

BRAIN,
HEART & SPORT

STAND UP
STRAIGHT

QUICK PICK 1

QUICK PICK 1

PROPER POSTURE IN THE CLASSROOM

Improve the correct
posture during lessons
and develop exercises
of stretching and
mobility.

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6.
QUICK PICK
STAND UP STRAIGHT



STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

chair and string
1(+) chair string

QUICK PICK 1 > SESSION 1 > PROPER POSTURE IN THE CLASSROOM

Improve the correct posture during lessons and develop exercises of stretching and mobility



10 minutes

MAIN SESSION

①

STANDING POSTURAL EXERCISE

Bring your hands back on the chair, keep your head straight. Check that the shoulders, hips, feet and knees are leaning forward towards the chair. Imagine walking an imaginary vertical line from the ear, shoulder, hip, knee and ankle it should be centered along an imaginary vertical line. Repeat the exercise 3-4 times in a row.

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15 Minutes

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MAIN SESSION

①

POSTURAL EXERCISE WHILE SEATED

Keeping your head straight and your back straight, bend your knees and hips at 90 degrees, resting the feet on the floor. While running back should be maintained against the backrest. Repeat the exercise 3-4 times in a row.

②

BREATHING EXERCISE

from the sitting position in the correct posture, bring both arms upwards during inhalation then to bring them down during exhalation. Repeat the exercise 4-5 times in a row.

- 1 STAND UP STRAIGHT
- 2 SWIMMING FOR LIFE
- 3 PREPARING THE FIRST LESSONS OF SWIMMING
- 4 TRAIN FOR LIFE
- 5 WATER AEROBICS

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MOBILITY SUPERIOR ARTS AND STRETCHING

From a sitting position, keep your elbows high and grasping hands with the opposite elbow. Push your elbows up until the maximum elongation point. The exercise can also be done by working on his elbow at a time. Maintaining the back straight during the exercise. Check constantly not to accentuate the dorsal kyphosis during execution. Hold for 15 minutes before repeating the exercise for 5 times.

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MOBILITY AND STRENGTHENING OF INFERIOR ARTS

From standing behind the chair with his hands resting on the back. Raise both legs alternately. Revive the exercise remains on tiptoe while running. Propose making him realize the exercise with your eyes closed. Repeat the exercise 3-4 times per leg maintaining each position for 15 seconds per leg.

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MOBILITY INFERIOR ARTS WHILE SEATED

From sitting. Bending right knee and right leg bent lifting. Relaxation right leg and step execution for the same exercise with the knee and left leg. Alternating the movement of the legs also arm movements. Repeat the exercise 5 times proposing the alternation of different movements.

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STRETCHING FOR SUPERIOR ARTS

Starting from the standing position raise and lower your arms rotating the head to the right and to the left until you can fix the fingertips of their hands. Perform the exercise straddled by placing your feet firmly to the floor. Repeat the exercise 10 times, paying attention to your breathing.

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MAIN SESSION

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STRETCHING FOR SUPERIOR AND INFERIOR ARTS

Position with a bent leg and the knee placed on the floor and with the other leg positioned so as to form a 90 degree angle. From this position, stretch your arms forward at right angles to the body, close your hands clasping his fingers leaving extensive and adducts indexes and thumbs so as to take hands to form a “gun.” Repeat the exercise for a dozen times by alternating the position of the lower limbs. Maintain each position for about 15 seconds.

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15 minutes

MAIN SESSION

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RUNNING ACTIVITY IN ORDER TO RELAX THE BODY

Racing activities to stretch and relax the body paying attention to breathing and feelings the different parts of the body as a result of motor mobilization.

②

FREE WALK BY ADJUSTING THE PITCH
TO DIFFERENT DEGREES OF SPEED

During the walk is fundamental control of the rhythm of breathing, taking care to relax all parts of the body.