



SIMPLE

CONTINUOUS
PROGRESSIVE

I sent

I play

I am
playing

I sent

I played

I was
playing

Actividades físicas y deportivas
CFGs Enseñanza y animación sociodeportiva
CFGs Acondicionamiento físico

Anexo para Andalucía

English for physical and sports activities



Anexo para Andalucía



Join the Zurich Maratón de Sevilla

Where: Sevilla, Spain

When: Sunday, 1 February 2023

The Zurich Maratón de Sevilla is a breath-taking event in the capital of Andalusia. The flattest and one of the fastest marathons in Europe offers a sea level route that is well protected from the wind. Paired with mild, sunny weather this makes the Seville Marathon a great choice for your first marathon attempt as well as for a new personal best.

The Zurich Marathon of Seville has a spectacular circuit, the flattest in Europe, which runs through the most emblematic places of the city, full of symbolical monuments like the Torre del Oro, Plaza de España, La Giralda, Maria Luisa Park or La Maestranza. The cheering crowds and multiple music groups along the route will lead you to the spectacular finish at the famous Cartuja Stadium.

The Zurich Maratón de Sevilla is perfect to achieve a great time due to its flat circuit at sea level and protected from the wind, the climate of the city in late February, the beautiful course that returns to the historic and touristic area with more public, the excellent attention to runners recognized by participants and institutions, and because Seville offers all the touristic conditions for the visitors to experience a unique week.

Start address: Paseo de las Delicias, Sevilla, Spain

Finish address: Paseo de las Delicias, Sevilla, Spain

What's included

These are included in your entry

- Finisher medal
- Goodie bag
- Event T-shirts
- Timing chip (single use)
- Pacers: There will be pacemakers for the following times: 2.45h, 3h, 3.15h, 3.30h, 3.45h, 4h, 4.30h and 5h. They will be at the front of the corresponding boxes depending the time to achieve and they will be identified with a balloon and a customised t-shirt.
- Expo entry
- Drink Stations: 16 stations on the course and at the finish line.
- Nutrition Stations: At kilometres 27.5 and 34.4 there will be gels in addition to water and isotonic drinks on both sides of the road, served in glasses.
- Medical Assistance
- Bag drop
- Toilets

Adapted from: World's Marathons, ZURICH Maraton de Sevilla
<https://worldsmarathons.com/marathon/zurich-maraton-de-sevilla>

Malaga city club put on first athletics meeting, attracting 400 athletes from 15 different countries

The inaugural event took place at the city's athletics stadium, days after the Spanish Championships in Nerja

Marina Rivas

Malaga

Friday, 1 July 2022

Malaga Club de Atletismo hosted their inaugural international meeting on Tuesday at the city's athletics stadium. Over 400 athletes from 15 different countries took part, as the club hope that the event can grow and become a staple on the international athletics scene.

The date of the meeting was an easy decision for organisers, who chose to host the event in the days following the National Athletics Championships in Nerja. That allowed for many athletes to take advantage of their presence in the area.

Such was the case for Javier Cienfuegos, Spain's most successful hammer thrower, who also broke his personal best at the event; shot-putter José Antonio Pinedo; sprinter Lara Gómez, and Maialen Axpe, pole vaulter.

It was a much more relaxed atmosphere than a typical international meeting, as athletes didn't have the usual amount of pressure on them to perform, focusing more on improving their own scores and breaking their records. In the end, it was a good trial run for future events in the city.

Adapted from: <https://www.surinenglish.com/sport/malaga-city-club-20220701113644-ntvo.html>

Water sports

Understand the rules and regulations in relation to swimming pools in Southern Spain

The regulations regarding community pools generally apply to the control of water sanitation. However, the Junta de Andalucía (Andalucía Government) have added a number of other stringent regulations regarding communal swimming pools which service over 20 dwelling units.

