**TAREA DE ANABEL RIVERA LEÓN**

1º ESO

WARM- UP

We will always perform the same warm-up in English.

So you must repeat the sentence and then do the exercise.

First of all we move joints

1.- we rotate ankles, in both direction, back and foward

2.- We flex our knees

3.- We rotate hips

4.- We rolls shaulders back and foward

5.- finally, we turn our necks

The follow exercises are all there and back. Let’s move

1.- Run slowly until the yellow line

2.- Run on your heels

3.- Run on your tiptoes

4.- Run up your Knees

5.- Run bringing heels to the buttock

6.- Run sideways

7.- Run backwards

8.- Run opening and closing your arms

9.- Run quikly and touch the yellow line with your right hand

Now make a circle and we are going to streach our muscles

1.- we stretch cufflinks

2.- we stretch hamstrings

3.- we stretch quadriceps

4.- we stretch abs

5.- we stretch lats

6.- we stretch pecs

7.- we stretch trapezius

8. We strech sternocleidomastoids

That’s all !