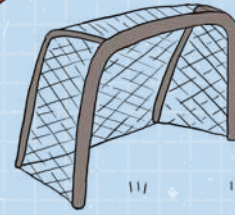




HOW TO DO
ATHLETICS
and gymnastics



How to play
BALL
GAMES



K. Nikadová

HOW TO DO SPORTS

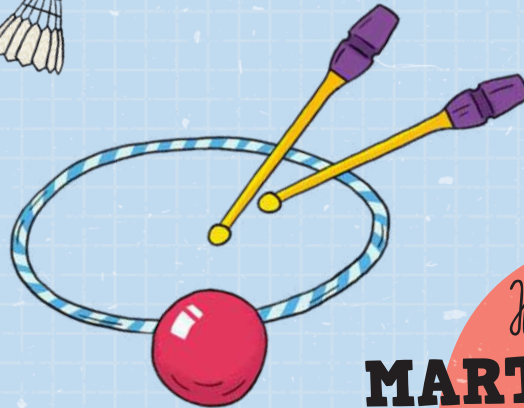
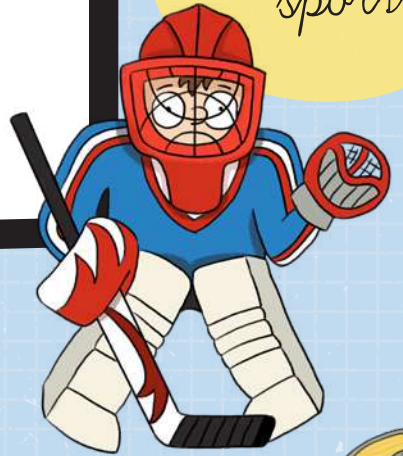
O. Růžička

O. Růžička, K. Nikadová
.....
HOW TO DO
.....
SPORTS



HOW
TO DO
WATER
SPORTS

How to
do **WINTER**
sports



How to do
MOTOR
sports



How to DO
MARTIAL
ARTS and
others
SPORTS



B4U PUBLISHING





? HOW TO DO ? ? ?

ATHLETICS AND GYMNASTICS

THE HUMAN BODY AND LOCOMOTOR SYSTEM ALLOW PEOPLE TO WALK, RUN, JUMP, OR THROW VARIOUS OBJECTS AROUND, AS WELL AS DO ROLLS OR EVEN SOMERSAULTS. ATHLETICS AND GYMNASTICS ARE GROUPS OF

SPORTS BASED ON THESE ELEMENTARY HUMAN SKILLS. LIKE OTHER SPORTS, THEY REQUIRE PHYSICAL FITNESS, ENDURANCE, AND STRENGTH. LET'S TAKE A CLOSER LOOK.

THE FIRST SPORTSMEN?

The very first sportsman was no doubt a prehistoric ancestor who wanted to compare their speed to that of a dangerous predator. Was it the world's first race, or just an attempt to save one's life?



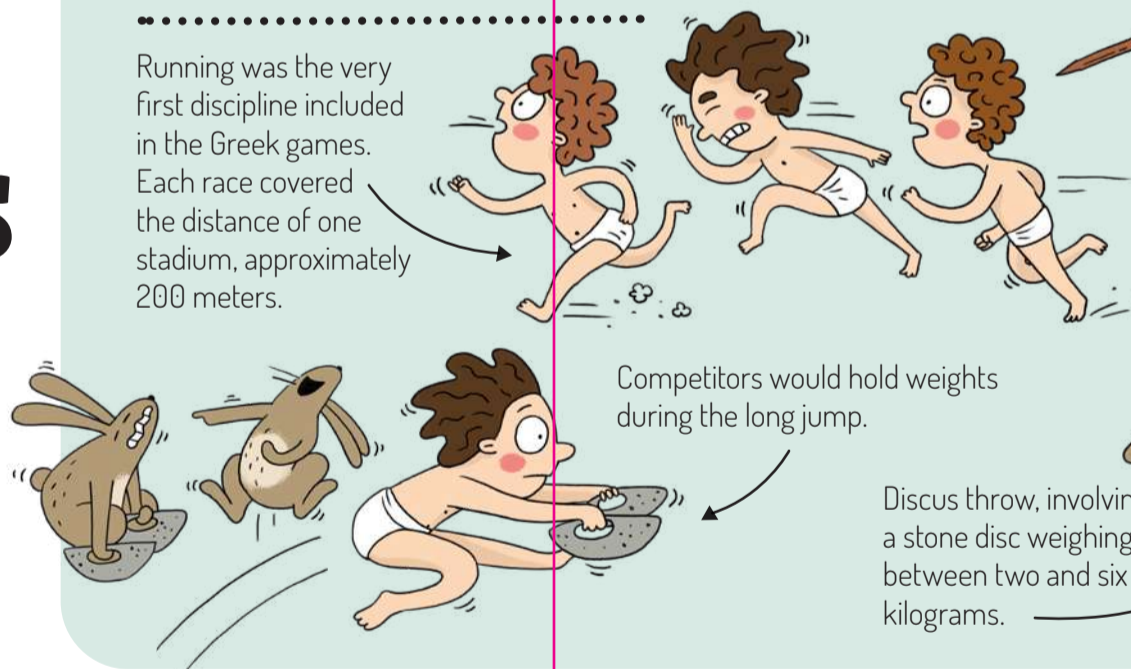
THE FIRST JAVELIN THROW?

Handling sports equipment was no issue for our ancestors either, though they likely didn't realise the skill would win people athletic competitions one day.

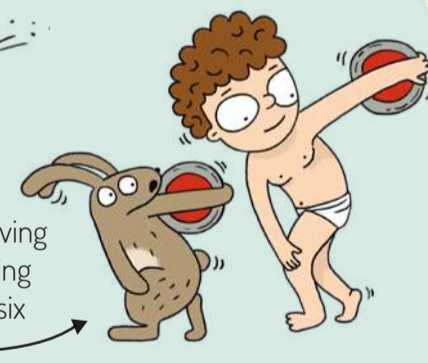


ANCIENT GREEKS COMPETED IN THE FOLLOWING DISCIPLINES

Running was the very first discipline included in the Greek games. Each race covered the distance of one stadium, approximately 200 meters.



Javelin throw



Hoplitodromos, or the race of the hoplites, was a special discipline for adult, well-trained men.