The regulations are as follows:

- **Children's pools.** Children's pools are those intended for use of children under six years of age. These pools should be no deeper than 40cm nor have slants or slopes of over 10 percent. Children's pools should be totally independent so not to allow children to gain access to other pool areas accidentally.
- **Pool ladders.** Ladders should be installed at least every 25 meters or fraction of the perimeter. They should be constructed of stainless steel for ease of cleaning and should be deep enough to allow for comfortable climbing, but must not reach the bottom of the pool.
- **Deck characteristics.** The deck is considered the area immediately around the pool. The deck should have a minimum width one meter and should be of a material that prevents slipping. Its design should prevent the formation of puddles and the flow of water back into the pool.
- **Life buoys.** Community pools should have as many life buoys as there are pool ladders. They should be installed in visible places and be accessible by swimmers. Each ring or life buoy must have a rope tied to it which is at least half the maximum width of the pool plus 3 meters.
- **First aid.** Swimming pools for collective use should have a First Aid kit with all necessary materials for treatment of pool users. If the pool water surface is over 600 meters squared, an easily accessible independent room, with appropriate signs, should be available to administer first aid.
- **Lifeguards.** All swimming facilities for collective use with a total water surface area of 200 meters squared or more should have a qualified lifeguard. For swimming facilities of between 200 and 500 meters squared there should be one lifeguard.

A minimum of two lifeguards are required for pool with a total water surface area of between 500 and 1000 meters squared, or one additional life guard per pool or per fraction of 500 meters squared.

- **Toilets.** Community pools should provide toilets and dressing room facilities in well-ventilated indoor premises. They should have running water, toilet paper, disposable towels and soap dispensers.
- **Showers.** Showers should be placed in the vicinity of the pool area. Numbers of showers should be at least equal to the number of pool ladders. The shower base must be non-slip with a sufficient slope to allow for drainage.

Shower heads should be either replaced on a yearly basis for the purposes of hygiene.

- **Register and control book.** A Register and Control Book should be kept for each pool. This book should be available for inspection at the request of both the health authority and any users of the pool facilities.
- **Pool protection.** When the pool is not in use, at night and in the off season, it should be protected by a lockable fence.

There are currently no guidelines as to the height of the fence, however, with respect to French law, which is likely to be taken as the European standard, the fence should be a minimum of 1.2 meters in height and have self-locking gates. This is by far the safest measure, even when the pool is in use, as it ensures that young children cannot accidentally enter the pool area without supervision.

- **Signs.** Every swimming facility for collective use should have displayed a set of Internal Rules which shall contain at least:
 - A prohibition to enter the bathing area wearing “street” clothes or shoes.
 - An indication that it is compulsory to shower prior to entering the pool.
 - A prohibition to litter and an indication to use waste paper bins.
 - In indoor swimming facilities, an indication to use bathing caps.
 - A prohibition to enter the swimming facility with pets, with the exception of guide dogs.

Adapted from: <https://www.angloinfo.com/how-to/spain/lifestyle/sports-leisure/spanish-pool-laws>

These are the new community pool rules in Andalucía this summer

The Junta de Andalucía’s Ministry of Health has announced some restrictions relating to the capacity limits of swimming pools

Susana Zamora

Friday, 4 June 2021

The Junta de Andalucía’s Ministry of Health has announced new regulations and restrictions that community pools – most of them on residential complexes – will have to comply with this summer, after they were published in the regional government’s BOJA Official Gazette.

The Official College of Property Administrators of Malaga and Melilla has pointed out that many of last year’s measures must continue to be complied with including the “meticulous” cleaning and disinfection of the facilities, “with special attention to closed spaces such as changing rooms or bathrooms prior to the opening of each day”, although the main change is that the allowed capacity of the swimming pool will depend on the current coronavirus health alert level.

At health alert level 1, the capacity of the community swimming pools may be 100 per cent, both for outdoor and indoor pools. At alert level 2, the capacity may continue to be 100 per cent in outdoor pools, but will be limited to 75 per cent in indoor pools. At alert level 3, the maximum capacity will be 75 per cent for outdoor pools and 50 per cent for indoor pools. At health alert level 4, the capacity will be reduced to 50 per cent in outdoor pools and 30 per cent in indoor pools.

