

IES SOL DE PORTOCARRERO

ERASMUS+ IHMB 'INCLUSION THROUGH A HEALTHY MIND AND BODY'
ALMERÍA'18 'THE OLYMPIC GAMES OF HEALTH'

SPORTS CELEBRATIONS – ERASMUS+

Two sports events will be held in this first short-term exchange (mobility week), during which the main targets to achieve will be inclusion, participation, collaboration and team spirit by means of sport.

Four mixed Erasmus + teams will be formed, representing all the nationalities. These teams will take part in the sports events against teams formed by students who belong to our own high school (IES Sol de Portocarrero) and nearby high schools (IES Toyo Retamar and IES Nicolás Salmerón). All the Erasmus + teams will have to wear the official sports equipment, which they will be provided for, during the sports events.

All the participants will be given an accredited diploma. In addition, a classification in points will be set up in order to award the first three best teams, once the two sports events have ended. As far as the athletics events is concerned, the best participants will be awarded individually. These awards will be presented in a ceremony at the sports stadium Emilio Campa when the second of the sports events comes to an end.

1st SPORTS EVENT: 20th / 03 / 2018: TEAM SPORTS

Collective Sports Games Erasmus +. Adaptations of these sports modalities: indoor soccer, basketball, handball, floorball and volleyball.

Each team will play two matches for every sports modality, adding points for the final team classification if they play to a draw (1 point) or end up in victory (3 points).

The matches will have a duration of 10 minutes and will have to adapt to the following directions:

Floorball + regulations:

- Do not touch the ball with your feet.
- Do not rise the stick above head level when hitting the ball.
- Do not pass the ball more than two consecutive times between two players belonging to the same team.

- In order to score, the ball has to be touched by at least half of the team players.
- Every two minutes, the goalkeeper post will be taken by a different player.
- In order to foster fair play, there will be little penalties so as to prevent protests, foul play...
- Do not make elbow contact against the player controlling the ball.
- Do not raise the ball.

Indoor soccer regulations:

- The matches will last 10 minutes.
- All the members of the team will take part in the match, and they will rotate every two minutes.
- The match will begin with a 2-goal score per team.
- Every two fouls or bad behaviour situation, teams will lose one goal.
- In order to score, the ball has to be touched by all the the team players.
- The same player will not score two consecutive goals.

Volleyball Erasmus + regulations:

- Maximum: 3 touches / minimum: 2 touches.
- You can hit the ball with any part of your body.
- Positions will rotate every time the team serves.
- W-positioning:
 - They will change pitch side every 5 minutes.
 - If they get 3 touches, they will get 1 mini-point, and every 5 mini-points, they will get 1 point.
 - Cheering up the mate who has just failed, will give the team 1 mini-point.

Basketball Erasmus + regulations:

- In order to be able to throw to the basket, all the team members have to touch the ball in the same attack play.
- After scoring, the players at the bench will start playing.
- Those players who receive the ball are not allowed to pass it back to the same player who first passed it to them. They will pass the ball to another player.
- In order to foster fair play, we will avoid as much body contact as possible. We will try to take the ball only when the player is bouncing it, or when they are passing it to another player.

The following attitude will add points to the score:

- If the team players do not commint any foul, they will add 10 points at the end of the match.

- If they commit up to two fouls, they will get 5 points.
- 3 points if they commit up to 3 fouls.
- If they commit more than 3 fouls, they will get no points at all.

Erasmus + handball

- In order to score, the ball has to be touched by all the team players.
- All the team players have to be goalkeepers at any moment during the game.
- Those players who score more than 3 goals will have to sit at the bench.
- If all the team members score a goal, they will get extra points.
- If a team is punished with more than five fouls, they will get a penalty punishment.

2nd SPORTS EVENT: 22nd / 03 / 2018: MINI-OLYMPICS Erasmus + (ATHLETICS)

Mini-olympics Erasmus +: track and field events adapted to races, jumping and athletics throwings. https://youtu.be/QFIwuhcA_Gs