

MATÉRIA DE **PE** 1º BIMESTRE 2016

OFICIAL

1º ANO

THE SIMPSONS

TEXT I

The Simpson Family are TV's favourite family.

Bart is ten years old. He always gets in trouble at school and with his neighbours. He is also unkind to his sisters. His sister, Lisa, plays the saxophon. She is very intelligent. Maggie is their baby sister. She doesn't speak.

Homer and Marge Simpson are their parents. (...) At home, he sits on the sofa and watches TV. He loves doughnuts. Marge works at home. She cleans and cooks dinner for her family. The children help her. Homer is not a modern man, he doesn't help at home.

TEXT II

The Simpsons are a family who live in a fictional "Middle American" town of Springfield. Homer, the father, works as a safety inspector at the Springfield Nuclear Power Plant, a position at odds with his careless, buffoonish personality. He is married to Marge Simpson, a stereotypical American housewife and mother. They have three children: Bart, a ten-year-old troublemaker; Lisa, a precocious eight-year-old activist; and Maggie, the baby of the family who rarely speaks, but communicates by sucking on a pacifier.

Although the family is dysfunctional, many episodes examine their relationships and bonds with each other and they are often shown to care about one another.

The family owns a dog, Santa's Little Helper, and a cat, Snowball...

2º ANO

PARKOUR (French pronunciation: [paʁkuʁ]) is a training discipline using movement that developed from military obstacle course training. Practitioners aim to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible. Parkour includes running, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement, and other movements as deemed most suitable for the situation. Parkour's development from military training gives it some aspects of a non-combative martial art.

Parkour is an activity that can be practiced alone or with others, and is usually—but not exclusively—carried out in urban spaces. Parkour involves seeing one's environment in a new way, and imagining the potentialities for navigating it by movement around, across, through, over and under its features.

Parkour was developed in France, primarily by Raymond Belle, and further by his son David Belle and his group of friends, the self-styled Yamakasi (the original group of parkour practitioners from Lisses, France), during the late 1980s. The discipline was popularized in the late 1990s and 2000s through films, documentaries, and advertisements featuring the Yamakasi.

3º ANO

MOTOWN is an American record company. It was founded by Berry Gordy, Jr. as *Tamla Records* on January 12, 1959, and incorporated as Motown Record Corporation on April 14, 1960, in Detroit, Michigan. The name, a combination of motor and town, has also become a nickname for Detroit. Motown played an important role in the racial integration of popular music as an African American-owned record label which achieved significant crossover success. In the 1960s, Motown and its subsidiary labels (including Tamla Motown, the brand used outside the US) were the most successful proponents of what came to be known as the Motown Sound, a style of soul music with a distinct pop influence. During the 1960s, Motown achieved spectacular success for a small record company: 79 records in the **Top Ten** of the **Billboard Hot 100** record chart between 1960 and 1969.

Gordy relocated Motown to Los Angeles in 1972, and there it remained an independent company until June 28, 1988, when Gordy sold the company to MCA and Boston Ventures (which took over full ownership of Motown in 1991). Motown was then sold to PolyGram in 1994, before being sold again to MCA Records' successor, Universal Music Group, when it acquired PolyGram in 1999.

Motown spent much of the 2000s as a part of the Universal Music subsidiaries Universal Motown and Universal Motown Republic Group, and headquartered in New York City. From 2011 to 2014, Motown was a part of The Island Def Jam Music Group division of Universal Music. On April 1, 2014, Universal Music Group announced the dissolution of Island Def Jam; subsequently Motown relocated back to Los Angeles to operate under the Capitol Music Group. It now operates out of the landmark Capitol Tower.

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SUBSTITUTIVA

1º ANO

EVERYBODY HATES CHRIS

Tyler James Williams as Chris, the ambitious, normal, responsible, kind-hearted, but unlucky, unpopular, untalented, nonathletic, nonacademic, hapless, awkward, nerdy, vulnerable eldest child and main protagonist of the series. He wishes he was more like his younger brother, Drew. (...) He tries hard to fit in with his peers, but often finds himself a victim of circumstance. Chris is bullied at school (with little help from teachers or faculty members), tortured by his sister, shown up by his brother, victimized by the racist teaching staff, gets his money stolen by neighborhood thugs, does poorly in class, underpaid at work, receives tough love from his mother, and distressing treatment from his father. As the eldest child, he is often put in charge of his younger siblings, but they usually disobey him. (...) People just seem to hate him for inexplicable reasons. (...) As he gets older, Chris becomes interested in stand-up comedy and begins telling jokes in school. At the end of the series - after he was late for class because of his repeating the tenth grade - he drops out of school and gets his GED (General Equivalency Diploma – A trademark for a battery of standardized tests used as a qualification for a high school equivalency credential).

2º ANO

ROCK CLIMBING is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a usually pre-defined route without falling. Due to the length and extended endurance required and because accidents are more likely to happen on descent than ascent, Rock Climbers do not usually climb back down the route. It is very rare for a climber to downclimb, especially on the larger multiple pitches (class III- IV and /or multi-day grades IV-VI climbs). Professional Rock climbing competitions have the objectives of either completing the route in the quickest possible time or attaining the farthest point on an increasingly difficult route. Scrambling, another activity involving the scaling of hills and similar formations, is similar to rock climbing. However, rock climbing is generally differentiated by its sustained use of hands to support the climber's weight as well as to provide balance.

Rock climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility and balance along with mental control. It can be a dangerous activity and knowledge of proper climbing techniques and usage of specialised climbing equipment is crucial for the safe completion of routes. Because of the wide range and variety of rock formations around the world, rock climbing has been separated into several different styles and sub-disciplines.

3º ANO

LULLABIES

A lullaby or cradle-song, also spelled cradle song, is a soothing song or piece of music, usually played or sung to children or adults. The purposes of lullabies vary. In some societies they are used to pass down cultural knowledge or tradition. ***In addition***, lullabies are often used for the developing of communication skills, indication of emotional intent, maintenance of infants' undivided attention, modulation of infants' arousal, and regulation of behavior. Perhaps one of the most important uses of lullabies is as a sleep aid for infants. As a result, the music is often simple and repetitive. Lullabies can be found in many countries, and have existed since ancient times.

Lullabies are often used to pass down or strengthen cultural roles and practices. In an observation of the setting of lullabies in Albanian culture, lullabies tended to be paired with the rocking of the child in a cradle. This is reflected in the swinging rhythmicity of the music. In addition to serving as a cultural symbol of the infant's familial status, the cradle's presence during the singing of lullabies helps the infant associate lullabies with falling asleep and waking up. In Brazil "Dorme neném" (Sleep Little Baby) is sung all over the country and includes a reference to "Cuca", a folk character very feared by children.