In addition to cleaning and disinfection measures, another of the restrictions maintained from the 2020 season is social distancing between groups that do not live together. In addition, “all personal items, such as towels, must remain within the perimeter of area, and contact with other users must be avoided,” says the BOJA.

Adapted from: <https://www.surinenglish.com/national/202106/04/these-community-pool-rules-20210604110420.html>

Sports with implements

Five things to know: Davidovich Fokina and his clay-court run

Ashley Ndbele

Wednesday, 12 May 2021

Alejandro Davidovich Fokina is only 21 years old but he's already a disrupter on the ATP Tour. In Monte Carlo last month, he scored his biggest career victory with a second-round upset win over eighth-seeded Matteo Berrettini.

This week in Rome, the qualifier stunned former world No. 3 Grigor Dimitrov in straight sets his main-draw opening round, consolidating it with a comprehensive victory over Cameron Norrie to make an appointment with Novak Djokovic.

1. Masters 1000 Clay-Court Milestone

Before the 2021 Rolex Monte-Carlo Masters, he had yet to win a clay-court match at a Masters 1000 clay-court event. Since then, he's 10-2.

2. First Masters 100 quarterfinal

Last month, he reached his first career quarterfinal at a Masters 1000 event. He was forced to retire in the middle of the match against eventual champion Stefanos Tsitsipas due to a left quadriceps injury.

3. Ranking Rise

In April, Davidovich Fokina reached a career-high of No. 48, where he currently sits. This time last year, he was the world No. 131.

4. Trained by Marathon Legend

This season, the young player added fellow Spaniard and marathon legend Martin Fiz —a former World and European Champion marathon runner — to his team.

"I'm the link between his psychologist and his fitness coach. But fundamentally, I focus on the psychological side because I come from a tough sport where you have to work hard, where there are ups and downs, and that's what I try to transmit to Alex," Fiz said.

5. Mental Calmness

He has worked on his mental fitness to help him win matches.

"Before, I used to be a much more hyperactive and anxious person," the Spaniard said. "I wanted to finish every point in three shots, but when you evolve as a player you realise that tennis is not about winning in three shots. It's about staying mentally calm and feeling stable

"You have to take advantage of your opportunities, but also acknowledge that there may be more opportunities to come if you can't."

Adapted from: <https://www.tennis.com/baseline/articles/five-things-to-know-davidovich-fokina-his-clay-court-run>

Andalucía 2022 World Para Table Tennis Championships starts in dramatic style

Sport presentation of the quadrennial event reaches new high in Granada

The Andalucía 2022 World Para Table Tennis Championships started in style on Sunday 6 November in the southern Spanish city of Granada.

After an inspiring opening ceremony showcasing the athletes to a flamenco rhythm, seven days of amazing action began. A total of 39 World titles are at stake, in 11 classes for men and women. For the first time ever, titles will be awarded for women in class 1 and mixed doubles, further improving gender equality in Para table tennis.

Until 12 November, 326 players from 51 teams will compete in the world-class Palacio de los Deportes, a record number of participating teams since the first edition of the World Para Championships in 1990. All continental federations are represented.

The event uses live-scoring system for the first time with all results available in real time on the ITTF website. Moreover, all matches are live streamed on the ITTF YouTube channel.

Para table tennis is being presented at new heights. Centrepiece is the playing hall covered with eight tables, and a 30-meter-long screen that fills one side of the arena. The venue also benefitted from accessibility enhancement for wheelchair users, with ten special toilets, two ramps for the practice area and two ramps for the entrance being installed.

The venue is complemented with fully accessible accommodation and transportation services including six low-platform buses. Chagit Brill, a player from Israel, praised the organisers: "Great efforts have been made for the tournament and cooperating with the city. Taxi companies were trained and briefed to accommodate wheelchair users. It is the first time I feel so free in a host city."

The support for the Andalucía 2022 World Para Table Tennis Championships has been rock-solid, as exemplified by the participation of close to a hundred volunteers. The Mayor of Granada Francisco Cuenca said, "Granada has been a trailblazing city in Spain in the field of Para sports, we are sure that we will witness a great sporting event during the next week."