THE FIRST REAL RACE

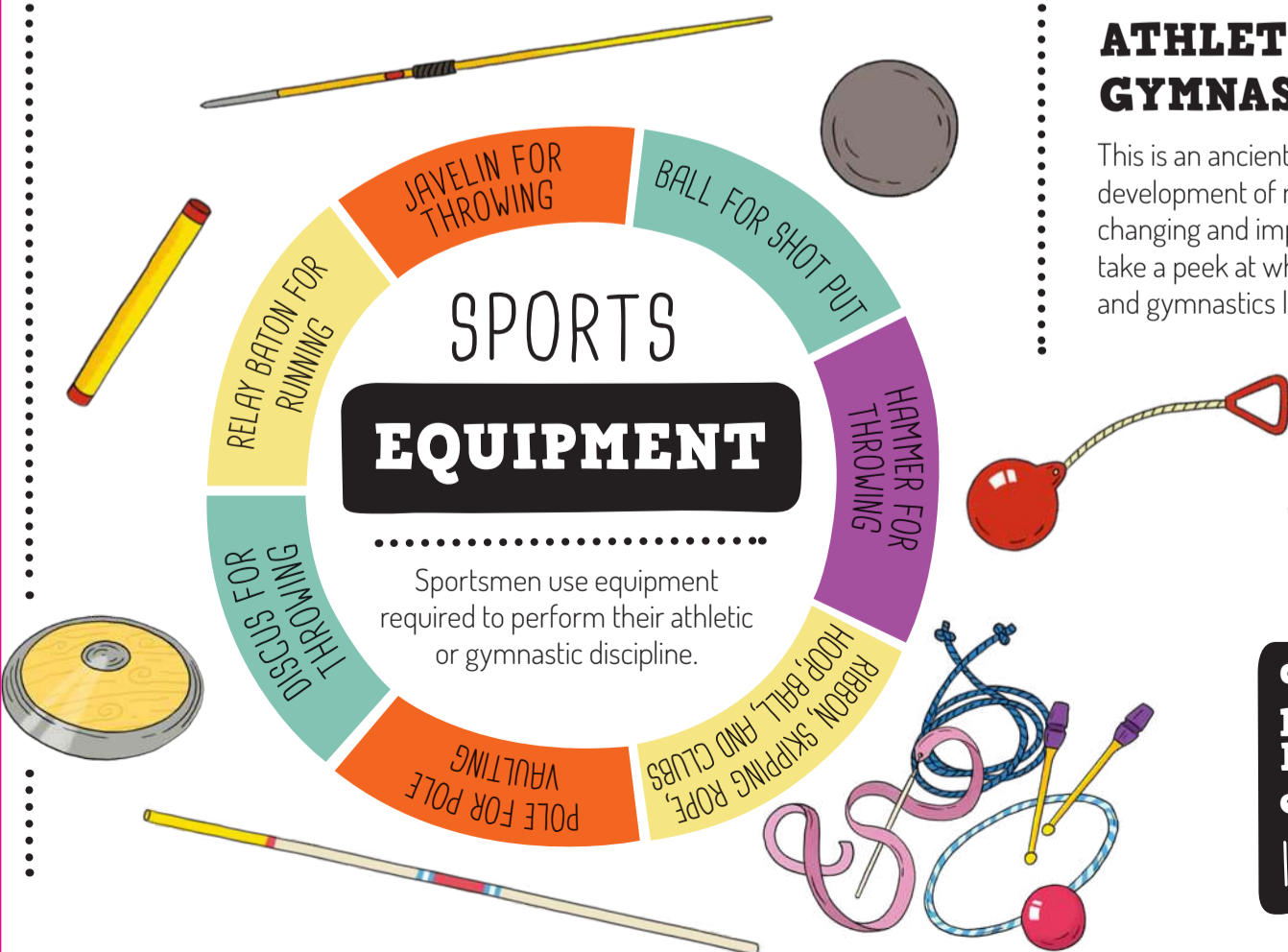
OK, enough joking around. The first actual races were naturally held much later, in ancient Greece. The ancient Greek city of Olympia regularly organised popular sports games for Greeks to measure their strength against one another.

ATHLETICS AND GYMNASTICS TODAY

This is an ancient history which led to the development of modern athletic disciplines, changing and improving over time. Let's take a peek at what the world of athletics and gymnastics looks like today.

PERHAPS YOU KNOW SOME OF THE EQUIPMENT WHILE OTHER MAY SEEM PECULIAR TO YOU. WE'LL SEE MORE EXAMPLES

on the next page and learn how each piece IS USED





HOW TO DO ATHLETICS AND GYMNASTICS



GO FOR IT

HIP! HIP!

track

TRACK RUNNING. THE FIRST BEHIND THE FINISH LINE WINS.

START

JAVELIN THROW. THE GOAL IS TO THROW THE JAVELIN DEEP INTO THE MARKED SECTOR.

SHOT-PUT. THE GOAL IS TO THROW THE BALL DEEP INTO THE MARKED SECTOR.

marked sector

referee

marked sector

referee

referee

take-off board

sandpit

DURING THE LONG JUMP THE COMPETITOR MUST CLEAR THE BAR, PLACED AT A SPECIFIC DISTANCE. THE JUMP COUNTS IF THE BAR STAYS PUT.

POLE VAULT IS A HIGH JUMP USING A LONG FLEXIBLE POLE, ALLOWING THE COMPETITOR TO JUMP HIGHER.

LONG JUMP THE COMPETITOR TAKES OFF AND COVERS AS LONG A DISTANCE AS POSSIBLE IN A SINGLE JUMP WITHOUT FOOT-FAULTING.

BODYBUILDING IS ABOUT ONE'S MUSCLES AND APPEARANCE.

barbell

THE WEIGHTLIFTER TRIES TO LIFT AS HEAVY A BARBELL AS POSSIBLE ABOVE THEIR HEAD. WHOEVER LIFTS THE HEAVIEST ONE WINS.

WHILE JUMPING ON A TRAMPOLINE THE COMPETITORS PERFORM REHEARSED ACROBATIC FEATS, EVALUATED BY JUDGES.

REFRESHMENTS

referee

trampoline

WOMEN'S BARS ARE PLACED AT DIFFERENT HEIGHTS. THE COMPETITORS DO GIANTS, SOMERSAULTS, AND OTHER ACROBATICS.

THIS IS A SPORTS GYMNASTICS HALL. THE SPORT HAS MANY DISCIPLINES. COME, WE'LL SHOW THEM ALL TO YOU.

A RING. YOU SUSPEND YOURSELF FROM IT AND PERFORM A ROUTINE BASED ON STRENGTH AND FLEXIBILITY.

THE LONG AND NARROW BEAM IS WHERE YOU PERFORM SOMERSAULTS, JUMPS, AND HANDSPRINGS.

