogni volta che questo accade, il giocatore o la coppia ottengono un punto. Così si ottiene anche il servizio. Il primo giocatore o coppia che raggiunge 21 punti vince una partita.

Il vincitore della partita è il primo che vince due set.

Il badminton è un fantastico sport per racchette che offre una quantità enorme di benefici per i partecipanti. Che si tratti di single o doppi, il badminton è uno sport divertente ed emozionante da giocare se stai cercando un'attività che promuova gli aspetti fisici, mentali e sociali della salute. Ecco i suoi principali vantaggi:

- Forma fisica
- Sviluppo di atletismo
- Aumento del tono muscolare
- Riduzione dello stress e dell'ansia
- Perdita di peso

Diminuzione del diabete



Badminton is a sports game for "singles" (with one player per side) and "doubles" (with two players per side). Players use rackets to hit a shuttlecock over a net.

The aim of the game is to hit the shuttlecock over the net in a way that the other player or pair cannot hit it back properly before it touches the floor. Every time it happens, the player or pair gets one point. They also get to serve. The first player or pair to reach 21 points wins a game.

The winner of the match is the first to win 2 sets.

Badminton is a great racket sport that offers a tremendous amount of benefits for participants. Whether it's in singles or doubles, badminton is a funny and exciting sport to practise if you're looking for an activity that boosts your physical, mental and social aspects of health.

Here are its top benefits:

- Physical fitness
- Development of athleticism
- Increase in muscle tone
- Reduction of stress and anxiety
- Weight loss

Decrease of diabetes

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La scherma è uno sport di combattimento elegante, prestigioso e moderno basato sulla tradizione, che è stato apprezzato da persone di tutto il mondo sin dal Medioevo. È una sfida sia fisica che tattica tra due avversari. Usando diversi tipi di arma, il fioretto, la spada e le sciabole, gli schermidori cercano di ottenere punti colpendosi l'un l'altro mentre ci si muove avanti e indietro su un'area chiamata pedana. La scherma è uno sport di combattimento relativamente sicuro perché i partecipanti indossano maschere per il viso, guanti e giubbotti protettivi. Le regole della scherma sono semplici: colpisci il tuo avversario senza essere colpito. Di solito, devi ottenere cinque punti per vincere un incontro. Nella scherma moderna, la competizione è divisa tra tre categorie, il fioretto, la spada e la sciabola. La scherma è uno dei quattro sport sempre inclusi in tutti i giochi olimpici moderni, dal primo nel 1896. Ecco i principali benefici per la salute della pratica della scherma: aumento della forza e della resistenza, aumento della capacità aerobica e anaerobica, aumento dell'agilità mentale e fisica, aumento della coordinazione e dell'equilibrio, miglioramento della salute cardiovascolare.



Fencing is an elegant, prestigious and modern combative sport based on a tradition that has been enjoyed by people around the world since the Middle Ages. It's a challenge both physically and tactically between two opponents. Using different types of weapon (the foil, the epee and the sabre) fencers try to score points by hitting one another while moving back and forth on an area called a track or fencing strip. Fencing is a relatively safe combat sport because participants wear face masks, gloves and protective jackets. Fencing rules are simple: hit your opponent without being hit. Usually, you must score five points in order to win a bout. In modern fencing, competition is divided among three sword forms, the foil, the epee, and the sabre. Fencing is one of only four sports to be included in every modern Olympic Games, since the first in 1896. Here are the Top Health Benefits of Fencing: increase in strength and endurance, increase of aerobic and anaerobic fitness, increase of mental and physical agility, increase of coordination and balance, improvement of cardiovascular health.

