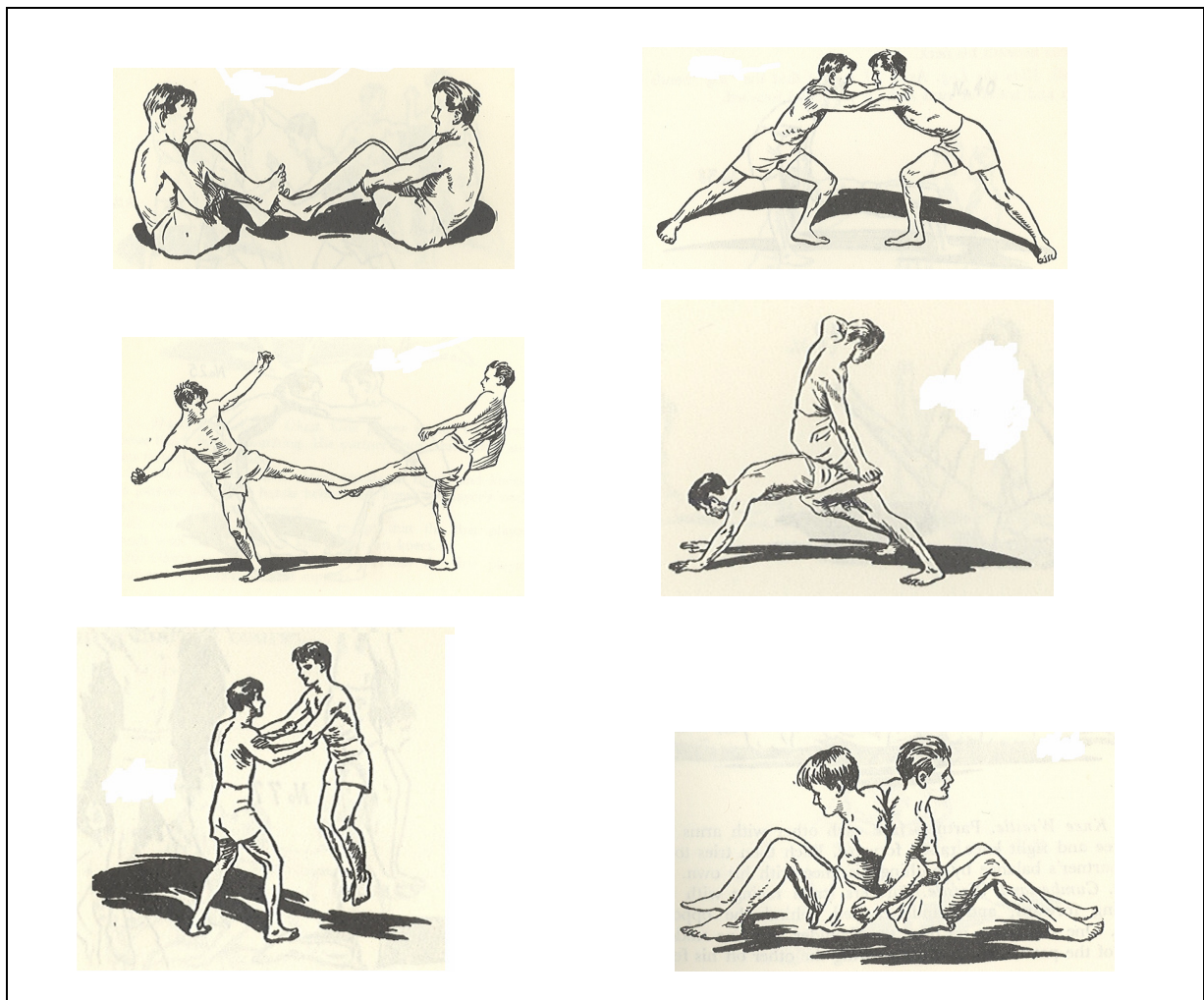
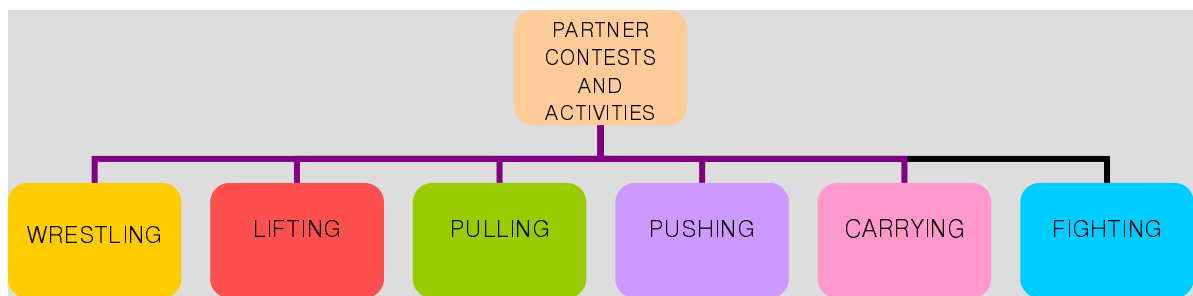


LESSON 4 PAIR WORK AND MEDICINE BALL

PAIR WORK

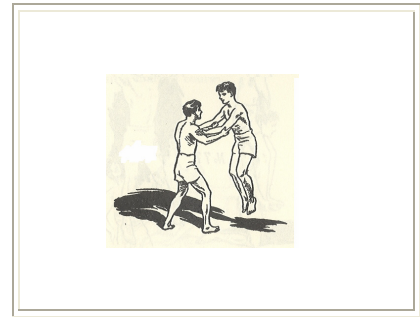
After your lesson in the gym we can say that you have share a lot of activities and contests with a partner. It is clear that both of you have been looking for a same aim that is to develop your muscular strength and enjoy with the challenge. There are different kinds of partner contests and activities.

🚩 Identify next pictures and label them with the appropriate action verb.



Look at the following picture:

1. Draw a line with an arrow to show the direction of the force that is being applied by each person doing the activity. Label the line "F" (for force).
2. Draw another line with an arrow to show the direction of movement those results from that application of force. Label this line "M" (movement).



Lifting, carrying, pulling and pushing are everyday activities. Because so few people know or use the correct techniques, these activities are the cause of a huge number of back injuries.

The techniques of lifting, lowering, pulling and pushing are quite simple and very specific; they do not alter according to the person's build, age or strength. Consequently, it is essential that these techniques are learnt before anyone attempts to move persons or heavy objects.



You can begin to experiment to find the best way of doing this action, but you must get on well with your partner. You both must use safe and efficient techniques.

After this explanation and the practical lesson, read next text and fill the gaps with the key words. If you manage to complete properly the text it would mean that you are ready to work in pairs in a safety way. Good luck!