IF TWO COMPETITORS PERFORM THE SAME ROUTINE AT THE SAME TIME, IT'S CALLED SYNCHRONIZED JUMPS. JUDGES EVALUATE THEIR ACCURACY.

vaulting table

VAULT. THE COMPETITOR TAKES OFF FROM A SPRINGBOARD WHILE RUNNING, TOUCHES THE TABLE, AND PERFORMS SOMERSAULTS AND ROLLS.

USING THE POMMEL HORSE REQUIRES FLEXIBILITY, STRENGTH, AND FOCUS.

MEN'S BARS ARE PLACED AT THE SAME HEIGHT. COMPETITORS PERFORM FEATS OF ACROBATICS, EVALUATED BY JUDGES.

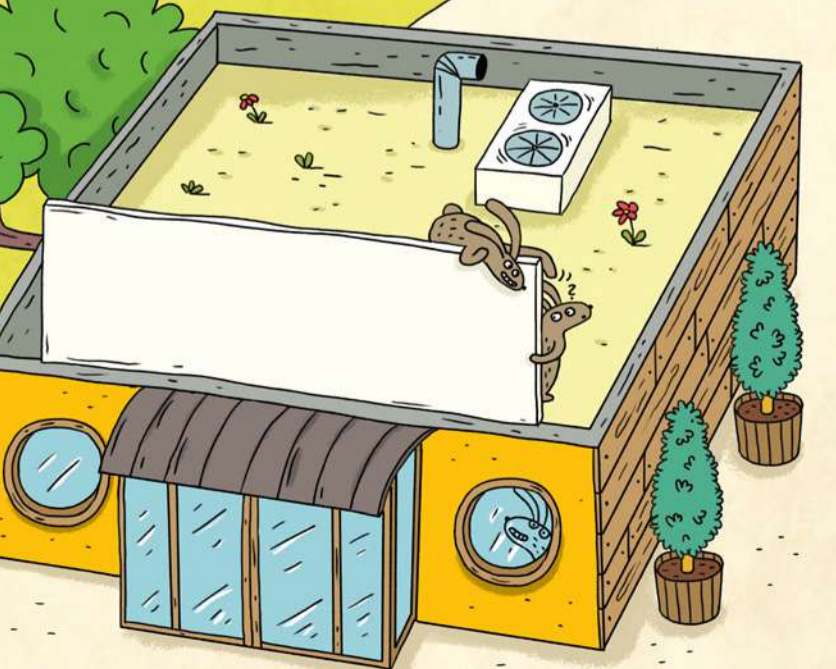
springboard

men's bars

pommel horse

floor exercises

FLOOR EXERCISES, SET TO MUSIC IN CASE OF WOMEN. JUDGES EVALUATE FORM AND PRESENTATION.



TICKET OFFICE

THE COMPETITOR SWINGS AROUND THE HORIZONTAL BAR, VAULTS OVER IT, AND PERFORMS SOMERSAULTS.

horizontal bar

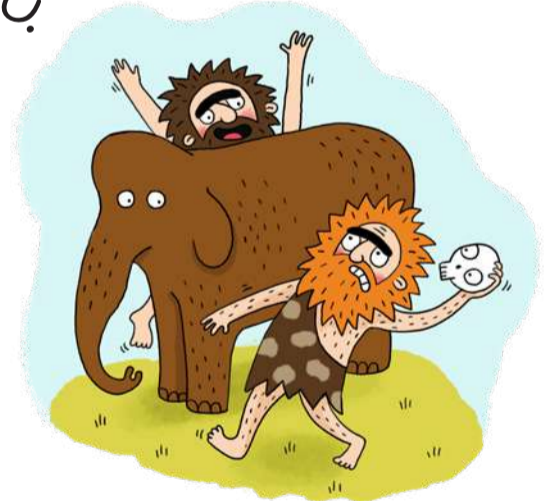
referee



??? HOW TO PLAY ???

BALL GAMES

??



PREVOLLEYBALL

Our ancient ancestors may have loved round objects, too. Perhaps this was what prehistoric volleyball looked like.



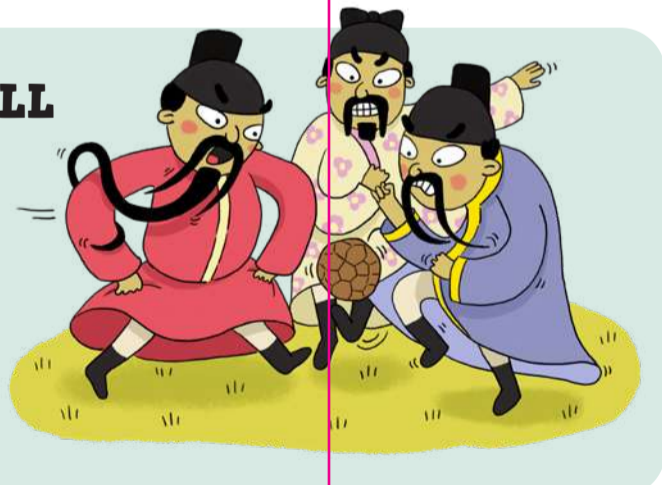
TLACHTLI

Naturally, there was no prehistoric volleyball. But the sport known as tlachtli actually did exist. It was played by ancient Mayas. The goal was to shove a ball through a stone ring. Players were allowed to use their elbows, shoulders, hips, and knees to keep the ball in the air.

WITH FEW EXCEPTIONS BALL GAMES ARE COLLECTIVE GAMES, MEANING THERE ARE TWO GROUPS PLAYING AGAINST EACH OTHER. BESIDES SKILLS, COLLECTIVE SPORTS REQUIRE A TEAM SPIRIT. FOOTBALL IS THE BEST-KNOWN BALL GAME BUT PEOPLE HAVE ALWAYS BEEN INVENTING DIFFERENT WAYS TO HAVE FUN WITH A ROUND BALL.

HISTORY OF FOOTBALL

Football is the most popular ball game in the world. The sport as we know it was invented in the 16th century England but ancient Chinese were already chasing after a ball during a game that was similar to football.



