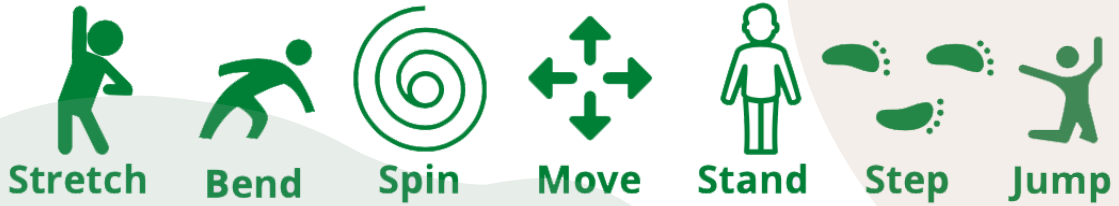


Design a warm up for your class

Adaptación de la propuesta de @educacionfisicacompetencial

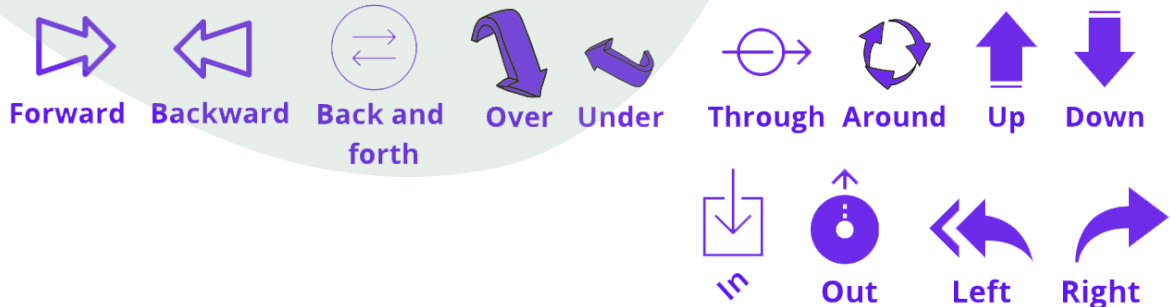
1. CHOOSE AN ACTION



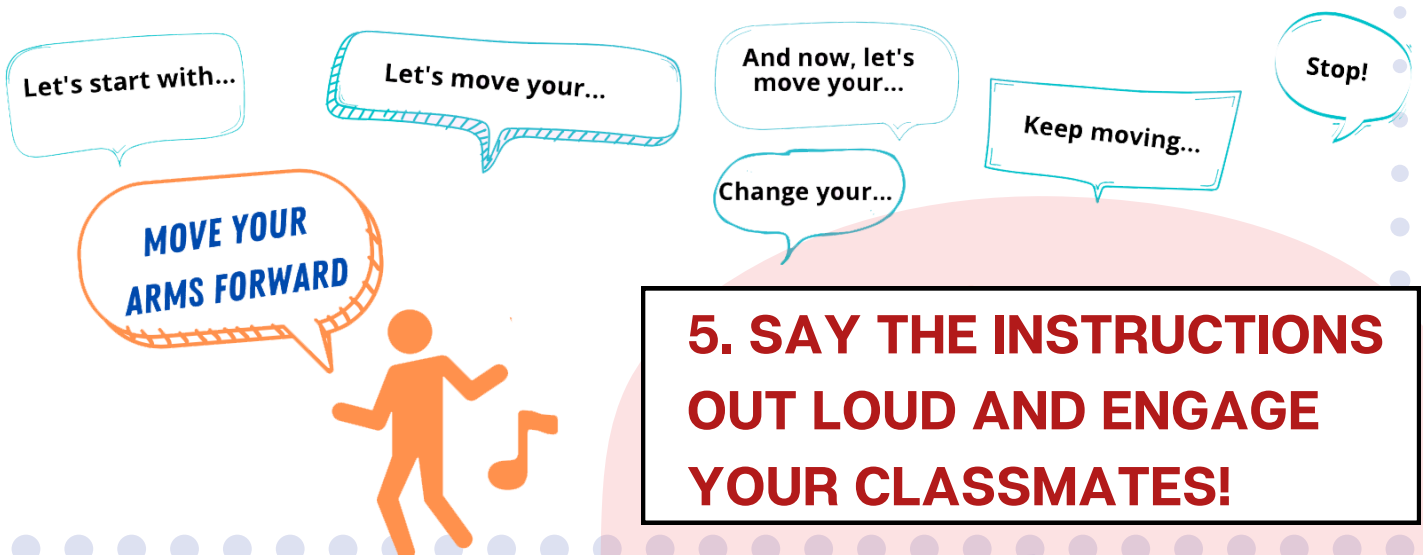
2. FOCUS ON A PART OF YOUR BODY



3. THINK ABOUT MOVEMENTS AND DIRECTIONS



4. USE DIFFERENT EXPRESSIONS TO CHANGE MOVEMENT



Design a warm up for your class

	WORKOUT PICTURE	ACTION	PART OF BODY	MOVEMENT AND DIRECTIONS
1				
2				
3				
4				
5				
6				
7				
8				
9				

NAME:

CLASS: