# Sport and physical education

In the beginning when the primitive people didn´t have anything like education, work, sport activities…. They tried to survive in a difficult conditions for example hunting wild animal and picking fruits these were first mentions of physical activities.

Later Begans to be built antic citties like Sparta, Athens where Olympic games were created. Just for information. First Olympic games was in 776 BC in Atheny. During this period people started getting interested in beauty of body human and sport activities. Greece roman wrestling, athletic sports, gymnastic competition were famous In Antics. In this time military education was popular, many wars took place here. So that was the reason for creating compulsory military services. Children started in military at 7 years old. They learned to swim, to wrestle, reading, writing, gymnastics competion and music (learn singing, compose poems.On the other way People spent their free time dancing, recreational body like going to wellness and went to have fun at gladiatorial games which became popular in ancient Rome.

Romans loved military too like the Antic Greeks. But many people there didn´t work. A lot of people in Rome didn´t have a job. So the Population had been nourished by the state. It was called “bread and games“. The gladiators games in this time was just for fun rather than being the sport activity. After the end of the Roman Empire, when began to disseminatea new religion christianity, almost all sport activities were bannedlike gladiators games,gladiators school and Olympic games (394 BC). That was everything about ancient period. And now I would like to talk about the middle ages.

Only rich people, Royal families, priests and their pupils had education. When people want some sport education. They had to became knights. Knights had to know how to ride on horse, shooting from bow and can used the sword, swordsmanship, hunting, playing chess, versification –veršování.

After that, sport and physical eduaction progress significantly in humanism**.**  Private school were built for citizens where physical education was a part of educational proccess. The main protagonist such as Jan Amos Komensky tryied included physical education at school. But Jan Amos Komensky couldn´t included physical education just at school but into to normal life. Jan Amos Komensky wanted Games for resting the mind after the work.

Sport and physical education were on rise in 18 and 19 century. Many people were interested and want to improve sport and physical education. The main protagonist in this time was Jean Jack Rousseu who wrote the book about How to raise children.In this book he wrote that education is for everyone. He recommended swimming, horse ridding, games, dancing, running, jumping and athletic at school… The book is called Emile, or On Education. The next protagonists was Friedrich Ludwig Jahn. He was protagonist of German physical education system. The next protagonist was Pehr Henrik Ling who was interested in gymnastics and founded one of the first gymnastics institute in the world called **Royal Central Gymnastics Institute (1813).** The amateur sports or named gentleman sport was created in end of 18 and start of 19 century in enviroment England High school and College..

**Modern days**.

Sport is an activity, competion or game that need physical effort and skills usually on according to rules. Sport can take a place outdoor or indoor.   
Sport motivates people to do something for their health.It Gives them a motivation, enjoyment, happiness, friendship, satifaction, health, fitness, popularity, recognition, feeling, but on the other hand, it also can be boring, cause sadness, disappointment, fatigue, exhaustion, injuries, illness, and in some cases even death.

**Sport is divided into several groups**.   
Sports can be divided in a lot of various categories according to:  
**Sport can be done for many reasons, aim or objective of the sport**. The main example is recreational sport – it is also called sport for all. Recretional sport can be done for many purposes, but mainly for fun in a free time. But it can be for other things. Many people do sports for staying fit and to please their partner. Or Improve their physical as well as mental fitness and health to have better flexibility, to strengthen their muscles and shape the body, and also a lot of people wants to look younger. Some people want to learn new skills or experiences. That´s exactly my case, when I was In Spain on running camp 3 weeks ago. There I tried things which I never did and I also met new people.  
Other reason is,that Some people can have social reasons for doing sport. They want new friendships , team work, support, recognition.

**competitive sport** – soutěžní sport – done mainly for performance, for achieving good results in competions, defeating opponents and becoming the winner or record holder. People who do competitive sport are working hard and usually have practises every day and goes participate in different competion.Also when you do some sports you push your limits on another level. So we can say you are becoming a better person. They belongs to different sport teams, clubs, associations or federation.