EPISKYROS

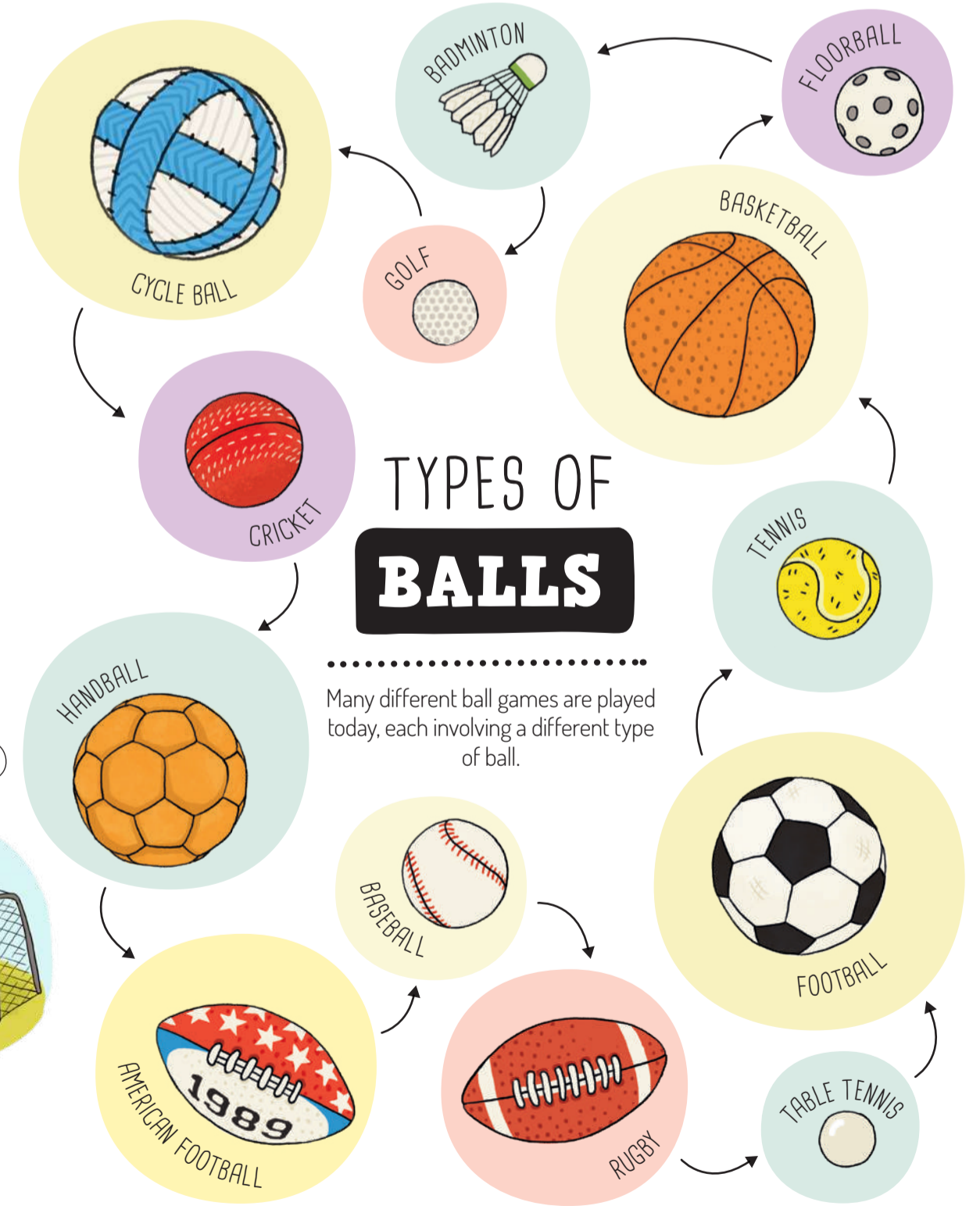
Ball games used to be played in the ancient Greek state of Sparta. It's difficult to say whether the game inspired football, American football, or rugby. It was known as episkyros. The goal was to get the ball behind the opponent's line, using hands and legs.



UPSET, ISN'T HE.

FOOTBALL, OR RUGBY?

Episkyros was very difficult. Sparta wasn't known for being soft, after all. The sport may have resembled those moments when a friend gets angry while losing at football and grabs the ball with their hands. If that happens, better clear off.



There are great many games involving the round object we call a ball.

IF YOU'D LIKE TO KNOW WHICH AND HOW TO PLAY THEM,





HOW TO PLAY BALL GAMES

A FOOTBALL GAME HAS TWO HALVES OF 45 MINUTES. IT'S OVERSEEN BY A CHIEF REFEREE AND TWO LINESMEN.

IF A PLAYER FOULS OR PLAYS WITH THEIR HAND IN THE PENALTY AREA, A PENALTY IS AWARDED. IF THE BALL LEAVES THE PITCH, A CORNER KICK OR THROW-IN FOLLOWS.

IF A PLAYER COMMITS A DANGEROUS FOUL THEY GET A YELLOW CARD. FOR THE NEXT OFFENCE THEY GET A RED CARD AND ARE SENT OFF.

THE COACH AND OTHER PLAYERS ARE ON THE BENCH, THE LATTER READY TO REPLACE THE PLAYERS IN THE PITCH.

THIS GAME IS CALLED AMERICAN FOOTBALL. IT DIFFERS A LOT FROM THE TRADITIONAL FOOTBALL.

POINTS CAN ALSO BE AWARDED FOR A FIELD GOAL.

THE AIM IS TO GET THE BALL INTO THE OPPONENT'S END ZONE, I.E. SCORE A TOUCHDOWN.

AMERICAN FOOTBALL IS PLAYED BY TWO TEAMS OF 11 PLAYERS, WITH AN OVAL BALL THAT CAN BE HANDLED WITH ONE'S HANDS.

AMERICAN FOOTBALL IS A TOUGH GAME, WITH LEGAL WAYS OF TACKLING OPPONENTS.

PLAYERS CAN'T TOUCH THE BALL WITH THEIR HANDS. WHEN A PLAYER IS BLOCKED ILLEGALLY IT'S CALLED A FOUL.

FOOTBALL IS PLAYED BY TWO TEAMS OF 11 PLAYERS WHO TRY TO KICK THE BALL INTO THE OPPONENT'S GOAL.

AN AMERICAN FOOTBALL GAME LASTS 60 MINUTES, DIVIDED IN 4 PARTS OF 15 MINUTES.

TABLE TENNIS IS SIMILAR TO REGULAR TENNIS. IT'S PLAYED AT A SMALL TABLE, WITH RACKETS AND A PLASTIC BALL.

THE GOAL IN TENNIS IS TO GET THE BALL TO THE OTHER HALF SO THAT THE OPPONENT CAN'T RETURN IT. THE BALL MUST TOUCH THE MARKED COURT.

BADMINTON IS PLAYED WITH A SHUTTLECOCK, SERVED OVER THE NET IN A WAY THAT PREVENTS THE OPPONENT FROM RETURNING IT.

IF THE SHUTTLECOCK TOUCHES THE GROUND IN THE MARKED AREA THE OPPONENT GETS A POINT. TWO OR 4 PLAYERS CAN PLAY, LIKE IN TENNIS.

