

1. - WARM-UP

1.1. - WHAT IS IT?

It is a set of exercises for muscles and joints which prepare the body for the physical activity, reducing the risk of suffering an injury.

1.2. - PARTS OF A GENERAL WARM-UP:

1. - Displacement. Some examples:
 - Running at a gentle pace.
 - Running backwards.
 - Side running.
 - Raising our heels while running.
 - Raising our knees while running.
2. - Joint mobility or/and stretching: different movements of the main parts of the body. Some examples:
 - Ankles.
 - Knees.
 - Hips.
 - Spine
 - Shoulders
 - Elbows.
 - Wrists.
3. - Strength exercises:
 - Sit-ups.
 - Lumbar flexions.
 - Push-ups.
 - Crouches.
4. - High intensity exercises, usually speed activities:
 - Short running at maximum speed.
 - Some displacement games.

2. - PHYSICAL CONDITION

2.1. - WHAT IS IT?

It is a set of characteristics of our body that allow us to perform any physical activity in an appropriate way. When a person gets tired easily when doing a physical activity, we say that he/she has a weak physical condition. When we perform physical activities without getting exhausted easily, we say that he/she has a good physical condition.

2.2. - WHAT DEPENDS ON HAVING A GOOD PHYSICAL CONDITION?

- **Genes:** we inherit different characteristics from our parents through genes.
- **Age:** our body improves its physical condition naturally up to the age of 30. It is maintained until the 35, and then it begins to get worse.

- **Sex:** it determines some aspects. Girls tend to be more flexible while boys are usually stronger.
- **Training:** if we exercise regularly, we can improve our physical condition.
- **Health habits:** smoking, diet and rest are some aspects that affect our physical condition.

2.3. - WHAT ELEMENTS MAKE UP THE PHYSICAL CONDITION?

It is made up of:

- The basic physical attributes: strength, speed, stamina and flexibility.
- The physical or motor qualities: coordination and balance.
- The resulting abilities: agility and skill.

This year we are going to treat the basic physical attributes:

- **Stamina:** it is the ability to last for a long amount of time when doing an activity.
- **Flexibility:** it is the ability to perform movements with a maximum extent.
- **Speed:** it is the ability to perform actions in the shortest possible time.
- **Strength:** it is the ability to move heavy weights.

3. - HEALTH AND PHYSICAL ACTIVITY

3.3. - DIET:

- Eat varied food, rich in fiber, fish, vegetables and fruit.
- You should have 4 meals a day: breakfast and lunch should give us the majority of the energy, while an afternoon snack and dinner should be lighter.
- You should get used to drinking water during and after any physical exercise. Drink slowly. Water should not be very cold.
- Neither drink too much carbonated drinks nor eat too many sweets or cakes.

3.4. - HYGIENE:

- Use cotton socks so that they absorb the sweat. They must be well stretched to prevent from scratches.
- Footwear must be well tied to stabilize the foot. Air it after doing an exercise.
- After doing an exercise, have a shower, dry yourself and change your clothes.

3.5. - THE CORRECT POSTURE:

- Walk upright with your shoulders slightly tilted backwards. You must be able to carry a book balanced on your head.

Posture		
Healthy		Slouching
Raised	Head	Fall
Forward	Look	Backward
Far from the neck	Chin	Close to the neck
Aligned	Neck	Misaligned
Retracted	Shoulders	Hunched
Straight/Upright	Back	Arched
Strong/Firm	Arms	Loose
Contracted	Abdomen	Relaxed
Stretched	Legs	Flexed



- When lifting weights, you must flex your legs, keeping your back as straight as possible and lifting the weight by extending your legs.



- When pushing a heavy load, you must do it on your back, with your back as straight as possible.



- When sitting on a chair, you must have your back well supported on the back, and your head as straight as possible.

