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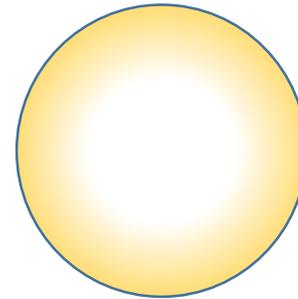
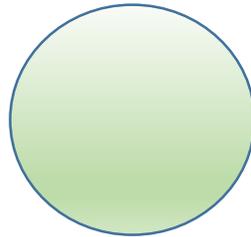
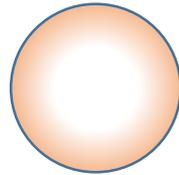


SEARCH
SPORT EDUCATION FOR ACTIVE
AND RESPONSIBLE CITIZENSHIP
THROUGH HEALTH CARING



MODULE

3



THE SOCIAL FUNCTION OF SPORT

SEGMENT 10

Landscape and physical activities outdoor

AN APPROACH FROM GEOGRAPHY TEACHING (SECONDARY LEVEL)



1. CONTEXT AND OBJECTIVES
2. SUSTAINABILITY AND GEOGRAPHY.
3. FIVE ACTIVITIES TO TEACH GEOGRAPHY AND SUSTAINABILITY THROUGH PHYSICAL ACTIVITIES OUTDOORS
4. CONCLUSION

1. CONTEXT AND OBJECTIVES

Currently society aims at developing in coexistence with the environment, carrying out sustainable development for the use of the resources of current and future generations. The development of an awareness of respect for the environment starts with schools, by educating and raising awareness today among the adults of tomorrow.



Therefore, through the development of educational activities based on the context of activities in nature we aim at achieving a school learning based on respect, protection and knowledge of the environment.

On the other hand, we want to recover the natural play space and take advantage of the opportunities it presents for the enrichment and socio-cultural development of nature.

Finally, in the current context of the global **COVID 19** pandemic, specialists do not stop recommending us to carry out outdoor activities, reminding us that **perhaps we have lost contact with nature and perhaps it is time to recover it.**

**The Benefits of
Outdoor Free Play**
on Children's Development

Mental Health
Better moods
Decrease in hyperactivity
Decreases in symptoms related to anxiety and depression

Physical Health
More opportunities for movement
Decrease in the likelihood of developing obesity or diseases
Development of fine and gross motor skills

Cognitive Health
More opportunities to make decisions and problem-solve
Increases in creative thinking
Children use higher levels of sequencing, planning, organizing

Emotional Health
Development of empathy
Increases in self-esteem
Development of emotional intelligence

Social Skills
Increased social interactions
Higher levels of sharing, cooperation, helping
Decreases in solitary play

Play Skills
Increased creativity
Development of higher play skills and play types
More opportunities for imagination and engagement

The infographic features a central illustration of five diverse children playing in a grassy field under a blue sky with clouds. One child is holding a large, colorful kite. The children are dressed in casual summer clothing, and the overall scene is bright and cheerful.

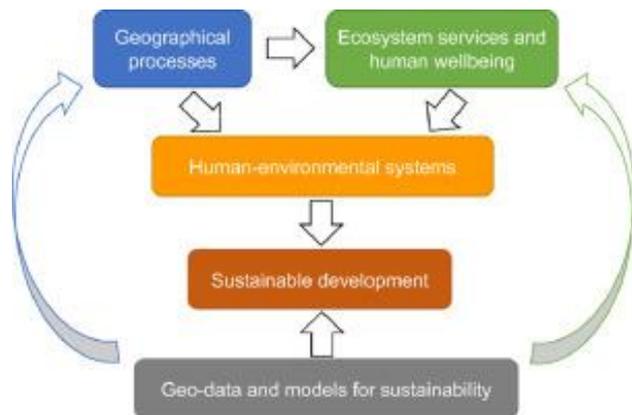
2. SUSTAINIBILITY AND GEOGRAPHY

"I see how information is related in space and combines giving rise to forms that, when the human variable is incorporated, come to life speaking of people and the environment in which we live... Geography allows me to understand the world and transform it". **GERSON BELTRÁN**

Geography is an interdisciplinary subject as its main purpose is explain human being related to territory.

