

IED COMPLEJO EDUCATIVO INTEGRAL SOPÓ - CEIS
BANCO DE RECURSOS GUIA 3 GRADO 4°
CULTURA FÍSICA
2025

PUNTO DE PARTIDA

Realizo el circuito ejercicios de fuerza y velocidad en el menor tiempo posible.

1



2



3



4



5



RECOLECCIÓN Y PROCESO DE LA INFORMACIÓN.

RECOLECCIÓN 1. Realizo los ejercicios para mejorar la velocidad en la carrera.

TOP 5 DRILLS TO IMPROVE YOUR ACCELERATION

Key exercises for beginner and advanced sprinters to improve technical proficiency and force production during acceleration

1. Marches (with hands on head)

Standing up straight with hands on your head. Raise one knee *quickly* until it's level with the hip, while maintaining a tall posture, then forcefully return it to the floor.

2. Skips (with hands on head)

Progressing from the marches with similar tall posture. Like a normal skip, the back leg should push forcefully into the ground as you drive your front knee up.

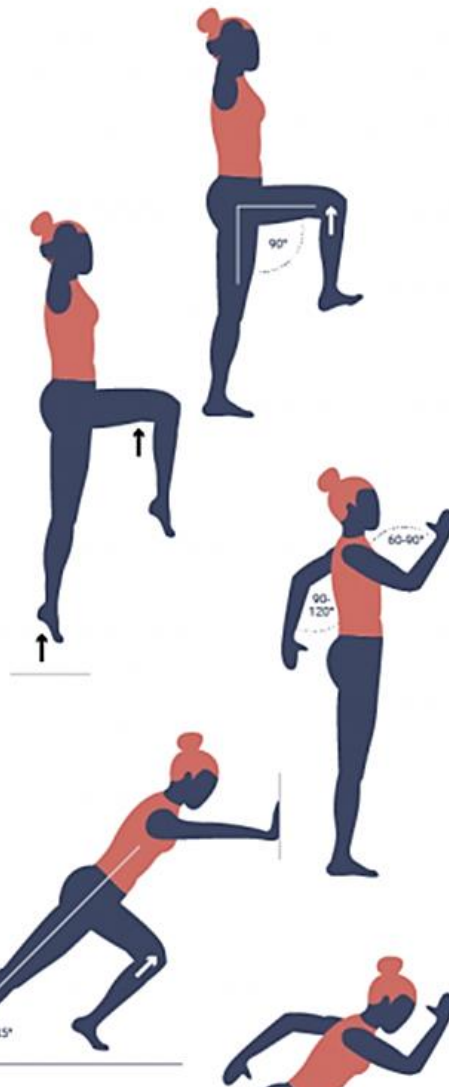
3. Arm Action

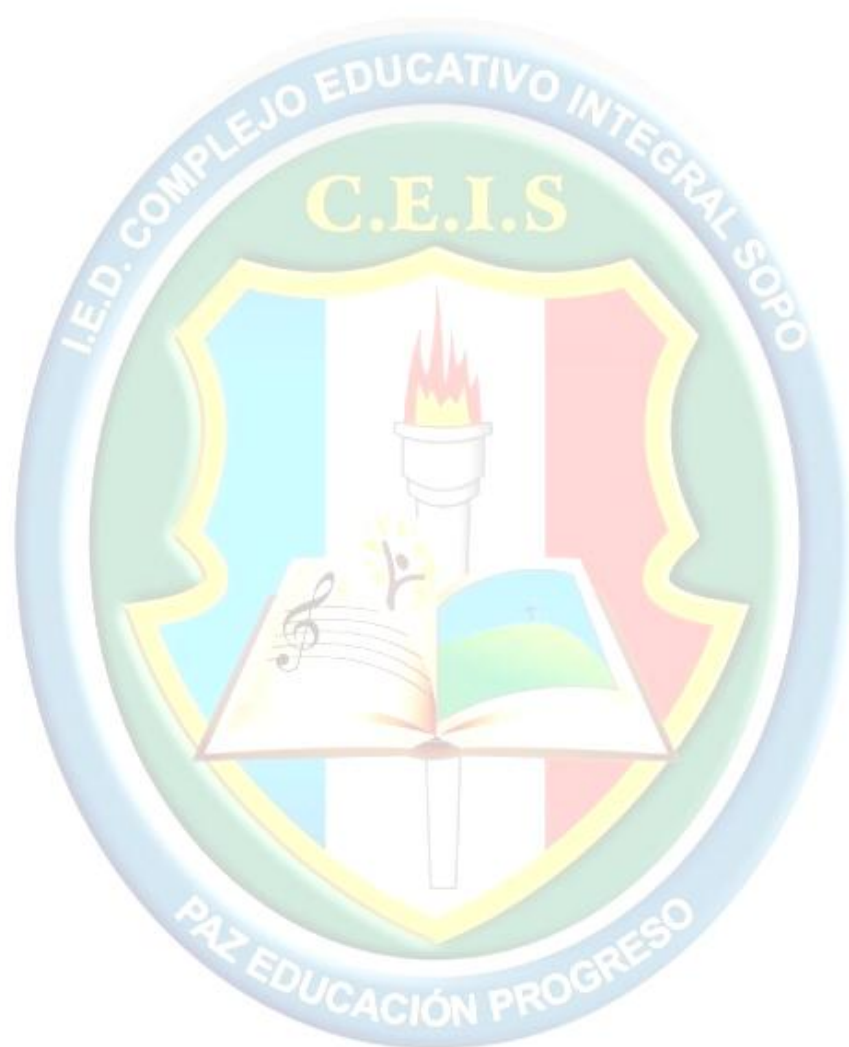
Arms in *sprinter position*. Initiate arm swing at the shoulders, driving your front arm back and your rear arm forward. Trunk should remain stable. Combine with marches and skips for bonus points.

4. Wall March

Leaning against a wall with your head, shoulders, hips, knees and ankles aligned. Actively drive your knee up towards your chest, keeping the other foot firmly on the ground. Keep your chest up, brace your core & alternate legs each 'step'.

5. Acceleration Positioning





BEST 5 GYM EXERCISES TO IMPROVE YOUR ACCELERATION

Key gym-based exercises for beginner and advanced sprinters to improve force production during acceleration