**Elite sport** is the highest level of competitive sport (top performance sport). Elite athletes must sacrifice almost everything to their sport.  
 **Elite Atheltes** spend a lot of time doing what they do to become an excellent sportsman. Such as process means years of hard everyday training, effort, years of pain and stress as well. My opinion is, that if you want to become elite athlete you should also have finance and social background. Elite athletes are often professionals who earn money from sports. They follow the rules of sport training. If you are proffesional you should also thing about your mental, physical health. Many athletes are visiting a sport psychology. I know several cases where they found some dopping substances to improve their sport results.

**amateur and professional sports**.  
**Amateur sports** are sports in which participants don´t get any money from that.  
The main reason why they do the sport is the fact that they just simply love doing that.  
**Professional** **sports**. The first thing you have to be in professional sport is to be competitive. Proffesional athletes do sport as a job,they are paid to compete.Proffesional sport as entertainment bussiness and you go into it for lively hood. For example czech proffesional hockey player jaromir jagr.

We have so many types of sports,we can do sport literally anywhere. For example : indoor sports, outdoor sports, water sports, underwater sports, air sports.  
**Type of sports**. Sports are classified either according to the primary equipment used or to the setting where it is played. Here are the different types of sports:

Air Sports  
Air sports include many of aerial activities done as sporting events.  
Athletics  
Athletics refers to sports events that test the athlete’s endurance, strength, and speed. It involves competitive running, walking, jumping, and throwing.  
Ball Sports  
Ball sports are those games that use a ball in play. This includes various categories, including ball-over-net, ball-and-bat, and ball-and-stick games.  
Board Sports  
These types of sports are played with a specific board used as primary equipment. Examples of this type are surfing and skateboarding.  
Combat Sports  
Combat sports are also called fighting sports. It is a competitive contact sport that involves one-on-one combat. It covers all martial arts and ancient fighting events, whether they use brute force or specific weapons.  
Cycle Sports  
Cycling, or cycle sports, includes all competitive physical activities that use bicycles. They can be carried out as a race or a performance that shows tricks through using bikes.  
Gymnastics  
Gymnastics is the performance of systematic exercises that requires and shows balance, flexibility, coordination, strength, and overall physical conditioning. These are often done by using different equipment, such as rings, beams, and bars.  
Ice Sports  
Ice sports, as its name suggests, include sporting events that are performed in an ice field. They are mostly held during winter sports competition.  
Indoor Sports  
These are those games that do not require an open field to be played. They can be carried out at home or in a specially structured indoor setting. Most table-top games are indoor ones. Some outdoor sports were developed to be played indoors, too. Examples of these are indoor cricket and indoor soccer.  
Mind Sports  
A mind sport is a game based on a particular intellectual ability to strategize and win competitions. It does not need hard physical exercise and movement of the body. Therefore, it requires more mental than physical skills.  
Multisport Race  
This refers to the events that consist of components upholding different sports. It mixes a group of disciplines, usually athletics, that are performed consecutively. Examples of this type are the triathlon, tetrathlon, pentathlon, and so on.  
Motorsports  
This is the general term referringto the various competitive sporting events that utilize motorized vehicles for racing or non-racing competitions.  
Racket Sports  
Racket sports include all games that involve hitting a ball or another object through the use of rackets. These types of sports showcase and improve the agility and speed of the players.  
Strength Sports  
The focus of this type of sport is an athlete’s muscular strength and capability. A strength athlete trains and competes by showing his muscle build or power. Examples of these sports are weightlifting, powerlifting, and bodybuilding.  
Target Sports  
This refers to competitive games that involve throwing or shooting a piece of equipment to hit a target. It improve focus and concentration and support patience.  
Water Sports  
Water sports covers all sporting events played or performed in water.

