

RESUMEN SEMANAL DE CONTENIDOS / EDUKIEN ASTEKO LABURPENA

### LAS AGUJETAS - CUERPO HUMANO / GIZA GORPUTZA

El ejercicio "excesivo" (según tu forma física y entrenamiento) produce pequeñas roturas en las fibras musculares, lo que se traduce en inflamación local y dolor.

Se localizan especialmente en la zona en la que el músculo se separa de otro músculo y en las zonas en la que el músculo se convierte en tendón.

### HIDRATAZIOA KIROLA EGITEAN - DIETA&SALUD / DIETA ETA OSASUNA

Pertsonok, gainerako izaki bizidunok bezala, ura behar dugu. Ura hartu behar dugu gure gorputzak ondo funtziona dezan, eta, era berean, zati bat hondakinekin kanporatuko dugu.

Ondo hidratatuta egotea ur kantitate egokia izatea da, eta kirola egiten dugunean ur beharra handiagoa da.

### TALDE-KIROLA - DESTREZAS / TREBETASUNAK

Kirol guztiak dira interesgarriak eta beren indarguneak dituzte, horregatik gehien gustatzen zaizuna eta zu hobeto sentitzea egiten duena aukeratu behar duzu.

Talde-kirol bat aukeratzeko baduzu landu eta ikas ditzakezu, teknikez gain, etxean, eskolan, eta beste hainbat lekutan baliagarriak izango diren gauza asko.

### EL RESPETO - DEPORTIVIDAD / KIROLTASUNA

El respeto es una cualidad que se establece entre 2 personas, hacia uno mismo y hacia el entorno. Es uno de los valores más importantes en la vida y está muy presente en el deporte, donde el respeto es fundamental para entrenar, aprender, mejorar, jugar, competir... en definitiva disfrutar del deporte al máximo.

## STEPHEN CURRY / BASKETBALL



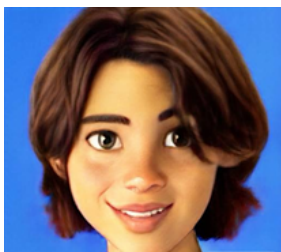
Greatest shooter of NBA, he has revolutionized the sport by inspiring teams and players to take more three-point shots. He entered the 2009 NBA draft, in which he was selected by the Golden State Warriors. Curry soon established himself as one of the NBA league's best shooters.

## MODERN OLYMPICS SIMBOLS / SPORTS



The modern Olympic Games are the leading international sporting event featuring summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions. The ancient games date back to 776 BC and before and were dedicated to Zeus.

## RAFA NADAL / TENNIS



Spanish tennis player Rafael Nadal is considered to be the greatest tennis player in history on clay courts and one of the best male tennis players of all time. Nadal was the first player to claim 22 Grand Slam men's singles championships. For over a decade, Nadal has led men's tennis along with Roger Federer and Novak Djokovic as the Big Three.

## FENCING / SPORTS



The skill of fencing, or fighting with a sword, has been practiced in all parts of the world for many centuries. Men, and sometimes women, fought battles with many different types of swords. Some trained seriously for the deadly combat of the duel.

Nowadays Fencing is a sport and the martial art of fighting with blades.