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Il calcio associativo, più comunemente noto come calcio o calcio, è uno sport di squadra giocato tra due squadre di undici giocatori con una palla sferica. È giocato da 250 milioni di giocatori in oltre 200 paesi, rendendolo lo sport più popolare al mondo. Si gioca su un campo rettangolare con una rete a ciascuna estremità. Lo scopo del gioco è segnare muovendo la palla oltre la linea nella porta avversaria. Ai giocatori non è permesso toccare la palla con le mani o le braccia tese mentre essa è in gioco, a meno che non siano portieri all'interno della loro area di rigore. Gli altri giocatori usano principalmente i piedi per colpire o passare la palla, ma possono anche usare qualsiasi altra parte del loro corpo tranne le mani e le braccia. La squadra che segna il maggior numero di goal entro la fine della partita vince. Una partita ha 90 minuti di gioco, con una pausa di 15 minuti durante la partita. I 90 minuti di gioco prevedono anche tempi supplementari. La pausa nel mezzo è chiamata intervallo. Ha molti importanti benefici per la salute, come l'aumento di agilità, coordinazione, tono muscolare, promozione del lavoro di gruppo e condivisione e, dato che è uno sport relativamente semplice e giocato principalmente all'aperto, è accessibile a tutti.



Football in the schoolyard



An evening football match in the schoolyard



Soccer, more commonly known as football, is a team sport played between two groups of eleven players with a ball. It is played by 250 million players in over 200 countries, making it the world's most popular sport. The game is played on a rectangular field with a goal at each end. The object of the game is to score by moving the ball beyond the goal line into the opposing goal. Players are not allowed to touch the ball with outstretched hands or arms while it is in play, unless they are goalkeepers within their penalty area. Other players mainly use their feet to strike or pass the ball, but may also use any other part of their body except the hands and the arms. The team that scores the most goals by the end of the match wins.

A match lasts 90 minutes, with a break of 15 minutes after 45 minutes, called half-time.

It has many important health benefits, as the increase in agility, coordination, muscle tone, promotion of team work and sharing and, as it is a relatively simple sport and is played mostly outdoors, it is accessible to everyone.

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Kayak Bisikleti Sportu

Kayak bisikleti ya da bisiklete binme de denilen Skibobbing, bisiklet, kızak ve kayak özelliklerine sahip, tek yönlü bir araç kullanan bir kış sporu. Uzun arka kayak sabittir ve daha kısa olan ön kayak direksiyon için hareketlidir; Bisiklet gibi bir eyle ve tutamaçları olan bir direksiyon çubuğu. Montaj, darbelerle karşı düzgün geçiş sağlamak için esnek ve hafif, ahşap, alüminyum veya plastikten taşınabilirlik için yapılmıştır. Skibob, 1,9 ila 2,29 metreyi (6,2 ila 7,5 fit) uzunluğunda ölçer. Sürücü kısa kayaklar ve kask giyiyor, ancak gözlükler isteğe bağlı.

İlk skiboblike cihaz, 1892'de Amerika Birleşik Devletleri'nde ve 1902'de bir Avusturyalı cihazda patentliydi. İsviçreli mailmen ve dağıtım çocukları cihazı kullandı, ancak spor, II. Dünya Savaşı'ndan sonra gelişmedi. 1948'de Alman Georg Gefäller, bir kayak botu dediği Gefäller Ei'yi ("Gefäller Egg") üretti. Spor, Avusturya'dan İsviçre'ye, Batı Almanya'ya, Fransa'ya, İtalya'ya ve Çekoslovakya'ya ve daha sonra Avrupa'dan Amerika Birleşik Devletleri'ne, Kanada'ya, Japonya'ya ve başka yerlere yayıldığı zaman yavaş yavaş uluslararası hale geldi.

Yarıştta, kayakçılar genellikle 3 ila 5 km (2 ila 3 mil) arasında belirgin bir rotaya koşarlar. 1963 ve 1967'den bu yana düzenlenen Avrupa ve dünya şampiyonaları gibi uluslararası etkinlikler, 1961'de kurulan ve Viyana'da bulunan Fédération Internationale de Skibob (FISB) yetkisi altında örgütlenmiştir.

Skibob olayları yokuş aşağı, slalom, dev slalom ve süper-dev slalom (süper G olarak da bilinir), yokuş aşağı, en az 365 metre (1200 ayak) Kadınlar ve kadınlar için 600 metre (2000 feet) düşüş. Dev slalom daha az ciddi bir düşüşe ve 31 kapıya sahip. Rekabetçi olmayan hızlar saatte 40 ila 65 km (25 ila 40 mil) arasında değişir, ancak yokuşta saatte 160 km'den (100 mil) daha fazla olan hızlara ulaşıldı.



