

ATHLETIC SKILLS		Ins. Joan Solá & ERASMUS	Num Alumnes:	Nº sessions: 1
Parts	Exercises	Material	Organization	
<u>WARM UP</u> 10MIN	Presentation			
	Joint mobility with: - Sun salutation - WGS - Animal Flow			
<u>WOD</u> 8MIN	TABATA PARTY * 40" work//20"rest #1 1)High Knees 2) Bear Walk #2 1)Squat Jacks 2) Knees to Squat (jumping or Walking)		Groups (4-5 pers.) *Each participants count amount of reps during the 40" and write it down in the group paper Each serie need to be equal or more amount of reps.	
<u>WORK OF THE DAY</u> 25-30 MIN	1000 Reps: 100 crunchy frogs 100 push ups 100 leg raises 100 Mountain Climbers 100 V ups (alternating legs) 100 Plank Shoulder Taps 100 Lunges 100 Jumping Jacks 100 squat and jump 100 _____ <i>(Each group decide last exercise)* Write it down before we start</i>	1 Copy per group 1 Pen * O n e student will use the paper and the pen	Groups (4-5 pers.) *Minimum 15 reps per person *By time, complete all the repetitions by your choice	
10 MIN	EMOM TITANIC <i>How Long Does It will Take to Drown?</i> MINUTES 1. 3 BURPEES 2. 10 SQUATS 3. 6 BURPEES 4. 15 SQUATS 5. 9 BURPEES 6. 20 SQUATS 7. 12 BURPEES 8. 25 SQUATS 9. 15 BURPEES 10. 30 SQUATS	Timer	Every Minute On a Minute (you have one minute to complete the reps, ig you finish before the minute finishes Rest!)	
<u>Cool Down</u> 10MIN	Stretching - Do you know the muscles we used? - Any cool stretches you know? - Ex: challenge scorpion			