



## SESSIÓ D'EDUCACIÓ FÍSICA

ALUMNES: Paula Osorio i Irene Sandín

**MATERIAL:** 

**OBJECTIUS:** 

**CURS:** 4 ESO B

Mats

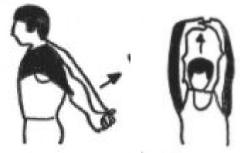
Get flexibility and balance

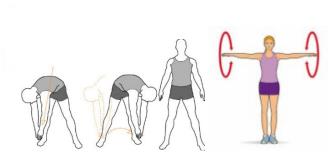
ESPORT: Pilates

5 min

Temps Nom activita

Nom activitat i explicació





All the exercices are to prepare the muscles easly.

Part principal

| Temps | Nom activitat i explicació  | Representació Gràfica |
|-------|---|-----------------------|
| 15min | Put like in the photo and your butt up and down.  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.  keep the balance and go up and down |                       |





Again, dog position and up and down your leg in 90 degree (change the leg)

Your back in the floor and get one leg after another.

swimmers exercicies

Dog position and up and down straight leg (change the leg)

In pairs, put your feets together but with the legs closed and strech









## **FINAL**

| Temps | Tipus d'activitat |
|-------|-------------------|
| 3 min |                   |