Skibobbing. *Courtesy of the Swiss National Tourist Office*



SKIBOBBING

Skibobbing, also called **skibiking** or **snowbiking**, a winter sport using a guidable, single-track vehicle that has features of the bicycle, the bobsled, and skis. The longer rear ski is fixed, and the shorter front ski is mobile for steering; a saddle like that of a bicycle and a steering bar with handles complete the rig. The assembly is kept flexible to provide smooth passage over bumps and is lightweight, made of wood, aluminum, or plastic for portability. The skibob measures 1.9 to 2.29 metres (6.2 to 7.5 feet) in length. The rider wears short skis and a helmet, but goggles are optional.

The first skiboblike device was patented in the United States in 1892 and an Austrian device in 1902. Swiss mailmen and delivery boys used the device, but the sport did not develop until after World War II. In 1948 the German Georg Gefäller manufactured the *Gefäller Ei* ("Gefäller Egg"), which he called a skibob. The sport slowly became international as it spread from Austria to Switzerland, West Germany, France, Italy, and Czechoslovakia and then from Europe to the United States, Canada, Japan, and elsewhere.

In racing, skibobbers run a marked course, usually from 3 to 5 km (2 to 3 miles). International events, such as the European and world championships, held since 1963 and 1967, respectively, are organized under the jurisdiction of the Fédération Internationale de Skibob (FISB), founded in 1961 and headquartered in Vienna.

Skibob events include the downhill, the slalom, the giant slalom, and the super-giant slalom (also known as the super-G), with a course having, for the downhill, a minimum 365-metre (1,200-foot) drop for women and 600-metre (2,000-foot) drop for men. The giant slalom has a less severe drop and has 31 gates. Noncompetitive speeds range from 40 to 65 km (25 to 40 miles) per hour, but, on the downhill, speeds of more than 160 km (100 miles) per hour have been reached.

"Recommendations for less known individual sports"



ZORBING

Oradaki yabancı doğa sporlarından biri olmasına rağmen, zorbing aslında oldukça basit: Büyük şişirilmiş bir topun içine tırman ve bir tepeden aşağı doğru yuvarlan. Kulağa tuhaf geliyorsa haklısınız. Eğlenceli gibi geliyorsa kesinlikle haklısınız.

Plastik bilye çift duvarlıdır, bu nedenle binici bazen (bazen de bazen koşuşturulmaksızın) sıçramaktadır ve hızın heyecanını almaktadır, ancak sürekli olarak yere çarpmanın tam etkisinden korunmaktadır.

Zorbing, 1990'ların ortalarından beri, David ve Andrew Akers'in Yeni Zelanda'nın Rotorua'daki fikrini ortaya attı. O zamandan beri, küresel çapta iş dünyasını genişletti ve ABD dahil yedi ülkede konum açtı. Tabii ki, dünya çapında sürme, kürek çekme, oring ve daha genel tepeden tırmık gibi isimlerle çok sayıda rekabet yarattılar.

20 yaşın üzerindeyseniz gerçekten eğlenceli olup olmadığı sorusuyla zorbing 9, zorber yaşından daha fazla yenilikle sınırlıdır (kardeşimin bunu büyükannemden daha çok beğeneceğini düşünmeme rağmen). İlk birkaç kez, eğlenceli bir ton olmak zorundadır, ancak bir noktadan sonra yokuş aşağı gitmenin ilgisini kaybetmekle sınırlıdır.

Öte yandan, zorbing, zip astarı gibi, aldığınız bir hobiden daha çok bir kerelik bir tecrübedir. Fakat en iyi fermuar hatları egzotik bölgelerde kurulur ve hızın heyecanını muhteşem manzaralarla birleştirir. Belki zorbing bu yolu alabilir: Kilimanjaro Dağı'ndan aşağı sıçradığınızı hayal edin.

Ya da şişirilmiş plastik toplar yüzer gibi, yeni bir akarsu aktivitesi olabilir, bu da cesur beyaza akan su birikintilerini canlandırmak isteyenler için, ancak kürek çekmek için çok tembeldir. Her durumda, bu çok eğlenceli ve büyümek için bir odaya sahip genç bir spordur.



ZORBING

Although it's one of the stranger extreme sports out there, zorbing is actually pretty simple: Climb inside a big inflated ball and roll down a hill. If it sounds strange, you're right. If it sounds like fun, you're definitely right.