**The differences between active and passive sport –** Main differnces that Passive sport can be that you just to watch sport events as a spectator or TV watcher. You can also earn or lose money from online betting. Sports betting is the activity of predicting sports results and placing a wager on the outcome. Sports betting can also extend to non-athletic events, such as reality show contests and political elections, and non-human contests such as horse racing, greyhound racing, and illegal, underground cockfighting. It is not uncommon for sports betting websites to offer wagers for entertainment events such as the Grammy Awards, the Oscars, and the Emmy Awards. Active sport is either recreational or competitive and top performance as I said before

**Sport Competition –** a contest held to determine the best athletes and teams and greatest achievements in sports, to improve athletic skills, and to popularize physical culture and sports. Sports competitions provide an opportunity to evaluate objectively the sports organizations, coaches, athletes, and officials. Now I show you some the examples of these competition: Stanley cup - a competition to decide the best ice hockey team in the National Hockey League in the US and Canada, first held in 1893. It consists of a series of games between the winners of the Eastern Conference and the winners of the Western Conference. **Wimbledon** Commonly known simply as Wimbledon or The Championships, is the oldest tennis tournament in the world and is widely regarded as the most prestigious It has been held at the All England Club in Wimbledon, London, since 1877 and is played on outdoor grass courts. The **UEFA** Champions League is an annual club football competition organised by the Union of European Football Associations (UEFA) and contested by top-division European clubs, deciding the competition winners through a group and knockout format. It is one of the most prestigious football tournaments in the world and the most prestigious club competition in European football, played by the national league champions (and, for some nations, one or more runners-up) of their national associations.

**Physical Education** is "education through the physical". It aims to develop students’ physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students’ confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and personal growth. These, together with of positive values and attitudes in Physical education , provide a good foundation for students’ lifelong and life-wide learning.

#### Physical education teacher jobs require that instructors be physically fit and active as they will typically lead multiple classes and activities across the school day. They work both indoors and outdoors, teaching younger students how to play various sports and how to exercise and monitoring activities of older students. They are responsible for organizing activities and curriculum, including the preparation and maintenance of gym equipment. Physical education teachers should have knowledge of sports and basic health and nutrition for all developmental levels. A solid background in sports and communication skills is a definite plus. Many Physical education teachers also participate in coaching activities for school sports teams. To become a physical education teacher, the first step is usually earning a master degree in health education, physical education, or athletic training and gymnastics compation etc. Examples of degrees that can prepare a person for this career include a Bachelor and Master of Physical education. Courses common to these programs include Theories in Physical Education, Theories in Sports Pedagogy, Team and Individual Sports, Basic Methods of Teaching, and Human Development.

# Ice Hockey

**The origins of ice hockey is unknown.** However, Ice Hockey probablyevolved game of field hockey that has been played in Northern Europe in centuries.   
The rules of modern ice hockey were devised by Canadian James Creighton. In 1875, the first game of ice hockey with Creighton's rules was played in [Montreal, Canada](https://www.thoughtco.com/quebec-facts-508584). This first organized indoor game was played at Victoria Skating Rink. The McGill University Hockey Club, the first ice hockey club, was founded in 1877 in Quebec followed by the Quebec Bulldogs named Quebec Hockey Club and organized in 1878 and the Montreal Victorias, organized in 1881. Instead of a ball or rubber puck the it was played with a circular piece of wood. Since then the sport has gone on to become one of the largest in the world with the major participants originating from North America. The NHL (National Hockey League) is the largest league in the world and currently turns over millions of dollars each year..

And now I would like to describe in point hockey rules.  
**Playing Surface –** **povrch**The ice sheet is commonly known as the rink.The rink is divided into zones by a red line at center ice and two blue lines.A standard North American rink measures 70 m by 30 m.European ice surfaces are slightly larger.The ice is enclosed by boards and Plexiglas.  
**Rink Zones**The ice surface is divided into three [zones](https://www.liveabout.com/ice-hockey-basics-4688060).The area where the goal net is located is the "defending zone" for the team defending that net.The middle of the rink, between two blue lines, is the "neutral zone."The area where the opposing net is located is the "attacking zone" or "offensive zone."

