

Ficha de Evaluación Grupal

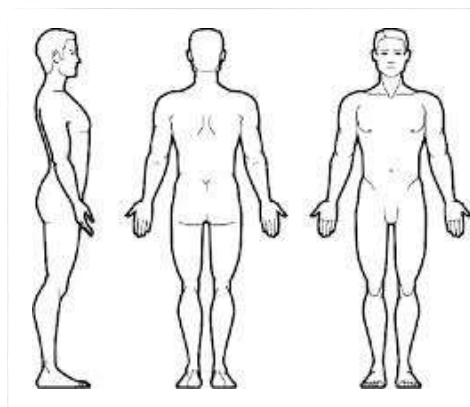
Nombre: _____ Clase: _____

Recuerda...para superar la UD, tenías que conocer la postura correcta en los ejercicios y qué musculatura activa.

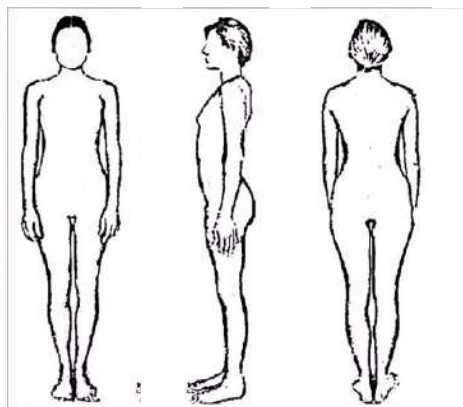
¡Te toca demostrar lo que sabes!

**Colorea el grupo muscular principal que se trabaja en cada actividad.
Escribe el nombre del grupo muscular que se activa**

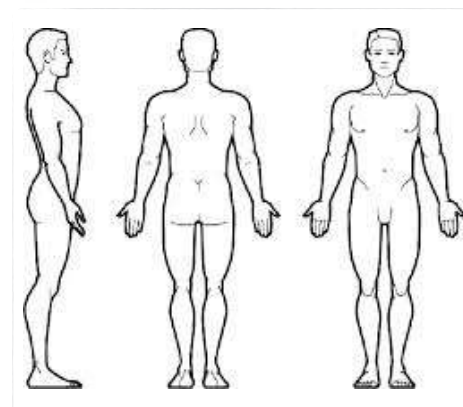
1



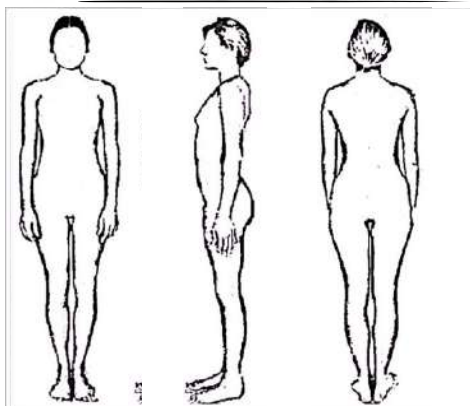
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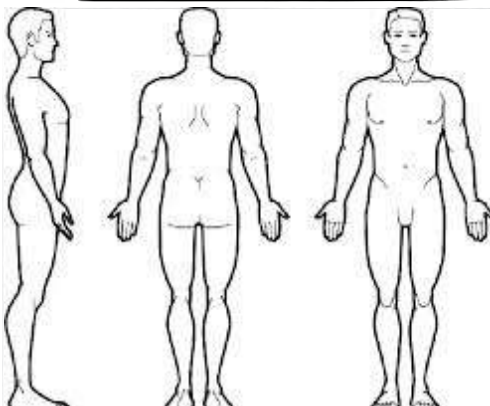
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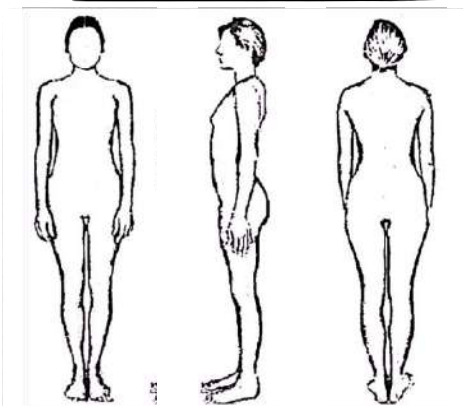
4