TENNIS CAN BE PLAYED BY 2 (SINGLES) OR 4 (DOUBLES) OPPONENTS.

THE VENUE WHERE TENNIS IS PLAYED IS CALLED THE TENNIS COURT. THE GAME INVOLVES A BALL AND STRUNG TENNIS RACKETS.

THE GAME STARTS WITH A SERVE WHERE ONE PLAYER SENDS THE BALL INTO THE OPPONENT'S SERVICE BOX. THE OPPONENT TRIES TO RETURN THE BALL ANYWHERE TO THE OTHER HALF.

THE BATTER TRIES TO BAT THE BALL, PITCHED BY THE PITCHER, AS FAR AS POSSIBLE AND COVER ALL BASES. IF THEY SUCCEED, THEIR TEAM IS AWARDED A POINT.

GOLFERS TRY TO GET THE BALL INTO THE HOLE, USING A GOLF CLUB. WHOEVER MANAGES TO DO SO WITH FEWER STROKES WINS.

ONCE THE FIELDING TEAM OUTS 3 OF THE OPPONENT'S PLAYERS, THE TEAMS SWITCH PLACES AND THE FIELDING TEAM BECOMES THE BATTING TEAM.

THE GAME BEGINS WITH A TEE SHOT AND LASTS UNTIL THE BALL ENDS IN A HOLE. THE HOLE IS MARKED WITH A FLAG TO BE VISIBLE FROM AFAR.

BASEBALL IS PLAYED BY TWO TEAMS OF 9 PLAYERS WHO TRY TO SCORE MORE POINTS THAN THE OPPONENT.

THE CATCHER CATCHES THE PITCHED BALLS NOT BATTED BY THE BATTER.

FIELDERS TRY TO CATCH THE BATTED BALL AND TOUCH THE RUNNING BATTER WITH IT, OUTING AND PREVENTING THEM FROM GETTING A POINT.



? HOW TO DO ? ? WINTER SPORTS

PEOPLE HAVE ALWAYS BEEN INVENTIVE AND INTERESTED IN PHYSICAL ACTIVITIES, NOT INTENDING TO LET THEMSELVES GO EVEN DURING THE WINTER. THEY PUT THEIR HEADS TOGETHER AND CAME UP WITH LOTS OF WINTER SPORTS, ACTIVITIES TO BE DONE WHEN THE LAND IS COVERED WITH SNOW AND GRIPPED BY COLD. YOU CAN HAVE A LOT OF FUN DOING SPORTS IN WINTER.



PREHOCKEY?

Once winter came and prehistoric people got their hands on sticks and something round, perhaps they didn't think twice.

YOU SHOULDN'T BRAAAAKE ...



PRESLEDGE?

And when our prehistoric ancestors saw a snow-covered hill, maybe they slid down with their entire family, just like we do today.

SNOWSHOES

Certain things were originally meant to make people's lives easier, and only later turned into sports equipment. Such is the case of snowshoes, which allowed the wearer walk on deep snow.



INVENTION OF SKIS

The first skis made it easier to move on snow, as early as 8,000 years ago, in the far North. Then people realised they were actually quite fun, too.



SNOWBOARD

Not even the popular snowboard did originally look like it does today. You'd maintain balance by manipulating a string tied to the front of the board.

JUST YOU WAIT, A BEAR WILL GET YOU.



THE ORIGIN OF THE BIATHLON

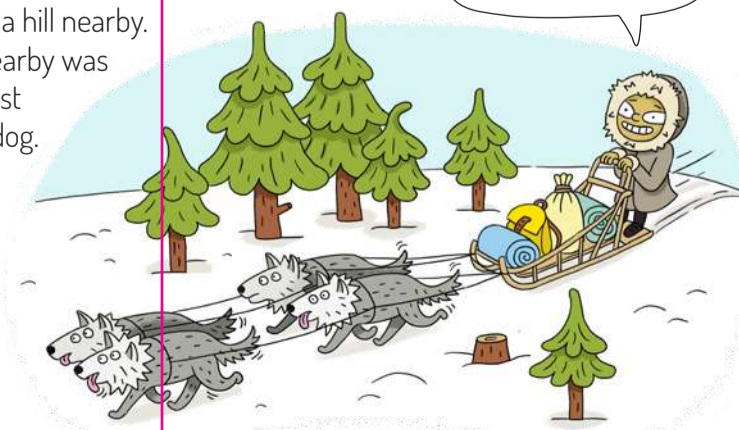
Ski racing, combined with target shooting and known as the biathlon, was invented by mountain hunters.



TEAMS OF DOGS

Once people invented the sledge, they set down to figure out how to ride it when there wasn't a hill nearby. What was nearby was the man's best friend—the dog.

LET'S GET HOME, QUICK! IT'S SO COLD.



THE ORIGIN OF THE HOCKEY

Ice hockey, one of the most popular winter sports in the world, originated in ancient Greece. It was played with a ball and bent sticks.



WE DEFINITELY LOOKED BETTER



the first hockey players

equipment of modern players

HOCKEY EQUIPMENT

As hockey evolved over time and became tougher, players were required to wear more and more defensive equipment. Only a complete fool would play without a helmet and guards today.



modern goalie equipment



original goalie

I'D NEVER MIND THE NET DRESSED LIKE THIS!

Winter is beautiful and you can do other things beside sitting at home by the fireplace.

TAKE A LOOK AT WHAT YOU CAN DO IN WINTER AND HOW.





HOW TO DO WINTER SPORTS



DOWNHILL SKIING IS AN ALPINE SKIING DISCIPLINE. THE GOAL IS TO COVER THE TRACK AS FAST AS POSSIBLE.

OTHER DISCIPLINES INCLUDE THE SLALOM, GIANT SLALOM, AND SUPER-G (SUPER GIANT SLALOM). THEY DIFFER IN THE SHARPNESS OF TURNS.

SNOWBOARDING IS A POPULAR SPORT. THE GOAL IN THE SLALOM IS TO COVER THE MARKED TRACK AS QUICKLY AS POSSIBLE. IF TWO COMPETITORS ARE COVERING TWO TRACKS AT THE SAME TIME, IT'S CALLED THE PARALLEL SLALOM.

THE BOBSLED IS A SPECIAL SLED FOR RIDING AT AN ICE TRACK. THE GOAL IS TO COVER THE TRACK AS QUICKLY AS POSSIBLE.

THE SKIER GETS TO A SPECIAL RAMP AND PERFORMS A SOMERSAULT, ROLL, OR ANOTHER ACROBATIC FEAT.

