Fachbereich \_\_\_Sport bilingual\_\_\_Jg. 10\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**GYMNASIUM ISERNHAGEN**

**Schulinternes Curriculum Jg. 10**

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| **Erfahrungs- und Lernfeld** | **Thema** | **Inhaltsbezogene Kompetenzen** | **Prozessbezogene Kompetenzen** | **fächerverbindende Themen** |
| n.V. | n.V. | Repetition and further development of basic techniques and tactics as compensatory preparation for sports classes in Sek. II | |  |
| Spielen | Basketball | Knowledge and performance of basic techniques (ball handling) as well as elementary individual and team tactics;  knowledge of basic rules  Technical terms: court, hoop/basket, offense, defense, shooting, score, passing, dribbling | Establishing a set of norms and values (obeying rules, fairness, playing in a team) |  |
| Laufen, Springen,  Werfen | High jump  Running | Knowledge and performance of basic elements of Fosbury-Flop (coordination)  Technical terms: run-up/approach, stride, curve, drive leg, to clear/knock off the bar, flexion, vertical/ horizontal axis, momentum  Gaining ability of at least 30 minutes of continuous running; participation in Awb.-Seelauf (10,8 km);  knowledge of training methods for improving individual fitness;  Technical terms: pace, recovery, breathing rate, heart rate, (an-)aerobic (threshold), oxygen, cardiovascular system | Setting realistic goals,  overcoming fears,  knowing and pushing limits  Strengthening of self-confidence,  knowing about positive influences on mental and physical health |  |