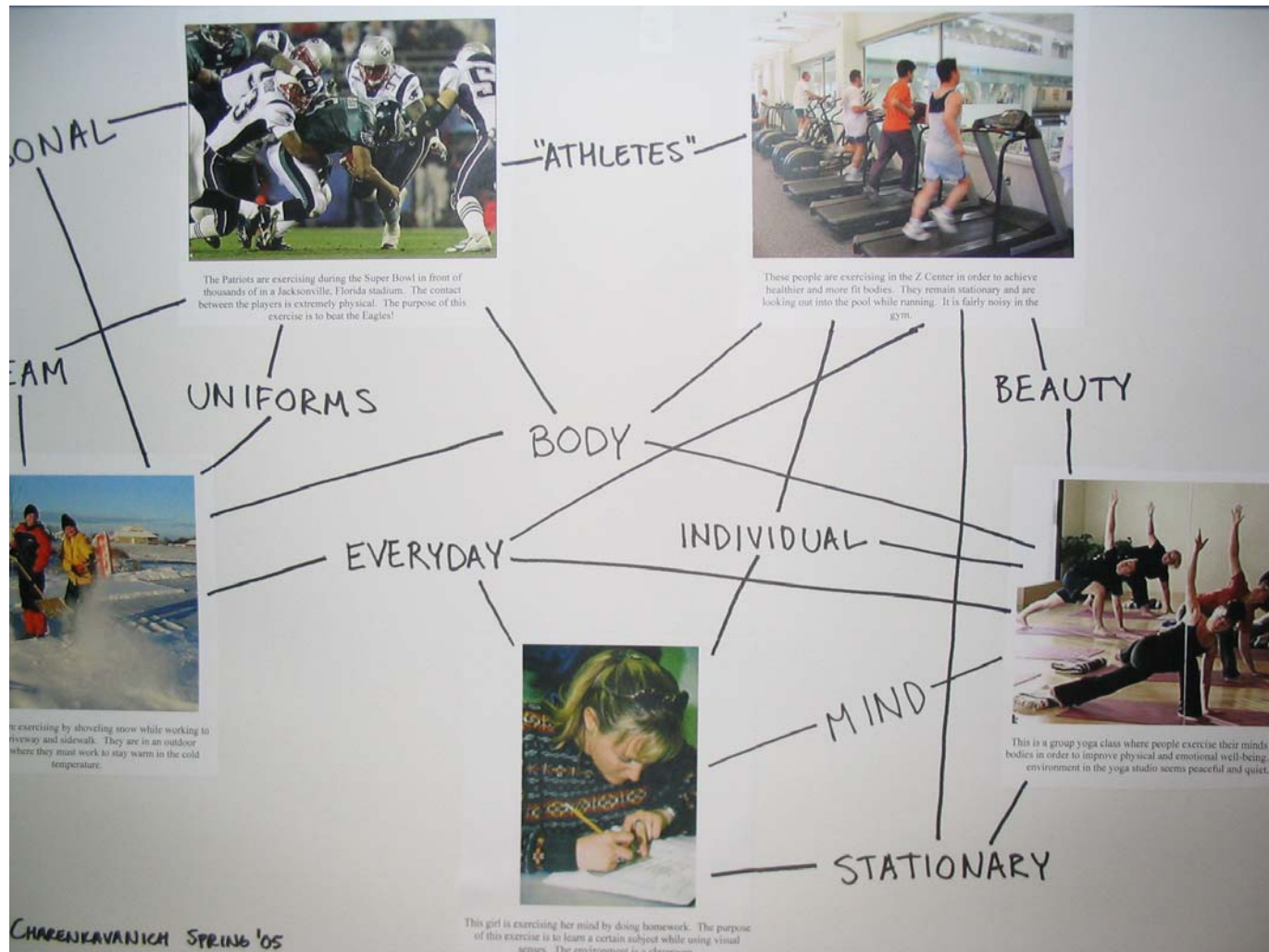


PE for ME: Images from class 2.

Concept Maps



Panasaya's concept map.

Foto
di
Stefano

Rapporto
di
Stefano

Karl Kautner 060 837 4337 al tempo di Milano.com
www.karl-kautner.it

the physical character of the whole body. Unlike many sports, the focus on the body is present from start to finish with no breaks. The purpose of cross-country skiing is to traverse a long snow course as fast as possible. This is done for fun and exercise but in many areas of the world there is also an athletic practicality. The most important items used in light bionics besides being the best, a skier also has to choose the best time, spot to pass, and perceive what is to come. Cross-country skiing is done outside in snowy relatively distant terrain.



Soccer

...a combination of physical and mental substance. Most of the physical work is in the lower half of the body, keeping it to still be functional while largest. It also involves mental work as the player gets things moving a better way right and a fact for the ball or your feet are the this game involves mental work when playing soccer. The arena is usually people because. Soccer is the ultimate and unsurpassed what can be the world's largest sport, the nature of such team sports will be accomplished it is a success.

Professional Sports

Endurance

Team Sports



Golf

exercises one controlled motion and the repeatability of it. Most of the stress is on the lower back and torso, but slight fatigue affecting one's game can cause a great deal of mental stress. The purpose of golf has little to do with physical prowess, but more with one's control of the golf ball. Golf is used mainly for entertainment but also as a way to relieve stress and relax. The most important senses used are tactile, for the feel of the club and terrain, and visual, for the layout of the course greens and bunkers. Golf is played only outside because it requires multiple quarter mile long paths per course.



