Lesson Plan 4 ESO C

**Membres del grup**: Ann Denzel Ison Arconado

Susana Yu

**Material: màrfagues**

**Objectiu:** tonificar i augmentar glutis, abdominals i cames, i millorar el nostre cos amb activitats i dinàmiques i individuals de manera que el resultat sigui positiva



**Individually activities:**

1. **Strech 30’’**

**take one leg and push it towards your gluti**

2. **Worm up 30’’**

separate the legs and you have to go touching the tips of your feet



4. **Crunch 30’’**

With the leg hanging you have to bend your knees as far as you can



5. **Tisors 30’’**

Hang your legs and let's close and open like scissors



6. **Side to side 30’’**

bend your knees and reach the heels of your feet



7. **The bridge 30’’**



8. **Kicks 30’’**



11 **Lateral kick 30’’**



9. **Elevation 30’’**



10. **Touch the sky 30’’**



**Activities in pair:**

1. Sumo squad 1’

2. Doble bycicle 1’



**Activities in group:**

1. Zancada 5’