1. Box jump

Stand in front of the box, feet shoulder-width apart. Drop into a quick quarter-squat and jump up onto the box: make sure you swing your arms and fully extend at the hips.



2. Hang power clean

Stand up straight, holding the bar in front of your hips. Bend over slightly (hip hinge, like a deadlift) before standing forcefully upright and 'shrugging' the bar upwards onto your shoulders.



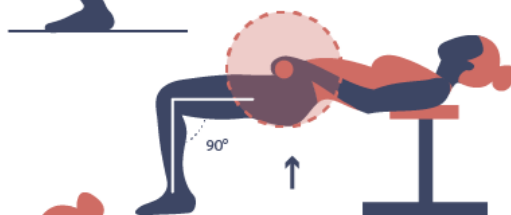
3. Front squat

Start with your feet wider than shoulder-width and the bar on your shoulders in the 'front rack' position. Squat down, keeping your elbows and chest up. Descend until the top of your thighs are parallel to the ground. Push through your heels and return to the top.



4. Hip thrust

Sitting on the ground with your upper back resting against a bench and the bar resting on your hips. Drive your feet into the ground and thrust your hips into the bar to move it upwards.



5. Bulgarian split squat

Standing 1-2 feet in front of a bench, reach back and place one foot gently on the bench. Descend with control until your back knee touches the ground. Maintain a slight forward lean.



BEST PLYOMETRIC TRAINING EXERCISES

This is a list of what we believe to be the top five bang-for-your-buck plyometric exercises on the planet.



1. Squat Jump
3-4 sets of 4-5 repetitions



2. Split Squat Jump
3-4 sets of 4-5 repetitions per side



3. Lateral Heiden
3-4 sets of 5 repetitions per side



4. Depth Jump
3 sets of 4 repetitions



5. Single Leg Hop
3 sets of 4 repetitions per side

RECOLECCIÓN 2. Realizo ejercicios de fuerza siguiendo las instrucciones del docente.



