

# SESSIÓ D'EDUCACIÓ FÍSICA

<b>ALUMNES:</b> Marc Montesinos y Sergio Rodríguez <b>CURS:</b> 4 Eso C <b>ESPORT:</b> Tonificació	<b>MATERIAL:</b> balls and mats	<b>OBJECTIUS:</b> Tonificar els músculs cos
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## Part inicial

Temps	Nom activitat i explicació
2-4 min	Presentation: In this part, we will do is mainly explain our activity and the exercises we do, what time will we use, the dynamics of the class and the intensity that will utilize

### Part inicial

Temps	Nom activitat i explicació
30s	<b>Abs (with ball):</b> lie back up and raise the waist upwards
30s	<b>Push-ups (with ball):</b> lie down and put your feet and hands on the floor and lift and lower
30s	<b>Squats (with ball):</b> do it as if you were sitting in the air
30s	balance with ball and flexion, do a push-up but with a ball in their hands
30s	<b>Lift legs (with ball):</b> lie down and raise the legs
30s	<b>Lift and lower legs (with ball):</b> lie down and lift and lower your legs
30s	<b>Lift one leg and then another (with ball):</b> lie down and raise one leg and lower the other
30s	<b>Lift legs and hold (with ball):</b> lie down and lift your legs and hold
30s	<b>Lift legs and hold sideways (with ball):</b> lie down and lift your legs and hold sideways
30s	<b>Flexure position and raise one arm and then another:</b> make a bending and blowing an arm
30s	and then another
30s	<b>Bending position supported with forearms:</b> a bending but leaning against the forearm
30s	<b>Pass the ball (with ball):</b> roll the ball ahead and back
30s	<b>Abdominal sideways (with ball):</b> abdominal but lifting sideways
30s	<b>Touch the foot with the hand:</b> kick and touch the hand
30s	<b>Position spiderman flexion (touching the foot with the arm):</b> make a flexion raising your
30s	legs to your hands
30s	<b>Squat plus side step (with ball):</b> so a squat sideways
30s	<b>Pandereta:</b> stretch arms from front to back
30s	
	<b>Griddle:</b> lie down and support the weight of the body with the arms
30s	<b>Raise hip (with ball):</b> lie down and lift your hip with your feet the maximum glued to the
30s	gluteus
30s	<b>Pass the ball from hand to feet (with ball):</b> lie down and pass the ball from the hands to the
	feet
30s	<b>Jump squat and push-up:</b> you have to jump do squat and push-up
2 min.	rest

### FINAL

Temps	Tipus d'activitat
3 min	Stretching