The plastic ball is double walled, so the rider (sometimes harnessed in, sometimes not) bounces around and gets the thrill of speed, but is protected from the full impact of hitting the ground repeatedly.

Zorbing has been around since the mid-1990s, when David and Andrew Akers came up with the idea in Rotorua, New Zealand. Since then, they've expanded the business globally, opening locations in seven countries, including the United States. Of course, they've generated lots of competition, with names like globe-riding, sphering, orbing, and the more generic hill-rolling.

As to the question of whether it's really fun if you're more than 20 years old, zorbing 9is more limited by novelty than by the age of the zorber (although I think my brother would enjoy it more than my grandmother). The first few times, it's bound to be a ton of fun, but after a point rolling downhill is bound to lose its interest.

On the other hand, zorbing is more of a one-time experience than a hobby you pick up, much like zip lining. But the best zip lines are set up in exotic locations and combine the thrill of speed with gorgeous panoramas. Maybe zorbing could take that route: imagine bouncing down Mount Kilimanjaro.

Or, as inflated plastic balls float, it could be a new river activity, for those who want to brave whitewater rapids, but are too lazy to paddle. In any case, this is a young sport that's lots of fun and has room to grow.

"Recommendations for less known individual sports"



OKÇULUK

Okçuluk bir hedefe ok atmak için bir yay kullanma pratiği veya uygulamasıdır. Bu kelime Latin *arcus* meaning 'bow' veya 'arch' geliyor.

Tarihsel olarak, okçuluk avcılık ve mücadele için kullanılmış ve geç Paleolitik veya Erken Mezolitik dönemlerde icat edilmiştir. Avrupa'da okçu kullanımının en eski belirtileri yaklaşık 10.000'den, Asya ve Ortadoğu'daki kanıtlar ise okçuluğun daha önce ortaya çıktığını göstermektedir. Modern zamanlarda, esas olarak rekabetçi bir spor ve eğlence aktivitesidir.

Okçulukta yer alan bir kişi genellikle okçu olarak adlandırılır. Okçuğa düşkün olan ya da uzman olan birine Antik Yunan τόξον (tokson 'bow') ve φίλος (filos 'arkadaş') 'dan "fıyonun sevgilisi" bir toksofilit denir.

Bir spor olarak okçuluk, hassasiyet, kontrol, odaklanma, tekrarlama ve kararlılık becerileri gerektirir. Yaş, cinsiyet ya da yetenek ne olursa olsun herkes tarafından uygulanabiliyor ve hem gelişmiş hem de gelişmekte olan ülkelerde yaygın bir eğlence.

Okçuluk, halkın gözünde, hem Olimpiyat Programında önemli bir spor hem de popüler kültür sayesinde.



ARCHERY

Archery is the practice or skill of using a bow to shoot arrows to a target. The word comes from the Latin *arcus* meaning 'bow' or 'arch'.

Historically, archery has been used for hunting and combat and was invented in the late Palaeolithic or early Mesolithic periods. The oldest signs of archery's use in Europe date from around 10,000BC, while in Asia and the Middle East evidence suggests archery originated even earlier. In modern times, it is mainly a competitive sport and recreational activity.

A person who participates in archery is typically called an *archer*. Someone who is fond of or an expert at archery is called a *toxophilite* – 'lover of the bow', from Ancient Greek τόξον (tokson 'bow') and φίλος (philos 'friend').

As a sport, archery requires skills of precision, control, focus, repetition and determination. It is available to be practised by all, no matter age, gender or ability, and is a widespread pastime in both developed and developing countries.

Archery is often in the public eye, both as an important sport on the Olympic Programme, and thanks to popular culture.

