

BANCO DE RECUROS GUIA 3 GRADO 5°

CULTURA FÍSICA

2025

RECOLECCIÓN Y PROCESO DE LA INFORMACIÓN

RECOLECCIÓN 1. Ejecuto los ejercicios del Fitness Stations

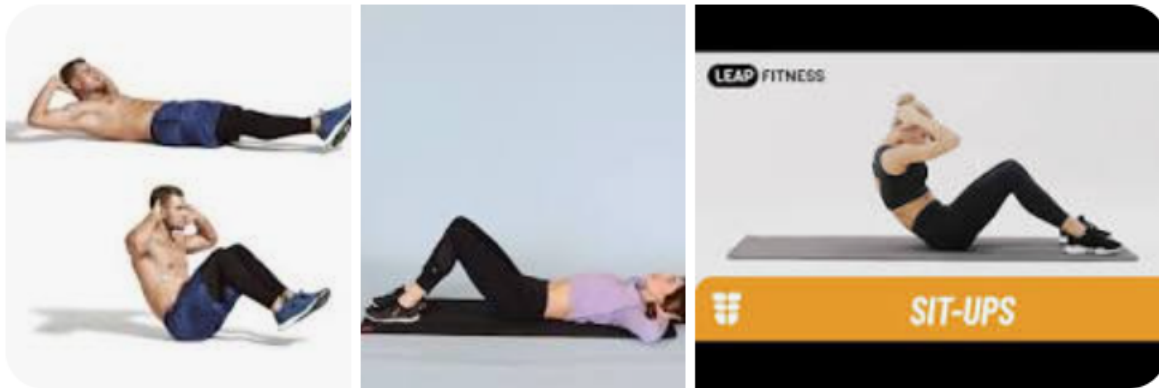
Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Agility (15 min.)	
Fitness Stations	Station 1: 30 vertical jumps Station 2: 30 sit-ups Station 3: 30 bear crawls Station 4: 30 skaters/lateral shuffles • Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart. • Divide the players into 4 small groups—one group per station. • All players begin at the same time by performing the fitness skill at their station. When all players are ready to rotate, they can skip, jog, hop, or run to the next station. • Complete at least two full rotations so all players travel to all stations twice.

STATION 1



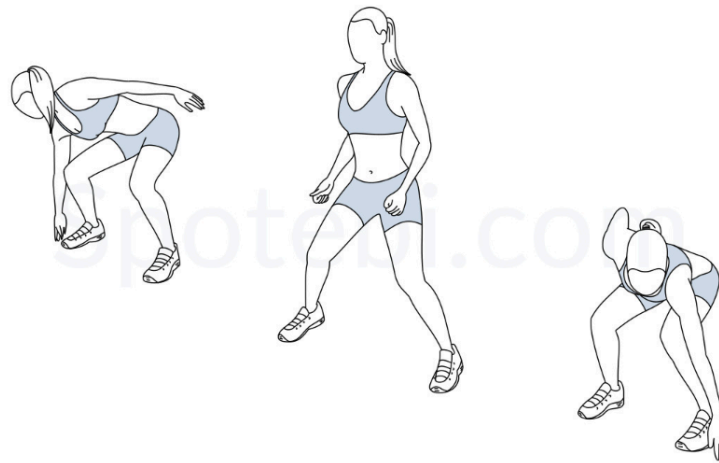
STATION 2



STATION 3 <https://workoutlabs.com/exercise-guide/bear-crawls/>



STATION 4



RECOLECCIÓN 2. Asimilo las técnicas básicas del kickingball.



Kicking

