

LEZIONE N° 05 JANUARY 2020 k

1. WARM UP – Time: 8' | Equipment: ECubes

- Combine Run and these exercises:
- **F14** Free walking on ecubes
- **F15** Walking with 3 ecubes

2. BALANCE – Time: 10' | Equipment: ECubes-TB

please use **CHECK WITH PROGRESS TABLE 09**

3. MOBILITY – Time: 5' | Equipment: BW

- **M06, M08, M10, M11** 2x20" / 30"

4. CORE (KINEST. CONTROL)– Time: 6' | Equipment: Paper

- **D08** Block Paper

5. SPEED– Time: 10' | Equipment: Speed ladder

- Combine these exercises
- **G11** SKIP with speed ladder
- Run 10m+10m (forward/backward)

6. WORKOUT– Time: 10' | Equipment: bar or ring, med ball

CIRCUIT 3X (complete circuit with rope jump until last kids conclude the circuit)

- 10 THRUSTER MED BALL **B06**
- 5 PUSH UP **C01**
- 10m SNAKE **G04**
- 10m SLALOM RUN **E09**
- 10m LUNGE **B02**
- 10 K2C **D04**

7. FOOD & NUTRITION LESSON 10' & GAME

Give me  5



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