**Puck**The puck is made of black, vulcanized rubber.  
A standard puck have a diameter size 76,2 mm and weighs between 170 grams.  
The puck can be moved with the hockey stick or the feet, but picking it up with the hands is illegal.  
**Hockey Stick**A stick is held by each player and used to control, carry, pass and shoot the puck.  
Goals are scored by using the stick to shoot the puck into the opponent's net.  
At my start of hockey carrer wooden stick were used. But Over time, composite sticks slowly began to be used. Differences between this type of stick are ridiculous. While the wooden stick have weight around 1 kg. The composite sticks have around 400 grams. So you can imagine how was it played with wooden stick.  
**Net**A cage measuring 183 cm tall and 122 cm wide, strung with nylon mesh in the back.  
There are two nets at opposite ends of the ice, each guarded by a goaltender.  
**Object of the Game**The object of the game is to [score more goals](https://www.liveabout.com/hockey-shootouts-thriller-gimmick-2779325) than the opposition.

**Teams**Each team has six players on the ice, one goaltender and five skaters.  
The five skaters have assigned positions: three forwards and two defensemen.  
Regardless of assigned positions, all players except the goaltender can go anywhere on the ice.  
The goaltender cannot cross the center ice red line that divides the rink in half.  
**Substitutions**Substitutions are unlimited and can be made at any time.  
A substitution does not require an official's permission or a stoppage in play.  
**Faceoff**The game begins when the referee drops the puck between two opposing forwards.  
During the faceoff, all other players are positioned on the defensive side of the puck.  
The faceoff is used to resume play following any stoppage in the game.  
There are nine designated faceoff spots painted on the ice.

**Game Clock**The game is played in three 20-minute periods.  
The clock is stopped during all stoppages in play.  
**Bodychecking**A player can use a shoulder, to hit an opponent, but only when the opponent is in possession of the puck.  
A body check that targets the head is illegal.  
A body check to an opponent's back is illegal if the opponent is facing the boards.  
Bodychecking in the offensive zone, with the intention of gaining control of the puck and setting up a scoring opportunity, is called forechecking.

## **Minor Penalties** The difference between a legal check and a penalty is open to interpretation and remains a source of dispute among fans, players and officials. A player charged with a minor penalty is sent off the ice for two minutes, five minutes, ten minutes or sent off from the match, with no substitution allowed. The penalty ends immediately if a goal is scored by the opposing team. Minor penalties are called for obstructing an opponent. This type of penalties include: Tripping (with the stick or knee) Holding (it could be mainly with stick or hands) Hooking ( Mainly with stick) Interference (checking or impeding a player without the puck)

Penalties are called for dangerous use of the stick, including:  
Slashing (when the player hitting opponent into to hand)   
Spearing   
High-sticking (hitting an opponent in the head or face)  
Crosschecking (hitting an opponent with the shaft of the stick)

Penalties are called for dangerous physical fouls, including:  
Elbowing  
Checking from behind  
Kneeing  
Roughing (usually involving a wrestling or shoving match)

## **Major Penalties** A player charged with a [major penalty](https://www.liveabout.com/history-of-hockey-fights-2779322) is sent off the ice for five minutes, ten minutes or sent off from the match. The most common major penalty is for fighting. If both fighters receive five-minute penalties, substitutions can be made. A player charged with a major penalty involving serious injury or attempt to injure is ejected from the game.

## Now I prepared some questions.

## The first questions is. How many types of sports do we have? And I would like to hear at least 4 examples.

## What sport gives you?

## The sport gives me happines, freedom

## What is the most sucessfull ice hockey team in Czech republic ?

## The most sucessful ice hockey team is Kometa Brno, which achieved 13 tituls

## Where was took a place of the first ice hockey game?

## This first organized indoor game was played in Canada in the city Quebec