



I WAKE UP



I WASH MY FACE



I BRUSH MY TEETH



I COMB MY HAIR



I EAT BREAKFAST



I GO TO SCHOOL



15 minutes



Indoors



Moderate

ACTIVITY

Initial Questions: What activities do you carry out on a normal day? What activities are done at school?

Teacher: Read the following statements, while engaging in the physical activity the class has to repeat. Begin seated and repeat, emphasizing the sentences that you find more difficult to follow. "I wake up in the morning" (*stand up as quickly as possible and skip 10 times with both feet*).

1. "I wash my face" (*sit on the floor and simulate that you are washing your face (repeat 5 times)*).
2. "I brush my teeth" (*lift one leg and stretch your arms like a dove and simulate you are washing your teeth for 10 seconds*).
3. "I comb my hair" (*jump with both legs 10 times while turning, simulating you are brushing your hair*).
4. "I eat breakfast" (*skip 10 times like a frog, simulating you are drinking from a cup*).
5. "I go to school" (*crawl on the floor in a quadruped position and go back to your desk*).
6. "At school, I run" (*run in place during for 15 seconds while lifting your knees to your chest*).
7. "I study in the classroom" (*do 10 sit-ups, simulating you are reading a book*).
8. "I play with my friends" (*jog to your classmate's desk*).
9. "I go home" (*run for 15 seconds, lifting your heels to your buttocks*).

