

Hola bombonets!! Ja estem acabant el curs i m'ha alegrat molt vore que esteu practicant activitat física i s'ho esteu passant molt bé! Açò és el més important:

divertir-se i sentir-se bé!

Esperem que vos hagen agradat les activitats d' EF i que este estiu continueu practicant activitats físiques!

Esta setmana vos envie una coreografia molt xula. Esperem que vos agrade!
<https://www.youtube.com/watch?v=Odf3B18HWsI&list=RDdkH1nZkKNbY&index=20>
 Sia «Cheap Thrills»

També vos deixo uns reptes en els quals necessitareu una pilota i un pal (ací vos fica un xurro de piscina, però pot ser una altra cosa com un pal de granera, un roll de paper de cuina...el que tingueu per casa).

BALANCE ON HANDS
 TRY BALANCING ON JUST 1 FINGER
 Balance using both hands
 1 MINUTE
 Balance a pool noodle on the palm and the back of your hand. Try using both your left and your right hand.
 1 POOL NOODLES

BALANCE ON HEAD
 TRY BALANCING IT ON OTHER BODY PARTS
 Balance and move
 20 TIMES
 Balance a pool noodle on top of your head. Try moving around the room while you balance it.
 2 POOL NOODLES

BASKETBALL TAP
 TAP AT HIGH AND LOW LEVELS
 Tap Tap Tap
 1 MINUTE
 Tap the ball back and forth from one hand to the other. Use your finger pads and increase the speed that you tap.
 9 BASKETBALLS

PASS AROUND BODY
 USE YOUR FINGERPADS TO TOUCH THE BALL
 Pass or roll the ball
 25 TIMES
 Roll or pass (hand to hand) the playground ball around your waist or legs. Try going both directions.
 10 BASKETBALLS

PG BALL HANDLING
 PASS A BALL AROUND YOUR WAIST
 25 Times

ROLL OR PASS A BALL AROUND YOUR FEET
 20 Times

ROLL OR PASS A BALL IN A "FIGURE 8" AROUND YOUR FEET
 20 Times

SPIN THE BALL ON THE GROUND ONE DIRECTION CHANGE IT'S DIRECTION
 15 Times

TOSS THE BALL FROM ONE HAND TO THE OTHER RAINBOW TOSS
 25 Times

TRY TO SPIN THE BALL ON YOUR FINGERS
 12 Times

SUPER CHALLENGES
 MANIPULATING BALL
 DAB

Per últim vos envie un vídeo de «just dance» de Justin Bieber.

Just dance és un videojoc creat originàriament per a consola que consisteix en reproduir els moviments d'uns personatges que fan unes coreografies al ritme de cançons.

<https://www.youtube.com/watch?v=f3XyYOLfTU4&list=PLxB-Hki9UfyI8yJauyNPVYvTiUM-sslwD> just dance Justin Bieber

Fins al curs que ve!! Cuideu-vos!!

1 abraç súper gran!!