"Recommendations for less known individual sports"



Joga vaikams-tai praktikos, žaidybiniu būdu lavinančios vaikų fizinius ir moralinius gebėjimus, ugdančios teisingas nuostatas per discipliną, savitramdą, dėmesio sutelktumą ir kūno sveikatingumą. Jogos užsiėmimų metu vaikai mokomi sutelkti dėmesį. Pratimai pagerina jų moralinius įgūdžius, treniruoja pusiausvyros pojūtį ir visumoje skatina sveikatą ir gerą fizinę būklę. Mokiniai žaisminga forma pasisėms Rytų išminties, išmoks jogos pozicijų (asana) ir igys įpročių, naudingų tolesniam kūno ir sielos tobulėjimui. Vaikams joga padeda kūnui optimaliai vystytis, formuoja gražią laikyseną, tiesų ir lankstų stuburą, teisingą kvėpavimą, darnią vidaus organų veiklą. Gerėja motoriniai įgūdžiai, pusiausvyra, lankstumas. Stiprėja organizmas. Kvėpavimo pratimai apsaugo nuo peršalimo ligų, o užklupus ligai-vaikai sirgs trumpiau, greičiau atsigaus po ligos. Užsiėmimų metu išmoks koncentruoti dėmesį ir jį išlaikyti. Tai pagerina vaikų bendravimo įgūdžius ir pasiekimus moksle. Mokiniai išmoks išlaisvinti emocijas ir išieškvojamas perdėtas aktyvumas. Vystosi ir socialiniai įgūdžiai. Užsiėmimų metu ugdomas pasitikėjimas savimi, vaikai mokomi būti draugiškais, bendrauti, dirbti komandoje ir linksmi, turiningai leisti laiką be skaitmeninių technologijų. Joga per žaidimą padės atskleisti vaiko potencialą, vaizduotę ar tiesiog smagiai praleisti laiką su kitais vaikais. Vaikų jogos užsiėmimų tikslas-vaiko visapusiškas lavinimas.



Yoga is a practice that is both a physical exercise, helping improve strength, balance and flexibility, as well as a discipline that helps the children de-stress, relax, feel healthier and more energetic. Introducing children to yoga at an early age helps them learn healthy lifestyle habits and set the foundation for a fit future. Nowadays children live in a hurry-up world of busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. These influences are stressful for children. Gymnasium teachers have found that yoga helps the children to counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can meet life's challenges successfully. Yoga encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give to the children. Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface. When children imitate the movements and sounds of nature, they have a chance to get inside another being and imagine taking on its qualities. The physical movements introduce kids to yoga's true meaning: union, expression, and honor for oneself and one's part in the delicate web of life. Yoga integrates storytelling, games, music, language, and other arts into a complete curriculum that engages the "whole child." Most of all, yoga engages the entire mind, body, and spirit. That's why the children enjoy yoga very much!

"Recommendations for less known individual sports"



Karate nėra tik kovos menas ir sportinė veikla-tai gyvenimo filosofija, disciplinos bei atkaklumo ugdymas ir nuolatinis asmenybės tobulėjimas. Tėnuočių metu mokytojas siekia, kad mūsų mokiniai pirmiausia pamiltų sportą ir aktyvų bei sveiką gyvenimo būdą, ir tik tada siektų sportinių aukštumų. Ne kiekvienas privalo tapti čempionu, bet kiekvienas gali užaugti sveiku, stipriu ir mylinčiu sportu. Ši sporto šaka yra labai universali, tad treniruotėse lankosi tiek berniukai, tiek ir mergaitės. Mokiniai treniruojasi pagal unikalią treniuočių metodiką, kuri paremta žaidimo elementais, sustiprins kūnus, dėl pratimų gausos ir įvairovės-lavins visas raumenų grupes, išmoks savignyos elementų, gerins koordinaciją, kūno lankstumą, vaikai lengviau sutelks dėmesį ir pasikraus teigiamos energijos. Mokiniai geba dirbti po vieną, porose, taip pat komandiniuose pratimuose, tačiau karate yra individuali sporto šaka, todėl mokytojai stengiasi formuoti tvirtą charakterį (mūsų mokiniams), pasitikėjimą savimi, valdyti emocijas, priimti greitus ir teisingus sprendimus, nepasiduoti agresijai bei išvengti konfliktinių situacijų. Mokytojai deda visas pastangas, kad vaikai užsiėmimų metu jaustųsi komfortiškai ir laimingi, džiugintų mus savo laimėjimais.



