

SESSIÓ D'EDUCACIÓ FÍSICA

ALUMNES: Paula Osorio i Irene Sandín CURS: 4 ESO B ESPORT: Pilates	MATERIAL: Mats	OBJECTIUS: Get flexibility and balance
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INICI

Temps	Nom activitat i explicació
5 min	<div style="text-align: center;"> </div> <p>All the exercises are to prepare the muscles easily.</p>

Part principal

Temps	Nom activitat i explicació	Representació Gràfica
15min	<p>Put like in the photo and your butt up and down.</p> <p>put your one side on the floor and the leg that's up go up and down, and the change side and do the same with the other leg.</p> <p>keep the balance and go up and down</p>	



	<p>Again, dog position and up and down your leg in 90 degree (change the leg)</p> <p>Your back in the floor and get one leg after another.</p> <p>swimmers exercicies</p> <p>Dog position and up and down straight leg (change the leg)</p> <p>In pairs, put your feets together but with the legs closed and stretch</p>	   
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FINAL

Temps	Tipus d'activitat
3 min	