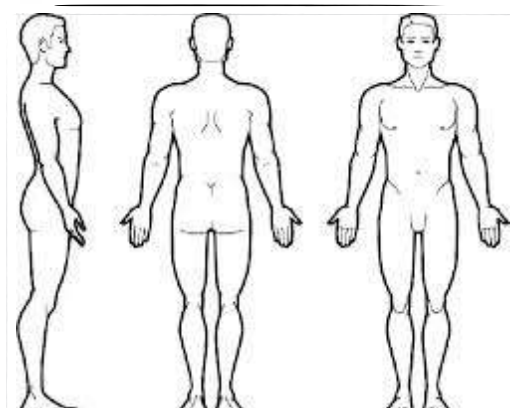
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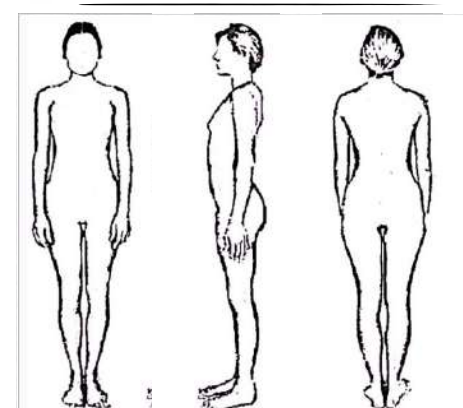
6



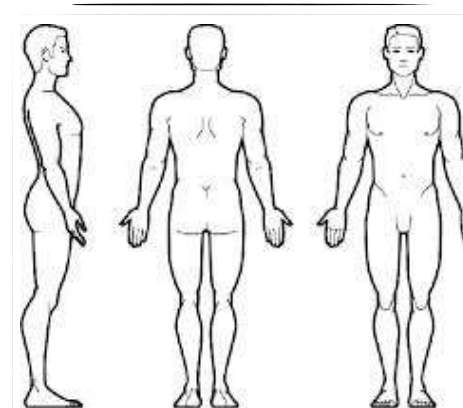
7



8



9



Experimenta los ejercicios, debate con tu grupo, y completa la ficha. Recuerda mantener una adecuada higiene postural.

1



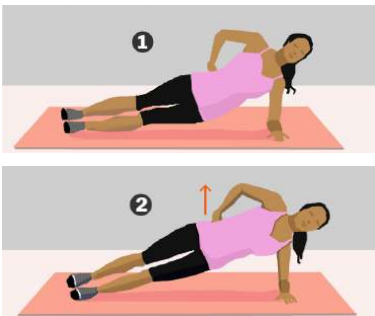
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3



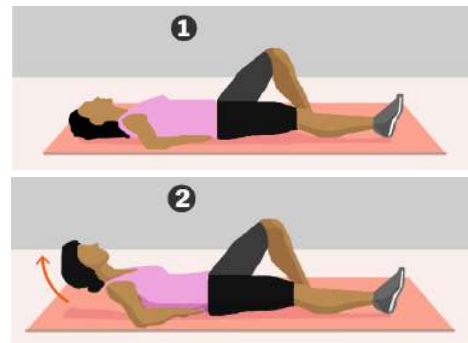
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5