Adapted from: International Tennis Table Federation (ITTF)

<https://www.ittf.com/2022/11/06/andalucia-2022-world-para-table-tennis-championships-starts-dramatic-style/>

Team sports

Recreativo de Huelva: Spain's Oldest Football Club

April 4, 2022

Do you know which is the oldest football club in Spain? It may surprise you to know that the answer is Real Club Recreativo de Huelva in the southwest of Andalucía. They were founded on 23 December 1889, a decade before Barcelona existed, and a whole 13 years before Real Madrid came into existence. Being the old man of Spanish football, they are also affectionately known as *El Decano*, or The Dean in English.

The Huelva Recreation Club, as it was then known, had a very English name. That's because it existed primarily for workers at the British Rio Tinto mines. They formed their club and were subsequently challenged to a game by British workers in nearby Seville. They had formed their own club a few weeks after Huelva. That challenge resulted in the first ever football match in Spain. A note for the historian nerds out there, Sevilla celebrated their centenary in 2005 but the club then changed its formation date to 1890 as it turned out to be the same club that played in that first game! The report below from the Dundee Courier was instrumental in that change to their official foundation date and illustrates the links between Seville and Dundee for oranges to make marmalade.

Back to *El Recre*, as they are known by their fans, and they needed a ground. Nowadays there is a shiny new stadium on the banks of the river (more of that later) but they originally played on a pitch at the *velódromo*, which we assume was a cycling track. It was right next door to our hotel, the NH Luz Huelva. They played there from 1892 until 1957. A statue commemorates this and the nearby cafe is full to the brim of photographs and memorabilia.

From 1957 until 2001 the club played at the central Estadio Colombina after which it moved to the modern Estadio Nuevo Colombino. Although we weren't lucky enough to see a game, the stadium is easily accessible and you can get a tantalising glimpse inside. What we really wanted to see though, was the statue paying homage to the supporters of the club. Thankfully it is located outside the stadium and it is fabulous. It appears to be a granddad with his two grandchildren watching a match. Look carefully at the plaque underneath and you may just catch a glimpse of the shield of the world's oldest football club. In 1857, Sheffield FC were formed, and for those of you with some knowledge of English football, this is neither Wednesday nor United! Sheffield in fact ply their trade in Tier 8 of the football pyramid alongside the likes of Cleethorpes Town. It would have been nice to have explored the history of *El Recre* more but the club's museum, whose entrance is via the well-stocked gift shop, closed during the Covid crisis and nobody seems to know if or when it will re-open.

So what of the exploits of the football club? It's certainly not had a glorious existence full of silverware, but having joined the Spanish league at some stage, they only reached the second tier in 1940 and their stay was brief, just one season. It wasn't until 1978 that this historic club finally reached the top flight but a single season was all they could muster. The same happened in 2002. Three successive seasons at the top level were completed from 2006 to 2009 and since then their fortunes have steadily declined culminating in the ignominy of being relegated to the fifth tier of Spanish football in the reorganisation of the league in 2021. Better times are ahead though, and they recovered from the shock of playing at such a low level by gaining promotion at the beginning of April 2022.

Congratulations to El Decano. The start of better days to come? If your Spanish is up to the challenge, this short video runs through the history of the club in pictures.

Adapted from: <https://anythingbutpaella.com/recreativo-de-huelva-spains-oldest-football-club/>

Outsiders Unicaja bring the Copa del Rey back to Malaga for just the second time in history

The city basketball team clinched the trophy with a 80-83 victory over Lenovo Tenerife in Badalona on Sunday night, beating both Barcelona and Real Madrid on the way to the final

Daryl Finch and Juan Calderón

Monday, 20 February 2023

The Unicaja basketball team sealed just their second ever Copa del Rey title on Sunday night with a tightly contested victory over Lenovo Tenerife.

