

SPORT AND URBANISM

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ACTIVITIES THAT YOU CAN DO IN
YOUR CITY USING URBANISM...

You can run around your city, using the sidewalk. By the way, you can see some monuments in the city. Running, you work the endurance and the speed.



You can ride your
bike along the bike
lanes. Riding your
bicycle, you work
your endurance



You can skate with skates in the park areas. You can do it with friends to be funnier. Skating, you work your speed and, sometimes, your flexibility.



You can simply walk around your city, so you also discover new areas. Walking, you work your endurance



You can walk your pet through different parks and areas of your city. Walking, you work your endurance and sometimes, your speed.



Take the garbage to a clean point, either by walking, cycling or skating. Taking it to a clean point, you work your endurance, strenght and (sometimes) the speed



Go up and down the
stairs of any
building or area
of your city.
Going up and down
stairs you work
your endurance and
your speed.



You can play different sports in the areas of your city enabled for it. Doing this (depends on the sport) you work your endurance, speed, strength and flexibility.



THAT'S THE END, I HOPE
YOU HAVE ENJOYED MY
PRESENTATION...

