

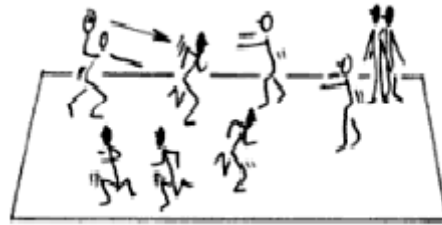


WARM UP EXERCISES

Cardiovascular exercises



Running/jogging



Games

Dynamic movements



knee ups



hell flicks



shoulder circles



lunges



pendulums



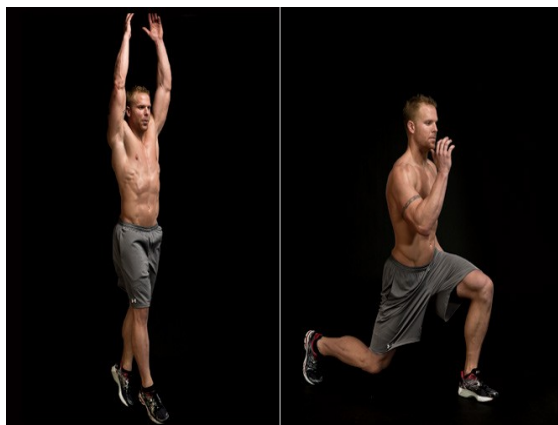
carioca



Right/Left side step

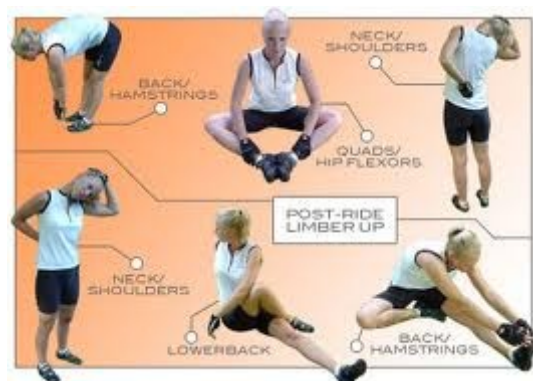
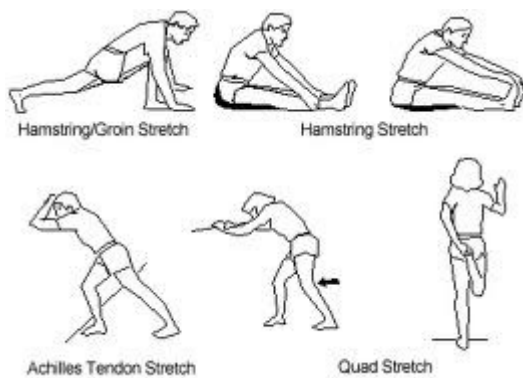


Backward run



lunges with sprinter arms

Stretching exercises





BILINGUAL SECTION OF PHYSICAL EDUCATION

