

Guía N°8 - M.A.I. "La importancia del cuidado de mi cuerpo"

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Curso: 1° de Secundaria – Grupo B

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Educación Física

1. Realiza 3 series de 20 repeticiones de grupos musculares que más te interesen:

- Sentadillas (cuádriceps y glúteos): 3x20
- Flexiones (pectorales y tríceps): 3x20
- Abdominales (abdominales rectos): 3x20

2. Identifica en una imagen los nombres de los grupos musculares trabajados:

(Adjuntar imagen con los siguientes músculos marcados)

- Cuádriceps
- Glúteos
- Pectorales
- Tríceps
- Abdominales

3. Después de una actividad física, ¿Qué piensas que debes hacer?

— Después de hacer actividad física, es importante estirar los músculos, hidratarse tomando agua y descansar un poco para recuperar energía.

Inglés

Partes del cuerpo humano – Oraciones simples:

1. I have two eyes.

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