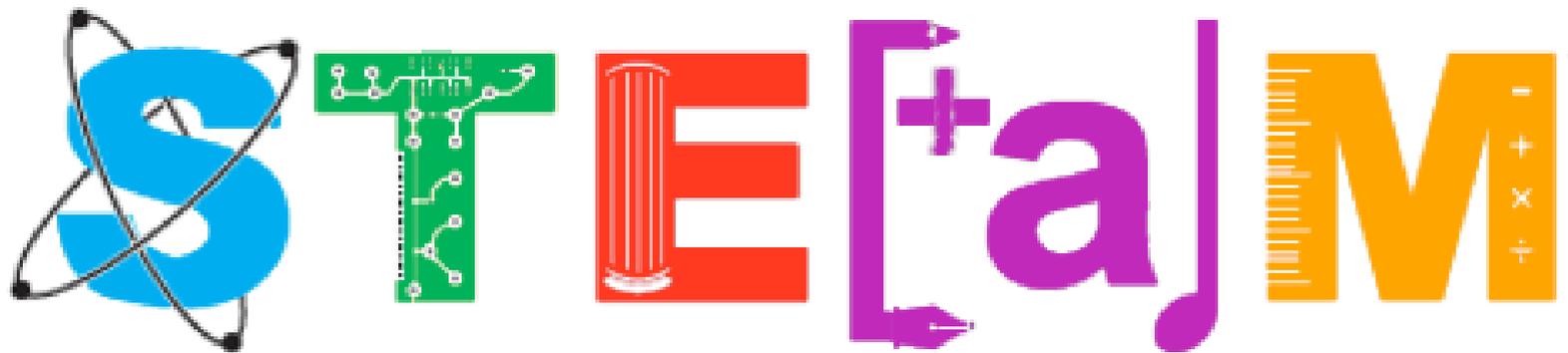
Then, the object of study is the geographical landscape.

If we think that sustainability is the practice of the responsible use of natural resources, we understand that it is a central aspect in the teaching geography from both a physical (natural resources) and a human (use that human beings make of the environment) point of view.



In this proposal we present activities that have been carried out with different departments: Biology and Geology, Physical Education and Technology, apart from Social Science (Geography and history), almost accomplishing the new literacy, STEAM.

STEM to STEAM



Science | Technology | Engineering | [+ART] | Mathematics

3.FIVE ACTIVITIES TO TEACH GEOGRAPHY AND SUSTANIBILITY THROUGH PHYSICAL ACTIVITIES OUTDOORS

- **ACTIVITY1**:“PHYSICAL ACTIVITIES OUTDOORS”

It is a presentation about the landscapes of the world and the sports to do according to relief and climate.

Presentation must include:

- Location with a map and geographical coordinates.
- Weather expected according to the place and the season. It has to be explained through a climograph.
- Relief description, by using pictures.
- Sport activities can be explained according to relief and weather conditions, for example, climbing in Naranjo de Bulnes (Asturias).



- **ACTIVITY 2: WHICH ANDALUSIAN NATURAL AREA DO YOU WANT TO VISIT AFTER COVID LOCKDOWN?**

- It could be a presentation, video production, ...

Presentation must include:

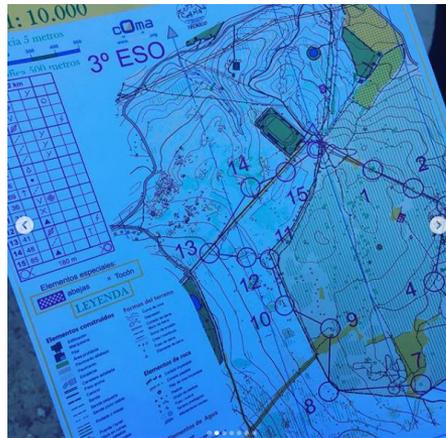
- Location with a map and geographical coordinates.
- Relief and lithology.
- Climate (climograph)
- Flora and fauna
- Settlement
- And therefore, taking into account these information, what will you do a weekend over there being respectful with the place?
- Visit <https://view.genial.ly/5ec0497c8e243b0d5a3332d6/dossier-proyecto-1eso-confinado> to see the whole activity (in spanish)



- **ACTIVITY 3: ORIENTEERING RACE.**

Outdoor activity. Students have to make use of a contour plan, compass or make use of sense of direction.

They have to take pictures of the flora of the place during their tour-



- **ACTIVITY 4: MAKE YOUR KITE DONE WITH A PLASTIC BAG FLY.**

With this activity we will have fun by encouraging recycling.

The activity should be developed in two different stages:

- a. A workshop to design and produce the kite.
- b. Make the kite fly outside the school.



HOW TO MAKE YOUR OWN DIY KITE USING A PLASTIC GARBAGE BAG

BY YUMI SAKUGAWA

YOU WILL NEED...

