

4. TVM Sportlehrertag: „Motivation im und durch Sport!“ am 22. September 2017 in Daun

AK 8: Capoeira

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- Leistung (Wettkampf, Erfolg) Ausdruck (Darstellung, Gestaltung)
- Gesundheit (Fitness und Wohlbefinden) Miteinander (soziales Lernen, Umwelt)
- Spannung, Spiel (Risiko, Abenteuer) Eindruck (Körpererfahrung)

Zielgruppe: Kinder

Lernziele & Kompetenzen: Recognize the basic movements of Capoeira (intercultural learning), music and instruments. They should be able to play a bit of Capoeira with partner, play the music instruments and sing one song in Portuguese.

Materialien: Musik-player USB

Didaktisch-methodische Vorüberlegungen

We are going to experience the basic movements in Capoeira, such as involving dancing, attack, defense and acrobatics using a pedagogic progression. Concerning the music, we are going to play the basic rhythm on the instruments and sing an easy Capoeira lyric in Portuguese.

Beschreibung der Unterrichtseinheit

Warm-up: Stretching and some calistenic moves to warm up with Capoeira influence and rhythm.

Games: A stop-dancing game to recognize different rhythms in Capoeira played by the main music instrument (Berimbau)

Basic moves: Ginga (the main dancing move), some defences, attacks and acrobatics moves in partners.

Games: A catcher game with Capoeira positions.

Playing in the circle (Roda): How start and finish the game, playing improvised and spontaneous Capoeira with partner; how to play the music instruments and follow the rhythm and how to sing one Capoeira lyric in Portuguese and clapping hands.

Vorbereitung, Aufbau & Besonderheiten

You just need a room with enough space to learn the movements and a music player to hear the traditional Capoeira music.

Verlaufsübersicht der Einheit

<u>Zeit</u>	<u>Phase</u>	<u>Lehraktivität</u>	<u>Erwartete Lernaktivität</u>	<u>Material/ Anmerkung</u>
10 min	Warm-up	Begrüßung und Körper auf Betriebstemperatur bringen	Belastung erleben, Lernen mit allen Sinnen	Musik-player
5 min	Games	Stop-Tanz Spiel	Konzentrations- und Reaktions-schulung	
10 min	Basic Moves	explaining the tasks	Körperwahr-nehmung, Beweglichkeits-schulung	
5 min	Games	Fangspiel	Reaktionsschulung	
15 min	Roda	Spielen, Singen, Musizieren	Vorlieben erkennen, Rhythmus erleben	

Literaturhinweise & Empfehlungen zum Thema

Gladson de Oliveira Silva & Vinicius Heine (2008). Capoeira um instrumento psicomotor para a cidadania. Sao Paulo: Phorte.

Jorge Luiz de Freitas (2007). Capoeira na Educacao Fisica como ensinar? Curitiba: Editora Progressiva.