Karate helps to channel student's energy into an activity. Karate offers the students many life lessons, disciplines, and skills that the students will carry with them throughout their lives. Karate is not about merely defending oneself, it is so much more than that. Bruce Lee said it best by saying "The martial arts are ultimately self-knowledge. A punch or a kick is not to knock the hell out of the guy in front, but to knock the hell out of your ego. Karate teaches self-confidence and respect, not only for yourself but for others, including an opponent. As the student masters complex moves, stances, and fighting forms, he or she will know how to hold his or her own in any situation. The student sets goals with each belt earned and learn how to achieve those goals, and in so doing, builds valuable confidence. Confidence comes naturally when the student can handle his own, even when faces with a bully or another challenge.

During the classes the students learn self-leadership, as well as how to lead others as the student advances in his or her belts. Higher belt level students help with the training of lower belt students. This, in turn, helps to reinforce the self-confidence aspect of karate.

Karate requires self-discipline in order to advance in rank. As the student earns new belts through hard work, self-discipline is the natural result.

There is no denying that Karate is demanding on both the body and the mind. Karate helps with strength, cardiovascular health, and flexibility training. Very few physical activities can boast this. This style is not just physical, but it is also a lifestyle and state of mind. Well-being is at the core of Karate

"Recommendations for less known individual sports"



Kiekvienas gyvenime susiduria su vandeniu:poilsis vasarą prie vandens telkinių,turistiniai žygiai,žaidimai ir pramogos vandenyje ir kt.Visur būtina mokėti plaukti.Ir kuo anksčiau išmokstama,tuo geriau,nes nemokėjimas plaukti gali turėti ir liūdnų pasekmių.Dar antikos graikai apie žemą išsilavinimo lygį turintį pilietį sakydavo:"Nemoka nei skaityti,nei plaukti".Ar moka plaukti mūsų visuomenės nariai,mūsų vaikai? Prasadėjus mokslo metams šalies baseinuose (jau antri metai) startavo "Mokėk plaukti ir saugiai elgtis vandenyje-2017/2018 " mokymo plaukti projektas.Jį koordinavo Lietuvos plaukimo federacija,o finansavo Kūno kultūros ir sporto departamentas.Projekte dalyvavo mūsų mokyklos antrokai.Šis projektas truko visus mokslo metus.Plaukimo metu vaikai įgijo šiuos įgūdžius: bendrą pripratimą prie vandens aplinkos,išmoko sulaikyti kvėpavimą,gebėjo orientotis po vandeniu (pvz..ištraukti nuskendusį daiktą),išmoko plūduriuoti horizontalioje ir vertikalioje padėtyje,keisti kūno padėtį,išmoko atlikti įkvėpimo ir iškvėpimo į vandenį pratimus.Šios programos esmė-dalis kūno kultūros pamokų yra skiriama plaukimo pratyboms,kad vaikas įgytų pagrindinius plaukimo įgūdžius.Vaikų mokymas plaukti yra svarbi veikla keliais aspektais - pradinių plaukimo įgūdžių mokymo ir saugaus elgesio prie vandens,skendimo prevencijos,fizinio aktyvumo didinimo ir talentingų vaikų plaukimui paieškos prasmė. Projekto tikslas - stiprinti mokinių sveikatą,skatinti fizinį aktyvumą.



It is nearly impossible to go through a modern life without being put in a situation in which the skill of swimming is essential. From pool parties, recreational activities and various games to emergencies at the local lake. That is why it is important to introduce children to swimming. Learning to swim is an essential skill that should be taught to children at the youngest age possible. Swimming is an essential safety technique that often means the difference between life and death. According to the ancient Greeks, reading and swimming skills were significant for high level of education. However, even with this increase in accessibility, many people still do not know how to swim, putting their safety at risk. The Government of the Republic of Lithuania, considering children's ability to swim as a unique and vitally important habit, approved the programme "Teaching children to swim in Lithuanian schools of general education" for the period of 2017 to 2018 as a preventive means for accidents in the water. The Department of Physical Education and Sports supported programme for teaching schoolchildren to swim. The programme is targeted at uniting a potential of various institutions and using current swimming infrastructure as well as human resources as effectively as possible in order to reach the main aim of the programme – to teach as many Lithuanian schoolchildren as possible to swim and observe rules of safe conduct in the water. The aim of this programme was to establish primary grade students' knowledge levels by subjective self-evaluation of their own swimming skills and safe conduct at the water. Swimming and other entertainment in the water give pleasure to the majority of children; it is the source of joy and positive emotions.