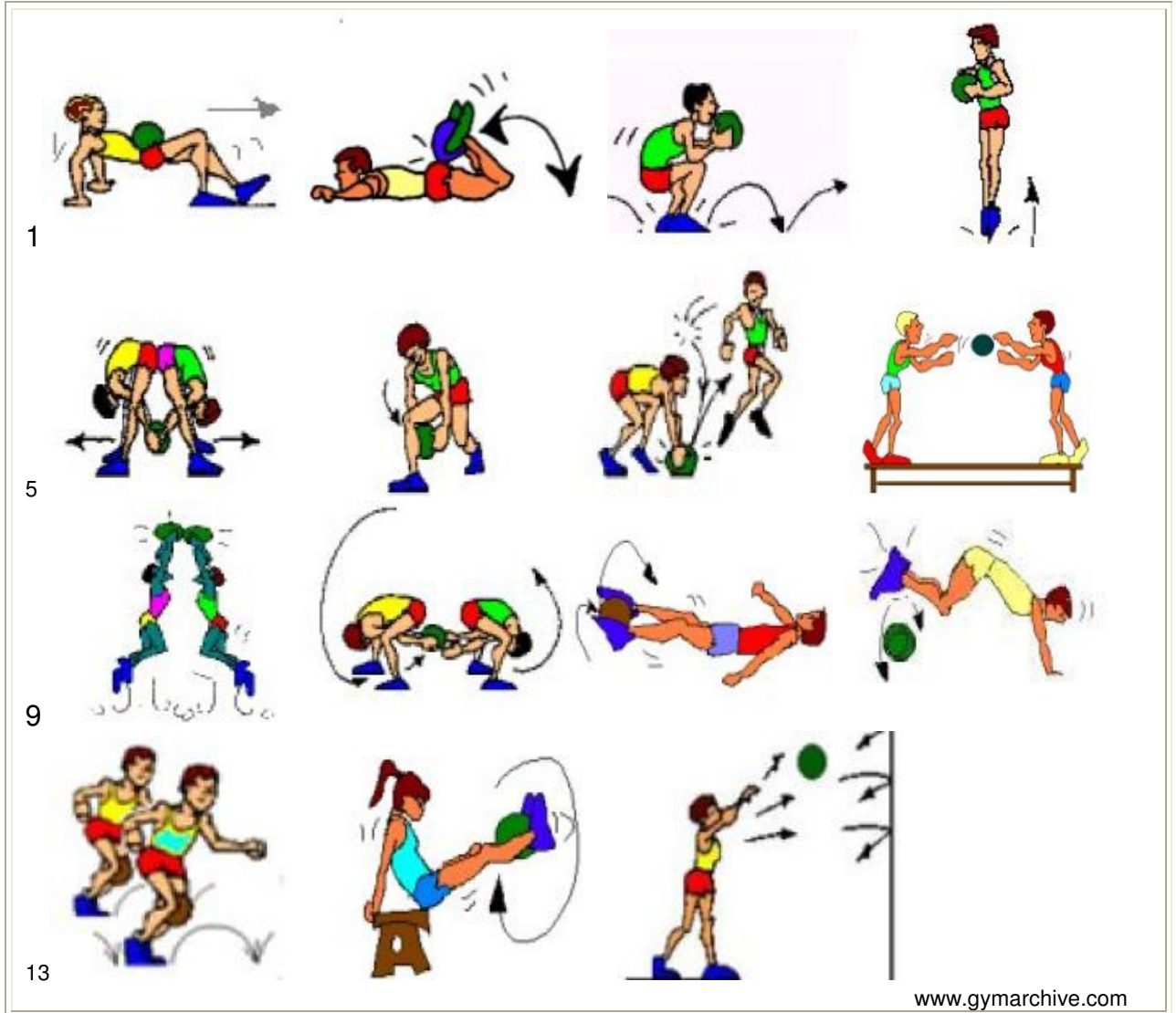
techniques weak muscles power legs shoulders direction

Good lifting, pulling and pushing _____ as possible and pointing in the _____ recognise that although the _____ of pull, push or lift. back might be willing it is very _____, All lifting, pulling and pushing should be especially when bent or being used at an angle to the line of action. It should done by straightening the _____, thereby not be used as a source of _____, only using the strong _____ of the tights and buttocks. The _____ and arms to transmit the power required. This means that it must be kept as straight are also fairly strong and can be used reasonably safety.



Hey guys, we should take specially care with our back because it is for all our life !!!

MEDICINE BALL



🚩 If you were doing exactly those exercises, which part of you body would be working vigorously ?
 Underline the best option according with your experience.

1. arms-legs	2. legs-arms	3. stomach-legs	4. back-legs	5. trunk-legs
6. stomach-legs	7. arms-legs	8. legs-arms	9. legs-trunk	10. trunk-legs
11. arms-stomach	12. legs-trunk	13. arms-legs	14. trunk-arms	15. arms-legs