- PLASTIC GARBAGE BAG
- DENTAL FLOSS
- STRING
- WOODEN DOWELS
- OLD TOWEL
- TAPE

- TIE TOGETHER 2 STICKS INTO A CROSS. HORIZONTAL STICK SHOULD BE $\frac{1}{3}$ OF WAY DOWN VERTICAL STICK.
- OUTLINE CROSS WITH STRING. MAKE SURE IT IS TAUT.
- COVER KITE OUTLINE WITH THE PLASTIC GARBAGE BAG.
- TIE EXCESS ENDS DIRECTLY ONTO THE WOODEN FRAME. RUN STRING ALONG HORIZONTAL STICK AND PULL TIGHT. YOU WANT THE WOOD TO CURVE SLIGHTLY.
- POKE HOLES ON BOTH ENDS OF KITE NEAR TOP AND BOTTOM OF THE VERTICAL STICK. THREAD STRING THROUGH HOLES AND REINFORCE WITH MASKING TAPE. LEAVE SOME SLACK; THIS IS THE STRING THAT WILL ATTACH TO THE LINE OF DENTAL FLOSS.
- ATTACH ONE END OF STRING FROM STEP 5 IN A WAY THAT DENTAL FLOSS STRING IS PERPENDICULAR TO WHERE THE WOODEN STICKS CROSS.
- ATTACH TAIL STRING TO BOTTOM AND TIE STRIPS OF AN OLD TOWEL.
- ALL DONE! FLY KITE ON A WINNY DAY

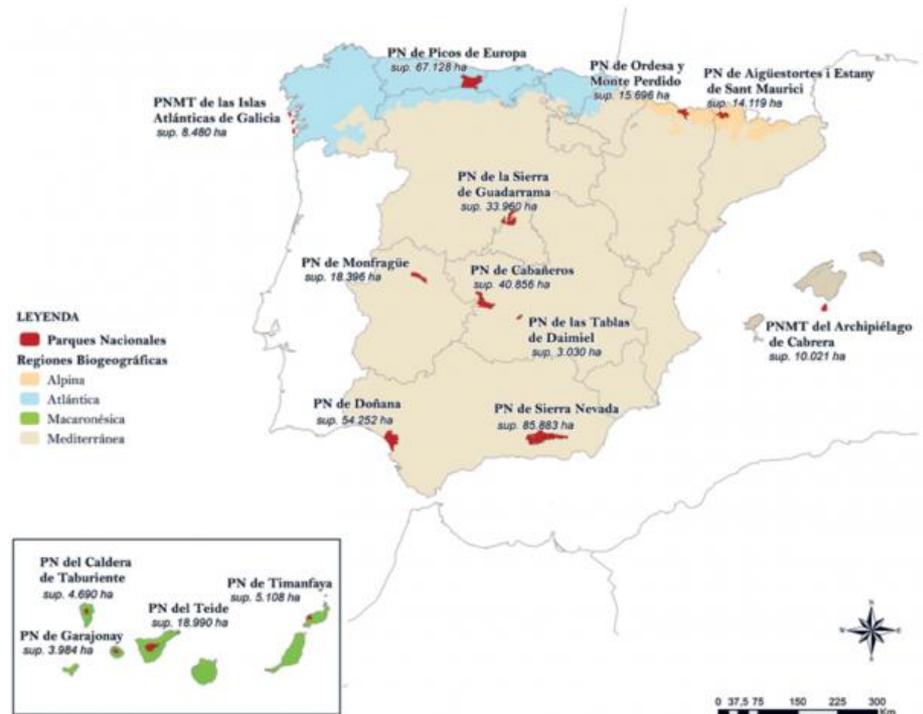
2013 YUMI SAKUGAWA

- **ACTIVITY 5: WHY SHOULD NATURAL RESERVES BE PROTECTED?**

To cope with this proposal, we will explain a theoretical activity about Spanish natural reserves.

This activity is a research about a specific natural reserve. In all cases, students will have to explain:

- Where the natural reserve is located?
- Legal figure of protection and activities which can be done accordingly.
- Why is it protected?
- Which environmental hazards threaten it.



CONCLUSION

- Most of the keywords are common/useful words, often related to description landscapes or weather.
- Sustainability is a key topic in Geography and History.
- We must reconsider in school the use we make of natural environment. The relating knowledge cannot remain in the academic sphere.

SOURCES:

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IMÁGENES EXTRAÍDAS DE GOOGLE.

KEYWORDS

Outdoors Activities

Sustainability

Outdoor Workout

Game Workshop

Recycling

Geography

To Be Responsible