ACROBATIC SKIING IS AN ATTRACTIVE WINTER SPORT, AERIALS BEING ONE OF THE DISCIPLINES.

THE HIGH STEEP RAMP IS USED FOR SKI JUMPING. WHOEVER JUMPS THE FURTHEST WITH A GOOD FORM WINS.

THE LINES IN THE LANDING AREA HELP MEASURE THE JUMP'S LENGTH. JUDGES EVALUATE THE FORM.

SNOWBOARDING INCLUDES MANY OTHER DISCIPLINES—THE HALF-PIPE WHERE COMPETITORS PERFORM ACROBATIC FEATS OR SOMERSAULTS, OR BIG AIR, ACROBATIC LEAPS FROM A LARGE RAMP.

BOBSLEDS ARE RIDDEN BY 2 OR 4 PEOPLE. THE CREW MUST PUSH THE BOBSLED AT THE START AS FAST AS POSSIBLE AND THEN GET TO THE FINISH.

CROSS-COUNTRY SKIING COVERS VARIOUS DISTANCES OF UP TO SEVERAL TENS OF KILOMETRES.

THE GAME IS OVERSEEN BY 4 REFEREES—2 CHIEF REFEREES AND 2 LINESMEN. IF A PLAYER ATTACKS AN OPPONENT ILLEGALLY IT CONSTITUTES A FOUL AND HE/SHE SPENDS 2 MINUTES IN THE PENALTY BOX. THE OPPOSING TEAM IS AWARDED 2 MINUTES OF POWER PLAY.

WHEN A GAME IS INTERRUPTED A REFEREE DROPS THE PUCK BETWEEN TWO PLAYERS WHO TRY TO SECURE IT FOR THEIR OWN TEAM. THERE ARE 5 FACE-OFF SPOTS IN TOTAL.

NORDIC SKIING INCLUDES DISCIPLINES WHERE THE COMPETITOR RUNS ON SKIS. THE GOAL IS TO COVER THE TRACK AS FAST AS POSSIBLE AND GET TO THE FINISH FIRST.

ICE HOCKEY IS PLAYED ON ICE SKATES, WITH STICKS AND A SMALL BLACK ROUND DISC CALLED A PUCK. ONE OF THE PLAYERS TENDS THE GOAL AND TRIES TO PREVENT THE PUCK FROM GETTING IN.

ICE HOCKEY IS ONE OF THE MOST POPULAR WINTER SPORTS, PLAYED BY TWO TEAMS OF 6 PLAYERS. EACH GAME IS DIVIDED INTO 3 THIRDS OF 20 MINUTES. WHOEVER SCORES MORE GOALS WINS.

THE BIATHLON COMBINES CROSS-COUNTRY SKIING AND RIFLE SHOOTING. COMPETITORS MUST COVER THE TRACK AS FAST AS POSSIBLE AND THEN HIT 5 TARGETS AT A SHOOTING RANGE. FOR EACH MISS A PENALTY LOOP OF 150 METERS MUST BE SKIED AT THE STADIUM.

BIATHLON SHOOTING RANGE

COMPETITORS SHOOT LYING DOWN AND STANDING UP. THE NUMBER OF SHOTS DEPENDS ON THE DISCIPLINE AND SKIING DISTANCE. TRACKS CAN BE ANYWHERE FROM A COUPLE TO 20 KILOMETRES LONG.

THE TOTAL TIME IS MEASURED AT THE FINISH. THE DISCIPLINES ALSO INCLUDE RELAYS, FEATURING A CREW OF MEMBERS WHO SET OFF ONE AFTER ANOTHER. A RELAY CAN ALSO BE MIXED AND INCLUDE MEN AND WOMEN.



HOW TO DO

WATER SPORTS

AS SOON AS THE SUN COMES UP EVERYONE SETS OFF FOR WATER. WATER SPORTS CAN BE DONE EVERYWHERE—IN THE POND, LAKE, OR SEA. FOR SOME YOU'LL NEED ONLY YOUR SWIMSUIT; OTHERS REQUIRE ADDITIONAL EQUIPMENT. LET'S TAKE A LOOK AT THE MANY THINGS ONE CAN DO IN WATER.

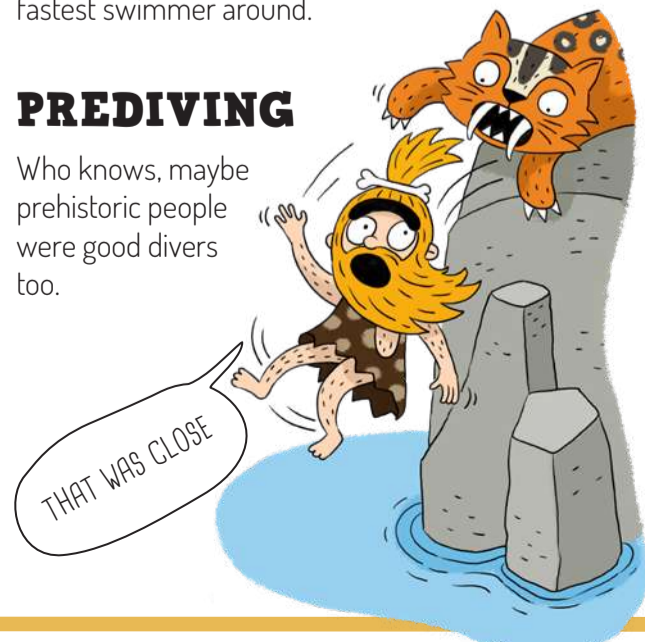


PRESWIMMERS?

We don't know whether prehistoric people could swim, but if they could, it was very dangerous for them to move around in the water. Maybe it was then that the first records in swimming were set. After all, the one who swims for their life is the fastest swimmer around.

PREDIVING

Who knows, maybe prehistoric people were good divers too.



SAILING?

It's unlikely that prehistoric people used water transportation for sports but who knows?



BOATS

People soon learned they could move on water without getting wet. Native Americans especially favoured canoes and sometimes raced in them.



