

REGISTRATION SHEET UDI 5. PHYSICAL CONDITION FOR ALL

GROUP AND GRADE:.....

	COMPONENTS	FUNCTIONS
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
WARM-UP		
PHASES	EXERCISES	GRAPHIC OR PICTURE
JOINT MOBILITY	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	7.	
AEROBIC ACTIVATION	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	7.	
EXERCISES ABOUT STRENGTH / ENDURANCE/ SPEED/ FLEXIBILITY	1.	
	2.	
	3.	
	4.	
	5.	
STRENGTH / ENDURANCE/ SPEED/ FLEXIBILITY		
<u>METHOD CIRCUIT TRAINING</u>		
<u>MATERIALS:</u>		<u>PLACE:</u>

<u>GENERAL DESCRIPTION:</u>		
EXPLANATION	GRAPHIC	TIME/REPS/SETS
<u>1.</u>		
<u>2.</u>		
<u>3.</u>		
<u>4.</u>		
<u>5.</u>		
<u>6.</u>		
COOL-DOWN		
<u>EXERCISES</u>	<u>GRAPHIC OR PICTURE</u>	