Basketball

location a combination of physical and mental endurance. Most of the physical strain is on the lower half of the body and the arms, requiring both to remain coordinated while heaped. It also involves mental stress as the player must stay aware of the ball's location and the location of all the other players. Having team strength and a feel for the ball are the

Fun

Recreational Activity



Playing with a pet

Playing with a purpose

Greg's concept map.



Viewing concept maps.

Five Exercise Activities



Hiking: Outdoor activity, can be done in groups. No competition, good aerobic exercise, and you get to enjoy nature as well!



Snowboarding: Fun outdoor activity requires coordination and edge control on a board.



Wakeboarding: Similar to snowboarding, but on water and requires a boat.



Tennis: Played indoors or outdoors, team or individual. Match style competition requires good coordination and physical training.



Darts: Precision sport, fine motor control, match style.

Tyler's concept map.

Getting to Work



Getting to work.



Getting to work.



Getting to work.

Build a “Machine” That Exercises Your
Relationship to Gravity



Resistance running.

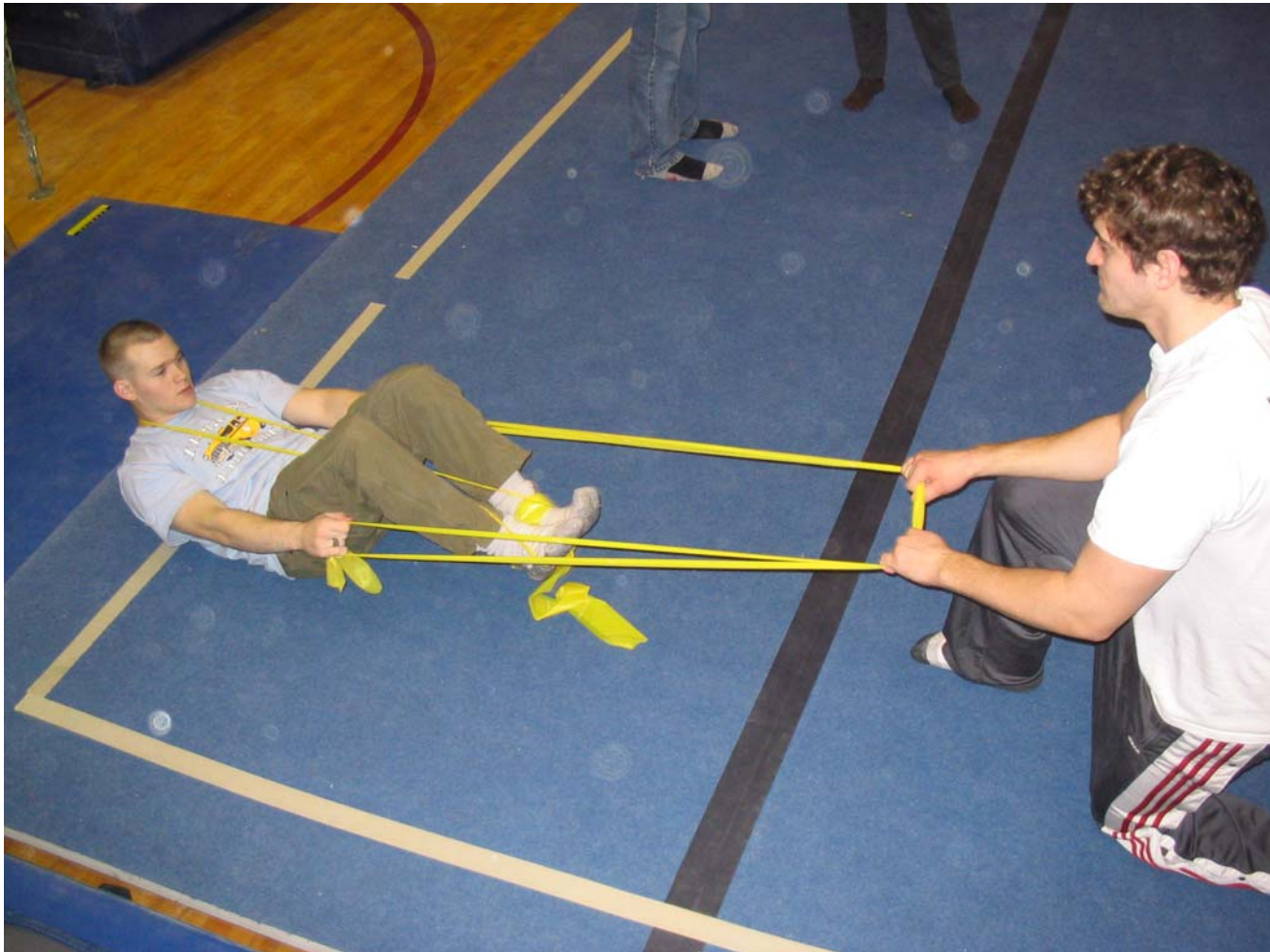


Antigravity.



Rings.

Build a “Machine” That Exercises Your
Body as a Whole



Reverse situps.



Prep for flying training.



Flying training.



Air running.

Build a “Machine” That Exercise
Perception



Exercise machine built for two.



Hands become eyes.