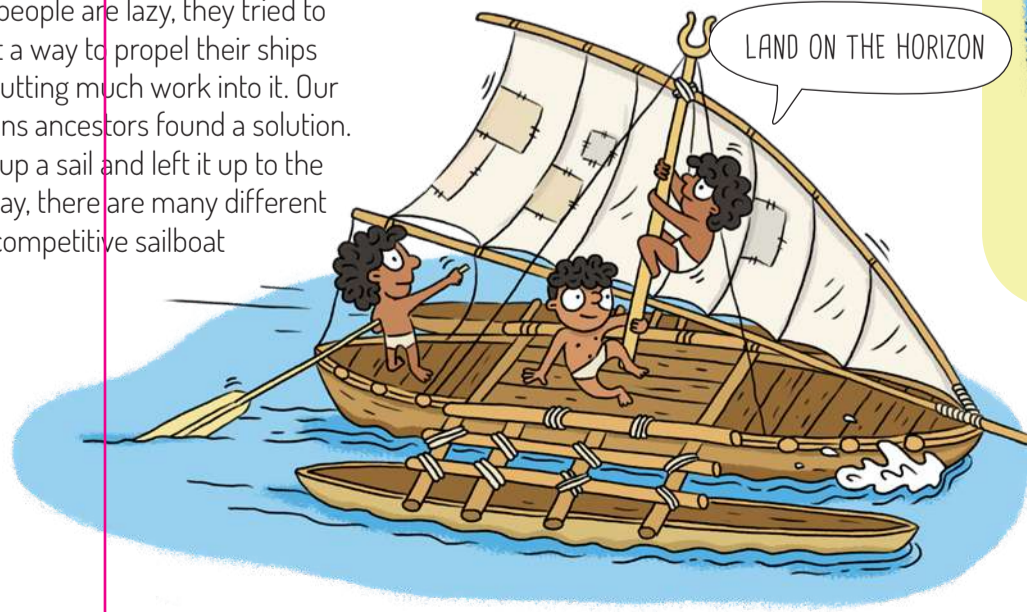
SURFING

So far we've been more or less joking around but this is the naked truth—although surfing may seem like a modern sport, South Americans or Hawaiians used a board to ride waves as early as thousands of years ago.

Kayak is meant for one or two people. You sit in it and use a double-bladed paddle to propel it forward.

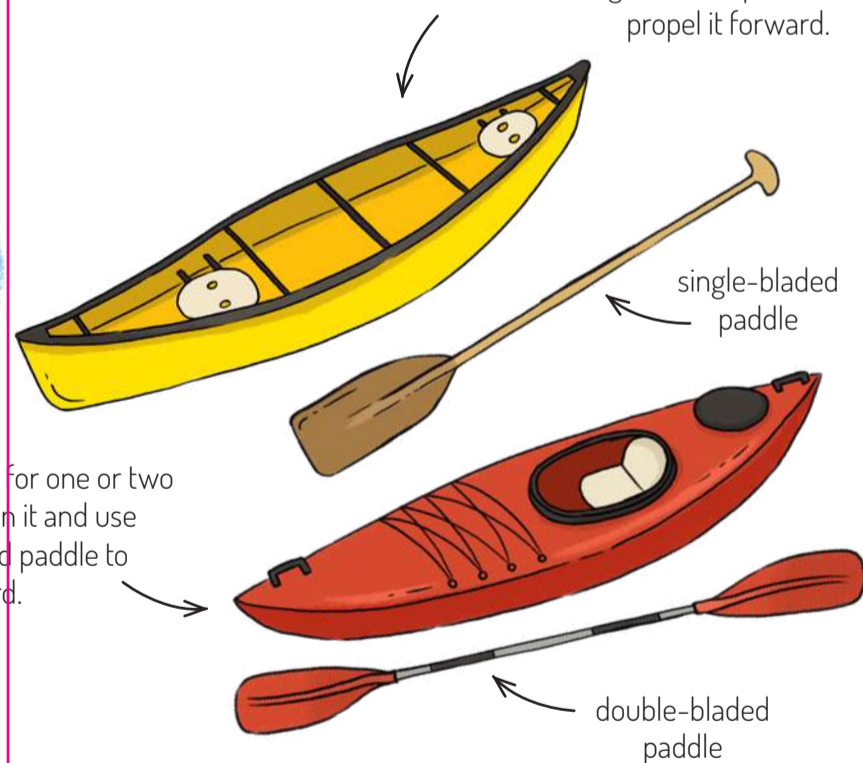
SAILBOAT

Because people are lazy, they tried to figure out a way to propel their ships without putting much work into it. Our Indonesians ancestors found a solution. They put up a sail and left it up to the wind. Today, there are many different types of competitive sailboat racing.



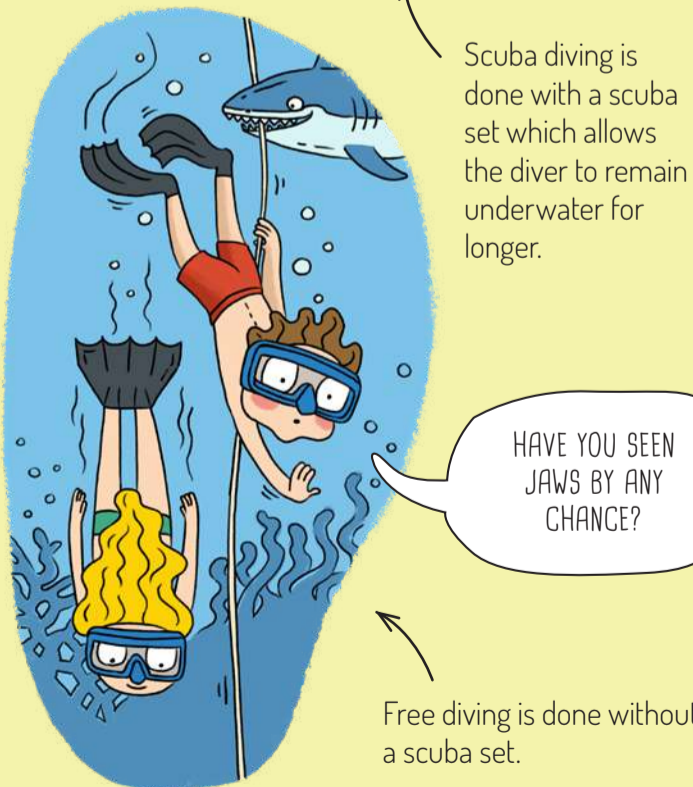
DIFFERENCE BETWEEN THE CANOE AND KAYAK

The canoe is a small boat for one or two competitors. You kneel in it and use a single-bladed paddle to propel it forward.



UNDERWATER DIVING

What used to be the privilege of pearl hunters is a very popular sport today. Surely, you too snorkel in the sea when you're on vacation.



Scuba diving is done with a scuba set which allows the diver to remain underwater for longer.

Free diving is done without a scuba set.

But that's not all for water sports.



AND LEARN ABOUT OTHER ONES.



