

# PERCEPTION

With this badge we will learn which muscle groups we train in each exercise and which is the correct posture for the exercises.

To get the "Perception" badge you will have to do the 6 exercises following the next instructions:

Make pairs. The two members of the pair, must do the 6 exercises in both roles:

- COUNTER / RECORDER / FEEDBACK: It will record the classmate exercise, count the repetitions and make sure that the exercise is done correctly.
- PLAYER: Will do the exercise.

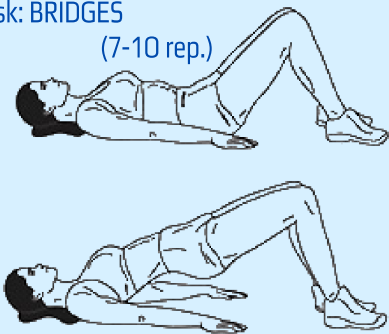
## INSTRUCTIONS:

1. Analyze the picture of the exercise.
2. Discuss with your classmate which part of the body would be develop with this exercise.
3. Both will do the exercise and record each other on video. Go and show the video to the teacher.
4. Open the video with the app "HUDL TECHNIQUE" and pause the it in the most similar frame to the exercise image.
5. Put yellow lines connecting the joints (Ankles> Knees> Hips> Shoulders> Head> Elbows> Hands) and see if your position is optimal.
6. Mark in red the muscles that you think you are training and write some of their names.
7. Create a document with your 6 pictures of the exercises. Creativity will be valued (word; Power point; Poster; Canva; ...), the sky is the limit!!

ARE YOU READY???... LET'S PLAY!!!

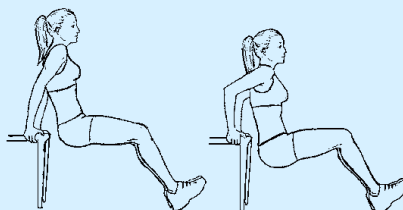
### Task: BRIDGES

(7-10 rep.)



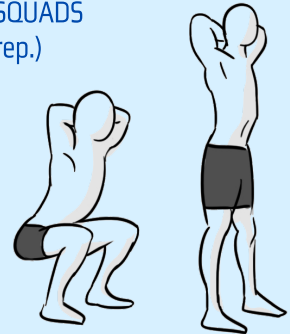
### Task: DIPPINGS

(7-10 rep.)



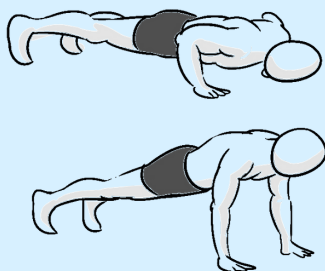
### Task: SQUADS

(7-10 rep.)



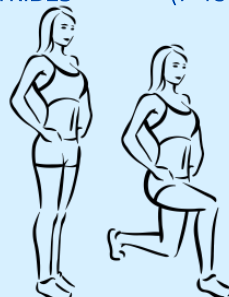
### Task: PUSH-UP

(7-10 rep.)



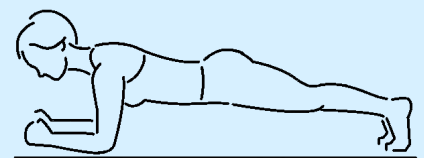
### Task: STRIDES

(7-10 rep.)



### Task: PLANK

(7-10 breathing)



FEEL

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THINK

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SHARE

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ACT