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| 1. **BENEFITS OF PHYSICAL ACTIVITY** |
| **OBJECTIVES:**  To understand the benefits that a proper practice of physical activity brings to our body.  To know the functioning of our brain.  To establish the relationship between sports practice and academic performance. |
| **RESOURCES:**  **Video 1**: [How playing sports benefits your body ... and your brain](https://www.youtube.com/watch?v=hmFQqjMF_f0&ab_channel=TED-Ed)  **Video 2**: [The Triune Brain In Evolution](https://www.youtube.com/watch?v=hg6XUYWj-pk&ab_channel=BigThink)  **Activity 1**: [Benefits of physical activity](https://www.liveworksheets.com/uh2780957sh)  **App:** Mentimeter for brainstorming. |
| **MAIN PART:**  We start the session asking our students to write, through the Mentimer App, what benefits the practice of physical and sport activity they think brings to the body.  We put in common the most relevant and the most unknown by our students.  Coming to the cognitive aspect, and how the practice of physical activity benefits the academic performance of our students.  We link with the visualization of the following **video 1**, to understand the benefits of sport in our body, not only on a physical level, but also on a social level.  **Activity 1**: Classify the different types of benefits of physical activity. Students must complete the form individually. |
| **BONUS ACTIVITY:**  The Triune Brain in evolution:  After watching the **video 2,** we discuss what situations occur in physical education classes and which layer of the brain we can associate it with.  For example, a fight or loss of control (reptilian), a fear or phobia (limbic), a tactical analysis of the game that allows us to make a good decision (cortex) and so on. |