



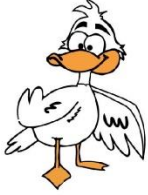



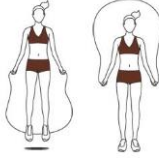
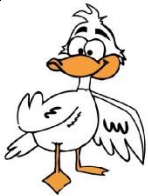




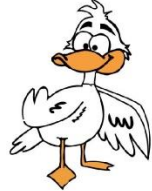




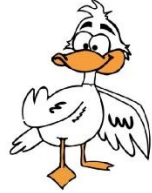
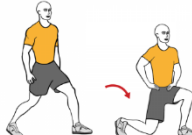



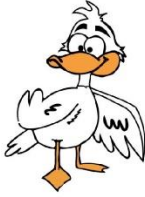

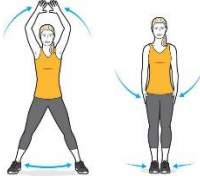


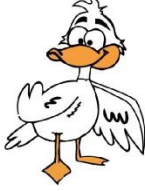


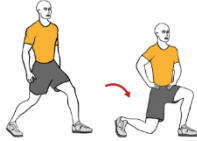
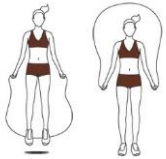
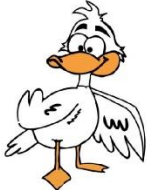



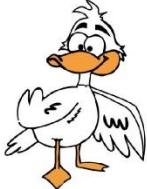





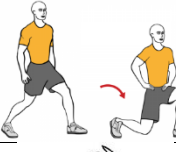
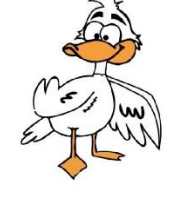
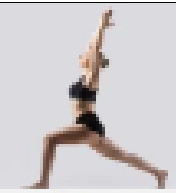



JOC DE L'OCA (5th and 6th graders)

Square	Representation	Explanation
1		SIT UPS. Keep this position during 30 seconds.
2		WALKING. Walk doing 50 steps.
3		RAISE YOUR HIP. Bend your legs and raise up your hip, 12 repetitions.
4		ARMS AND LEGS. Jump opening and closing your arms and legs, 15 repetitions.
5		Throw the dice again.
6		MOVE BACK TWO SQUARES
7		BACK. Alternate leg and opposite arm, 10 repetitions each side.
8		RACE. Run softly until you make 100 steps.
9		JUMPING. Do 20 jumps with your feet together, if you have a rope you can use it.
10		Throw the dice again.

11		SQUAT. Do 10 squats, moving down until the sitting position.
12		MOVE BACK TWO SQUARES
13		RACE. Run in your place raising your knees during 30 seconds.
14		BALANCE. Keep the "tree position" for 10 seconds each leg.
15		Throw the dice again.
16	CHALLENGE 	Dance "La Macarena" for 1 minute. If you don't know how it is, you can follow this link: https://www.youtube.com/watch?v=zyIXQsDY9NE
17		SIT UPS. During 30 seconds, elevate alternately your legs.
18		WALKING. Walk doing 50 steps.
19		MOVE BACK TO THE FIRST SQUARE
20		Throw the dice again.
21		STRIDES. Do 5 strides each leg, keep your back straight.

22		BALANCE. Keep your position standing on one foot, 20 seconds each leg.
23		LEG. Keep this position for 10 seconds each leg.
24		MOVE BACK TWO SQUARES
25		Throw the dice again.
26	 CHALLENGE	Do the "Nanana Challenge". Follow the link: https://www.youtube.com/watch?v=xHBwE7h8plE&t=24s
27		ARMS AND LEGS. Jump opening and closing your arms and legs, 15 repetitions.
28		SIT UPS. Open and close your legs for 15 seconds, lie down in the floor looking the ceiling with your legs up
29		SPORTS GESTURES. Do diferent sports gesture for 1 minute.
30		Throw the dice again.
31		SQUAT. Do 10 squats, moving down until the sitting position.

32		RACE. Run in your place raising your knees during 30 seconds.
33		STRIDES. Do 5 strides each leg, keep your back straight.
34		JUMPING. Do 20 jumps with your feet together, if you have a rope you can use it.
35		Throw the dice again.
36		WALKING. Walk doing 50 steps.
37	CHALLENGE	Do the "Can't touch this challenge", see the following link: https://www.youtube.com/watch?v=U5nOPmrV42o
38		MOVE BACK TWO SQUARES
39		ARMS AND LEGS. Jump opening and closing your arms and legs, 15 repetitions.
40		Throw the dice again.
41		BALANCE. Keep your position standing on one foot, 20 seconds each leg.

42		SIT UPS. During 30 seconds, elevate alternately your legs.
43		RACE. Run in your place raising your knees during 30 seconds.
44		STRIDES. Do 5 strides each leg, keep your back straight.
45		Throw the dice again.
46	CHALLENGE	Follow the video, do the exercise for 2 minutes: https://www.youtube.com/watch?v=46wSNFaXZII
47		STRETCHING. Keep this position, 15 seconds each leg.
48		STRETCHING. Do this posture, hold your leg, 20 seconds each leg.
49		STRETCHING. Do the warrior position, 20 seconds each leg.
50		FINISH LINE