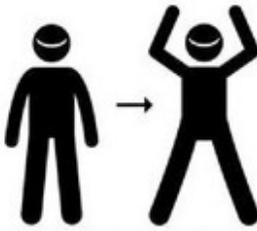


7.00 - 8.00 a.m. Health Activities

Theory : Not a lot of energy – Wake up the body – Take a breakfast after the exercises			Intensity : Easy		length of time : 30 min minimum 45 min maximum
Ex n°1 	Ex n°2 	Ex n°3  Jumping Jacks	Ex n°4 	Ex n°5 	Ex n°6 
Ex n°7	Ex n°8	Ex n°9	Ex n°10	Ex n°11	Ex n°12

In the following grid, stick the sample pictures corresponding to the exercises we may need at this period of time:

Number of exercises:.....6.....Number of circuits.....1.....Resting time.....



Erasmus+

12.00 - 1.00 p.m. Health Activities



MOVING2 HEALTH

In the following grid, stick the sample pictures corresponding to the exercises we may need at this period of time:

Theory : Drink a lot of water / Don't eat a lot before the exercises			Intensity : Medium		length of time : 40 min minimum 1 hour maximum
Ex n°1 	Ex n°2 	Ex n°3 	Ex n°4 	Ex n°5 	Ex n°6 
Ex n°7  Side Kick	Ex n°8 	Ex n°9 	Ex n°10	Ex n°11	

Number of exercises:.....9.....Number of circuits.....1.....Resting time.....

5.00 - 7.00 p.m. Health Activities



MOVING2HEALTH

In the following grid, stick the sample pictures corresponding to the exercises we may need at this period of time:

Theory : Drink a lot of water / you can eat carbohydrates / A lot of energy			Intensity : Medium to hard		length of time : 1 h 30 minimum 2 h maximum
Ex n°1 	Ex n°2 	Ex n°3 	Ex n°4 	Ex n°5 	Ex n°6 
Ex n°7 	Ex n°8 	Ex n°9 	Ex n°10	Ex n°11	Ex n°12

Number of exercises:.....9.....Number of circuits.....1.....Resting time.....