The Malaga side ran out 80-83 winners in Badalona after shading all but one of the quarters (16-17, 23-20, 21-23, 20-23) thanks primarily to the individual efforts of Tyson Carter, named MVP of the tournament, and Tyler Kalinoski.

Unicaja executed the game plan to perfection and demonstrated the same chemistry on the court that has been in evidence throughout the competition and which helped them go from tournament outsiders to unlikely winners.

Much of the credit must go to coach Ibón Navarro who has only been in the job for a year and has gone from saving the team from relegation to Copa winners.

"I'm so happy for the boys. They deserve it," he said, following the game.

Local boy and captain Alberto Díaz, who admitted to nearly fainting with emotion as he lifted the trophy, added: "I have no words. We have an incredible group of human beings. They deserve the best and they've shown that there's no one who can beat them. And with these fans? What more could you ask for?"

Barcelona and Real Madrid both beaten on the way

The Copa del Rey got off to a great start for Unicaja as they overcame their own personal hoodoo to beat Barça 87-89. The Malaga side hadn't beaten the Catalans in the tournament since 3 January 1994 but they put that right on Thursday night.

Unicaja never stopped believing and had to overcome a bad start to eventually force extra time. Thanks to the efforts of Darío Brizuela and Kendrick Perry, they outplayed their opponents and sealed their place in the semi-finals, where they faced Real Madrid on Saturday.

This was their best showing of the competition. Everything went exactly to plan and Real Madrid really didn't stand a chance. Navarro's team won 82-93 and in doing so, Unicaja became the first team in history to beat both Barcelona and Real Madrid in the same Copa.

The best Copa in history?

This year's Copa del Rey is widely being touted as the best in history.

Badalona, hosting the Copa del Rey for the first time in 40 years, welcomed every league winner for the past two decades for this edition of the tournament.

The level, therefore, was extraordinarily high and every match was closely contested. However, that didn't stop Unicaja from bring home the trophy for the first time in 18 years.

Adapted from: <https://www.surinenglish.com/sport/unicaja-copa-rey-basketball-20230220011906-nt.html>

Gym activities

Grand Prix Marbella 2021 already confirms participants

Tuesday, 31 August 2021

Marbella is one of the stages for Grand Prix Series that include other cities as Kiev, Holon, Tartu, Brno, Thiais and Moscow. Last year this Grand Prix was cancelled due to COVID-19 health problem.

This week Andalusian Gymnastics Federation already confirmed that Grand Prix Marbella 2021 will take part in San Pedro de Alcantara on the 17th and 18th of October.

This could be one of the biggest competitions of 2021 in Spain. The tournament consists in 2-competitions-in-one: Grand Prix Senior and International Junior competition, which is called Andalucía Cup

Russian delegation already confirmed their participants: Lala Kramarenko, Anastasia Simakova and Ekaterina Selezneva. The next confirmation will be from Belarus, who already won the 3rd position in Olympic Games with Alina Harnasko. Anastasia Salos and Arena Krasnorutskaya is the gymnast that will represent BLR in this tournament.

Tickets will be available soon. All official statements will be provided by Andalusian Gymnastics Federation. Marbella celebrates its 6th International Rhythmic Gymnastics Grand Prix.

Adapted from: Rhythmic Gymnastics Info

<https://rhythmic-gymnastics.info/2021/08/31/grand-prix-marbella-2021-already-confirms-participants/>

Rhythmic Gymnastics: Grand Prix Marbella 2022

The 2022 Grand Prix Marbella of Rhythmic Gymnastics will take place on March 26 and 27 as always at the Elena Benítez Sports Palace in San Pedro Alcántara in Marbella.

This traditional event is organized by the Andalusian Gymnastics Federation.

Along with the Grand Prix event, 3 tournaments are held: the International Junior Tournament Andalucía Cup, and the National Team Tournament Marbella Cup in a unique setting that cannot be enjoyed regularly.

It will be the biggest international rhythmic gymnastics event that Spain will have in 2022.

Adapted from: GM Media International

<https://www.gymmedia.com/Rhythmic-Gymnastics/RG-GRAND-PRIX-Marbella-2022>

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