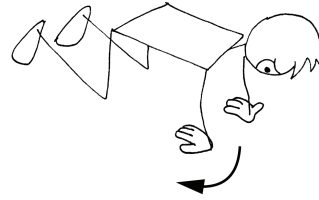


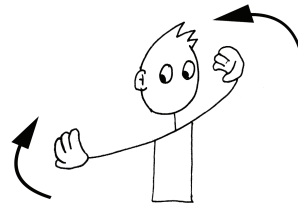
## ▫Biceps

- **Kneeling stretch:** Start this stretch by getting on your hands and knees with your hands directly below your shoulders and your palms flat on the floor. Rotate your hands so that your fingers point back toward your knees and your wrists are facing forward. Slowly push against your wrist to a mild point of the stretch and hold it until I say “Stop”.



### ***Make it fun!***

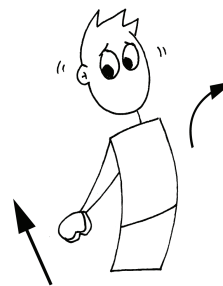
- The “T stretch”:  
Do you remember the letter t? Of course you do, so let’s form a t letter with our bodies!, stand with your legs shoulder width apart. Bring your arms up to your sides to the height of your shoulders to form a T. Next, rotate your palms so that they are facing backwards.



## ▫Chest

### ***Make it fun!***

- “First thing in the morning”  
Let’s imagine that it’s seven o’clock in the morning and we have to get out of bed. So lie down, the alarm clock rings and we wake up, then stand up with your feet shoulder width apart, clasp your hands behind your back, lift your arms behind you until you feel the mild point of stretch, then yawn as if you are still sleepy.



## ▫Back

- **Outstretched arms:** stand with feet shoulder width apart, raise your left arm straight up and slowly let the left hand drop towards the right while bending your hip and body towards the right as well, hold the position until you get to the mild point of stretch. Slowly come back to the starting position and repeat to the other side.

## LESSON 2

### WARM UP

- **Mobility exercises.** (Static and dynamic exercises to be chosen from the resources bank as convenient).

- **“Just throw it!”**

- Setting

Soft balls needed

- Instructions

This game is called “just throw it” and yes as you can guess from the title we are going to throw back and forth. You can move around freely and you can tag anyone by throwing the ball at them. If the ball passes

with in your reach you can catch it and throw it at whoever you want. If someone is tagged, he/she can keep playing but while hopping on the right or left foot.

- Goal

The game is over once all the players, except one, are tagged. In other words, once all the students except one are playing while hopping.

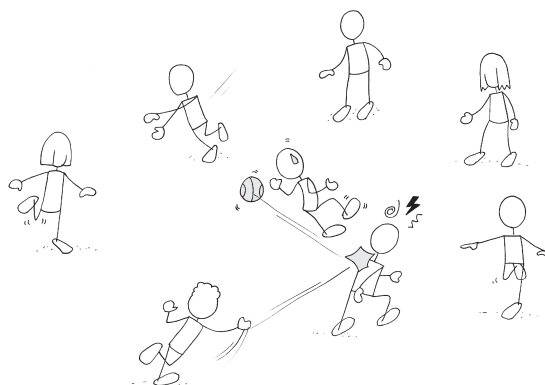
- Variations

Include more balls to make it easier for the students to tag each other and increase the pace of the activity.

Reduce the playing area as the game goes on and players are tagged.

- Teaching tip

Choose suitable balls to play with and a safe area.



### MAIN PART

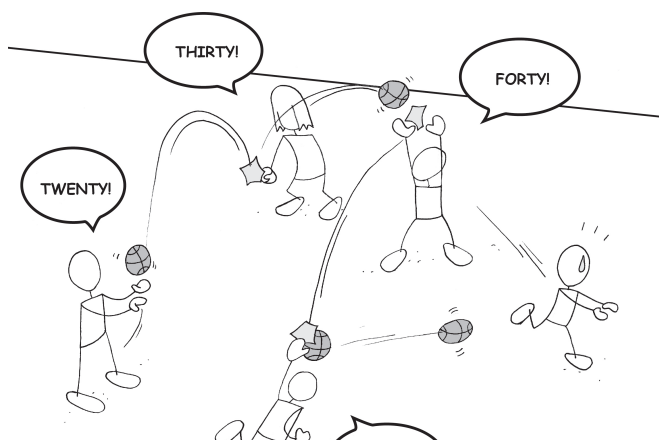
- **“20, 30, 40 and shoot!”**

- Setting

Just soft balls are needed, one for each group.

- Instructions

Get in fours; we are going to play “20, 30, 40 and shoot”. So you have to pass the ball to your partner shouting “twenty” on



## HOW DOES UNIT 8 CONTRIBUTE TO THE DEVELOPMENT OF THE BASIC COMPETENCES?

BASIC COMPETENCES	UNIT 8-GAMES FROM ALL AROUND THE WORLD					
	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6
Competence in linguistic communication	X	X	X	X	X	X
Mathematical competence	X				X	X
Competence in knowledge and interaction with the physical world	X		X	X	X	X
Processing information and digital competence			X			X
Social and citizenship competence	X	X	X	X	X	X
Cultural and artistic competence	X	X	X	X	X	X
Competence in learning how to learn	X	X	X	X	X	X
Competence in autonomy and personal initiative	X	X	X	X		