**Teachers:** Arjhay Manalo Medrano and Zelvane Flores

**Class:** 4t ESO-C

**School:** Escola Anna Ravell

**Name of the activity:** Mucles toning and abdominals.

**Introduction**

-Good afternoon classmates, today we will be your teachers. We choise the activity of toning muscles and abdominals.

**Equipment:** Comfortable clothes.

**Space:** Gym.

**Objectives:** The objective are,

**0-Starting activity**

**·Name:** Streching muscles.

**·Explanation:** To make a sure activity, we need to stretch our body.

**-Exercies 1:** Arm rotation

**-Exercies 2:** doll rotation

**-Exercies 3:**  Finger stretch

**-Exercies 4:** Head rotation

**-Exercies 5:** Stretch the arm.

**·Time:** 3 minutes.

**·Materials:** Mat

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**1r-First activity**

**·Activity:** Toning

**·Explanation:** The first activity that you will do is the toning. We will do one of the exercise two times, 2 sets of 30sec.

**-Exercies 1:** Squads

**-Exercies 2:** Squads with a jump

**-Exercies 3:** Twisting knee plank



**-Exercies 4:** Biceps

**-Exercies 5:** triceps

**-Exercies 6:** push ups.

**·Total time:** 8 minutes.

**·Materials:** elastic bands for each student

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**2n-Second activity**

**·Activity:** Abdominals.

**·Explanation:** The second activity is abdominals, take one mat for each of you.

**-Exercies 1:** Lower abdomen. 2 sets of 15

**-Exercies 2:** crun chest. One by one has to count 1 to 10 so If we are 25 student we will do 250 of crun chest.

**-Exercies 3:** single drop. 2 sets of 15.

**-Exercies 4:** bicicle. One by one has to count 1 to 10 so If we are 25 student we will do 250 of bicicle.

**·Total time:** 8 minutes

**·Materials:** Mat.

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**3r-Third activity**

**·Activity:** Convination of toning and abdominals (intensive)

**·Explanation:** In the third exercise, we will make a conviantion of the toning and abdominals, but more intensive

**-Exercies:** 8 minuts of convination of toning and abdominals, we do 1 exercies of toning and then we do an abdominal.

**·Music:** I’ll bring the music in a pendrive.

**·Total time:** 8 minutes

**·Materials:** Mat and elastic bands