



# EDUCACION FISICA

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# Charity or solidarity races

This activity can be related to resistance since you normally have to run a long distance without stopping, for this you need to go at an adequate pace to be able to reach the end without getting tired, you have to go slowly to be able to resist and not use all your strength until the end.

Charity races are often done for something we want to change or simply to help others, an example is the Women's Day race, people run to demonstrate and change something, but when we talk about solidarity races it may be to help others You can, a solidarity race in which you help those who need it most, either by giving food, money, clothing, etc. And running of course.

In Seville we can find the career of women every year more than women go to fight for their rights.





# Trekking

Hiking is related to resistance, there are people who prefer to walk fast instead of running, for this you also need resistance. When we walk, it depends on how fast we go, we will get more or less tired, so we have to dose.

In my opinion it is a good activity especially if you do it in the field or outdoors, you can do sports and practice your resistance without getting too tired if you do it well, and you can go calm without making many sudden movements.

In the town hall of Gines many hiking activities are carried out to visit places that are in the countryside or virgin that are in the middle of it or simply to do an activity.



# Dance

Dancing is another of the exercises in which resistance is needed. When we dance, we are always making sudden and difficult movements, and for this you need to breathe well without getting tired and focus on the choreography and what you are doing.

But not only resistance is needed but also flexibility, there are many types of dances and as I said before very difficult movements in which you have to stretch, reach the ground or do rhythmic gymnastics, for this you need a lot of flexibility and train a lot To obtain the.

In Seville there are many dance academies, but just by listening to music and dancing for hours you are practicing your resistance.







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# Saltar a la cuerda

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Although jumping rope is a game you need resistance, because jumping continuously without stopping as much as possible tires the elderly, especially, that is why children are the ones who jump the rope or rope the most and it is called a game, but it can become a sport.

Not only in our city of this activity is this famous game performed all over the world, and with this you can practice your resistance and agility to jump at the precise moment in which the rope or rope passes and thus not step on it.

It can be played with three people, two hold the rope and turn it around and another jumps, or with more people, but they would have to jump all at the same time so as not to lose. Without being a game you can jump rope simply to play sports and practice what was said before.

# Gardening

An activity in which strength is essential both to pick up material such as shovels, seeds, trees, pots, etc. as if to dig a simple hole. Gardening materials weigh a lot and after cultivating you have to start and take the harvest and load it to where you want to take it, depending on the land where you are going to dig it will cost you more or less, for all that you need strength and some resistance not to stop digging, for example.

In Seville almost everyone has flowerpots and there are not many towns with fields where this activity is harvested and carried out.







# Rhythmic gymnastics

Also considered a sport of flexibility, in this sport flexibility is trained a lot since it is about dancing and learning choreography, stretching legs and arms both on the ground and in the air, in addition to some very difficult acrobatics, you can dance with different materials such as small rubber balls, rings, or ribbons. This activity can be practiced alone or in a group. There are many competitions of this sport.

In Seville you can find many rhythmic gymnastics academies and most schools have this extracurricular, where boys and girls can sign up.



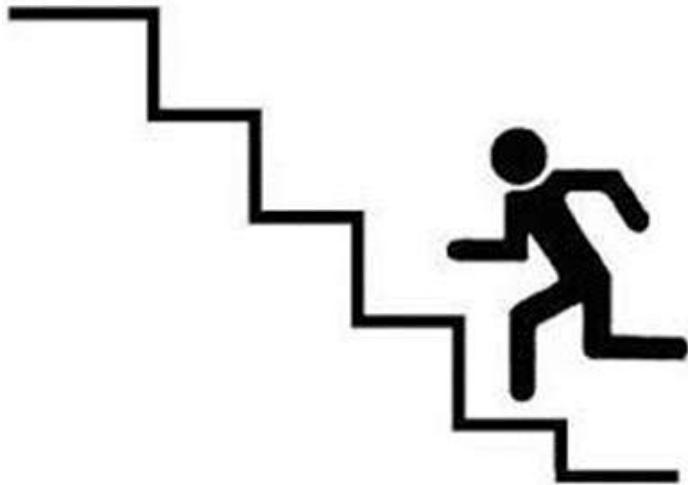
# Take weight

A simple thing like shopping, picking up boxes, pulling a cart ... is increasing your strength, even if it is a minimum, every day we are taking in weight something from a simple pen to a table to move it around.

Our day to day is like this, we gain weight at all times of the day, even by pressing things we also use force, or keep our body standing, throughout our lives we exercise force, although some people are stronger than others or because of their genes or because they train more strength.







## Up and down stairs

This activity that we do every day both at home and in public places, such as medical institutes etc. It is related to resistance. If there are too many stairs to go up and down, you have to have resistance, especially going up and depending on the design of the stairs.

We go up and down stairs every day, even one step. Many times we are in such a hurry to get somewhere or do something fast and we are short of breath, it also depends on the person, depending on whether they have more resistance or less.

# Yoga

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Yoga is an activity in which you meditate, but apart from this you have to do very complicated postures in which you need to be flexible, therefore, having flexibility is essential, that is why most of the people who practice this activity are very flexible and have no back problems.

In Gines there are no yoga classes, but in most towns in Seville there are, but you can also do online classes in which there is a teacher explaining the postures and what you have to do.





# Gymcana

This activity is typical in camps and excursions, to do this activity you need resistance to run and speed both physically and mentally, especially if you have to do a competition and be able to be fast to find the tracks.

In Gines there are camps in which this activity will surely be done and in many excursions that are made in schools, also even within the schools themselves gymkhanas are sometimes done.

