

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Slovenia

School: Osnovna šola Dramlje (Dramlje, Slovenia)

EXERCISE NAME

28 - WALL SIT AND SIT UPS IN PAIR

Age band : 10 - 15

Materials:

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Objective:

Cooperative skills development, Motor skills development, Strength skills development, Coordination skills development, Flexibility skills development, Balance skills development

Initial organization:

couples

Description of the activity:

WALL SIT:

The person wall sitting places their back against a wall with their feet shoulder width apart and a little ways out from the wall. Then, keeping their back against the wall, they lower their hips until their knees form right angles. This is a very intense work out for the quadriceps muscles.

SIT UP:

It begins with lying with the back on the floor with the arms across the chest and the knees bent in an attempt to reduce stress on the back muscles and spine, and then elevating both the upper and lower vertebrae from the floor.

Rules:

Variations:

Link to the video recorded:

<https://vimeo.com/254280524>