



Full Names \_\_\_\_\_

Curso/Clase \_\_\_\_\_

To get the "Strength - II" badge, you will have to design one task, do the 4 tasks and answer the questions.

With this badge we will learn to motivate to practice physical activity.

The CHARGES you will be to perform in the TRIO will be (Everyone must perform the 3 exercises in the 3 roles):

- o COUNTER: Will count the repetitions you are doing.
- o MOTIVATOR / FEEDBACK: Will take care of the organizational aspects of motivation and will check that you do the task with the correct posture (seen in the previous challenge).
- o PLAYER: Will perform the task.

INSTRUCTIONS:

Each task proposes an exercise of strength and a different way of motivating. After all the members of the trio do the three tasks, you will have to design a new task, that is, an exercise to improve strength that you have not done in this challenge, or in the "Strength - I" or "Perception" challenges. Moreover, you have to create a different form of motivation. This new task must also be done out by all 3. Once the 4 tasks have been completed, you will answer the questions in the box below and justifying your answer, talking about the different opinions with the members of the trio. You can answer in this document or in a new one.

¿¿ARE YOU READY??... ¡¡¡LET'S PLAY!!!

Burpees:

2 sets of 5 reps.

Rest 30" between sets.



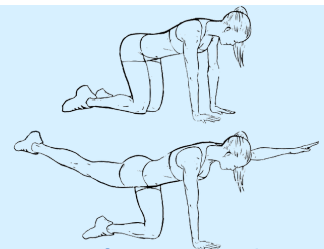
Motivation strategy: The classmate with the "Motivator" role must encourage with great impetus during the exercise.

Leg and arm raises:

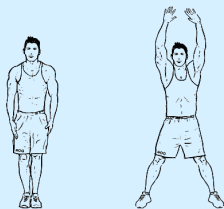
(alternating sides)

3 sets of 10 peps.

Rest 30" between sets.



Motivation strategy: Listen to your favorite song during exercise. You can use a smartphone.



Jumping Jacks:

3 sets of 10 reps.

Rest 30" between sets.

Exercise:

Graphic representation:

Motivation strategy:

What motivation strategy did you like more? Why? \_\_\_\_\_

Do you think motivation influences physical performance? Why? \_\_\_\_\_