HOW TO DO WATER SPORTS

HIGH SEA WAVES PROVIDE GOOD CONDITIONS FOR SURFING AT SOME SHORES. THE SURFER STANDS ON A PLASTIC BOARD CALLED THE SURFBOARD AND IS CARRIED BY A WAVE. THEY PERFORM VARIOUS FIGURES, SHARP TURNS, SPINS, AND SOMERSAULTS.

THE PERFORMANCE OF INDIVIDUAL SURFING FIGURES IS EVALUATED BY JUDGES WHO TAKE INTO ACCOUNT THE FORM, COMPLEXITY, AND COMBINATIONS, AS WELL AS SPEED.

YACHTING CAN BE DONE AT SEA OR OTHER LARGE BODIES OF WATER, SUCH AS LAKES OR DAMS. THERE ARE SEVERAL CATEGORIES, BY THE SIZE AND CONSTRUCTION OF THE BOATS.

YACHTERS CONTROL SAILBOATS, BOATS EQUIPPED WITH SAILS AND POWERED BY THE WIND. THE GOAL IS TO COVER THE ROUTE AS FAST AS POSSIBLE.

KITEBOARD IS A BOARD PULLED FORWARD BY SOMETHING RESEMBLING A PARACHUTE AND CALLED THE POWER KITE. THE COMPETITOR PERFORMS ACROBATIC FEATS WHILE RIDING THE WAVES. THE SPORT IS KNOWN AS WINDSURFING.

IN WINDSURFING COMPETITORS USE A BOARD EQUIPPED WITH A SAIL AND PUSHED FORWARD BY THE WIND. THE COMPETITOR MUST KNOW HOW TO TURN THE SAIL IN THE DIRECTION OF THE WIND TO USE ITS POWER.

WATER SKIING IS A FUN SPORT INVOLVING WATER SKIS PULLED BY A MOTOR BOAT. IT CAN BE DONE PROFESSIONALLY OR RECREATIONALLY.

IN WATER SLALOM COMPETITORS COVER A MARKED COURSE WITHOUT HITTING THE GATES MARKING IT, AND DO IT AS FAST AS POSSIBLE. PENALTY SECONDS ARE ADDED WHENEVER A GATE IS HIT.

THE COLOUR OF THE GATES TELLS THE COMPETITOR IN WHICH DIRECTION THEY NEED TO PASS THROUGH. GREEN-WHITE GATES MUST BE PASSED THROUGH DOWN THE STREAM; THE RED-WHITE UP THE STREAM.

CANOE SPRINT INCLUDES SEVERAL DISCIPLINES WHICH DIFFER IN THE NUMBER OF CREW MEMBERS, TYPE OF THE BOAT, AND COURSE LENGTH. CANOES OR KAYAKS ARE USED. THE CREW CAN HAVE 1, 2, OR 4 MEMBERS AND THE COURSE IS ANYWHERE FROM 200 TO SEVERAL KILOMETRES LONG.

RACES ARE HELD IN WILD WATER, INVOLVING A CANOE OR KAYAK WITH ONE OR TWO COMPETITORS. SPEED IS PARAMOUNT FOR RANKING. THE WILD WATER CAN BE VERY DANGEROUS FOR INEXPERIENCED PADDLERS.

CANOE SPRINT IS DONE IN STAGNANT, STILL WATERS, AT LAKES, DAMS, OR SPECIAL ARTIFICIAL RESERVOIRS. THE GOAL IS TO GET THROUGH THE COURSE AS FAST AS POSSIBLE. WHOEVER GETS TO THE FINISH FIRST WINS.

BUOYS MARK THE COURSE FOR COMPETITORS, AS WELL AS THE STARTING AND FINISH LINE.



O. Ružička, K. Mikadová

HOW TO DO SPORTS

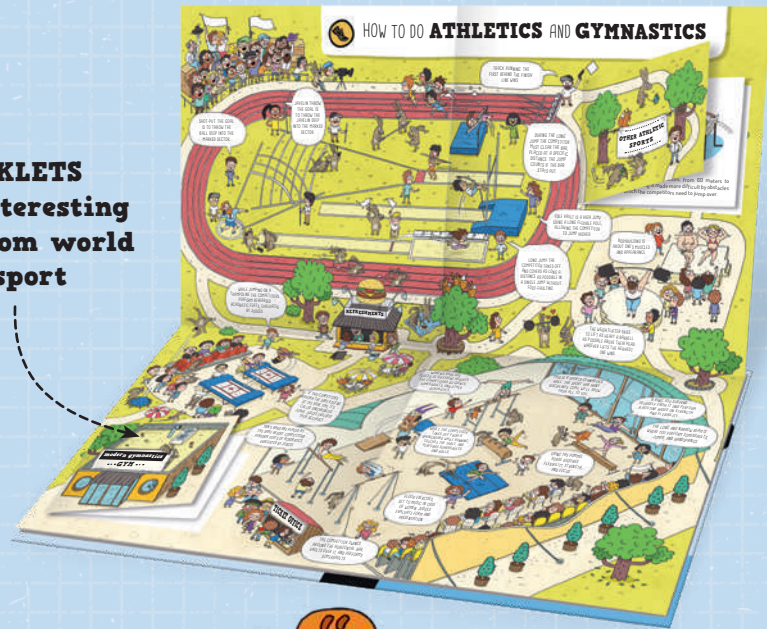
FOR AGE:
6+

THIS BOOK WILL
INTRODUCE LITTLE
READERS TO ALL
KINDS OF SPORTS.

Sports give you the option of spending your life in an **active, interesting way**. They develop one's body and spirit and anyone who wants to stay healthy should do at least one, even if only for recreation. This book will introduce you to individual sports and help you familiarize yourselves with many sports disciplines. Perhaps you'll find one that appeals to you and will start pursuing it. You'll learn about **athletics and gymnastics**, what can be done with a round or oval **ball**, which kinds of **sports** can be done **in winter** or **water**, what it means to do **motor sports** and what types there are, and last but not least what **martial sports, cycling, and other interesting games are**. The book will show you where the various types of sport come from and teach you their storied history—all this with large folding maps full of funny illustrations and captivating texts.

LARGE FOLDING MAPS
full of fun
and information

BOOKLETS
with interesting
facts from world
of sport



**ATHLETICS
and gymnastics**



**BALL
SPORTS**



*winter
sports*



**WATER
SPORTS**



*motor
SPORTS*



**martial arts
and other
SPORTS**



www.albatrosmedia.eu

© Designed by B4U Publishing,
member of Albatros Media Group, 2022.
Graphics Design: Kristýna Krahulcová
All rights reserved.

⚠ WARNING:
CHOKING
HAZARD
Small parts.
Not suitable for
children
under 36 months.