6



7



8

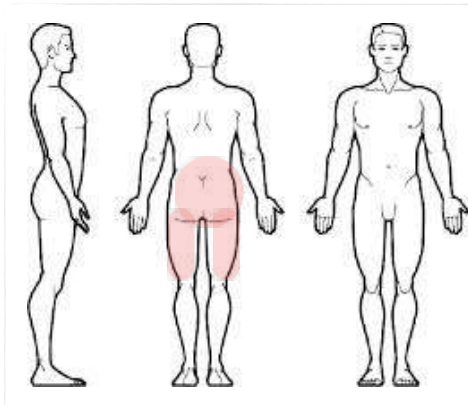


9

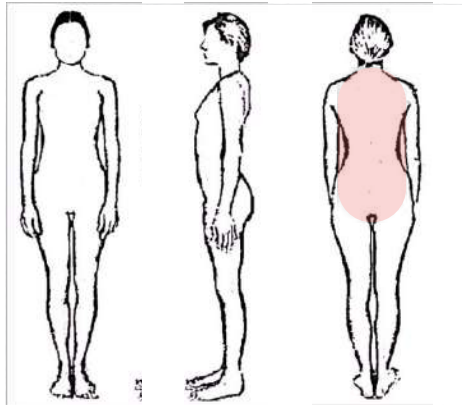


RESPUESTAS CORRECTAS

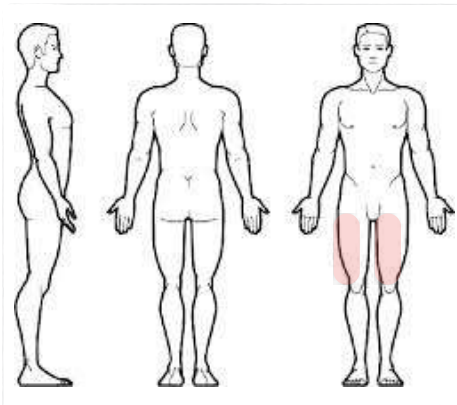
1 Lumbar e Isquiosurales



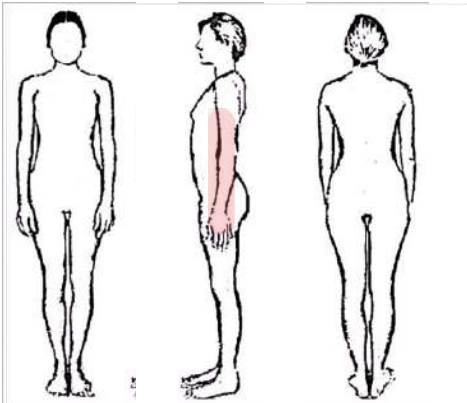
2 Lumbar y Dorsal



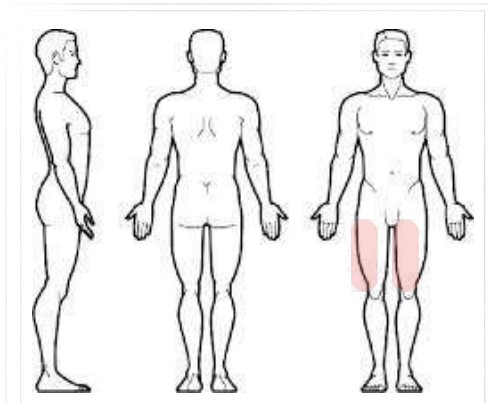
3 Cuádriceps



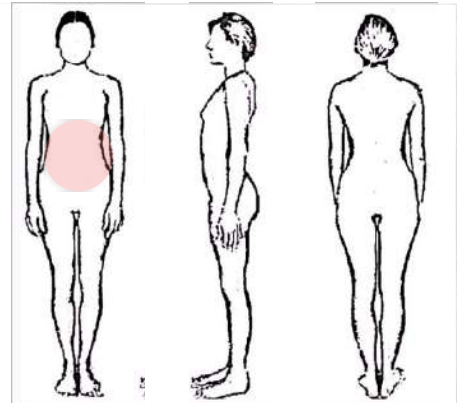
4 Oblicuos y transverso



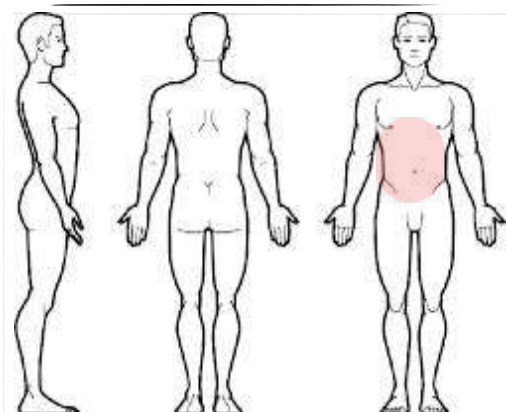
5 Cuádriceps



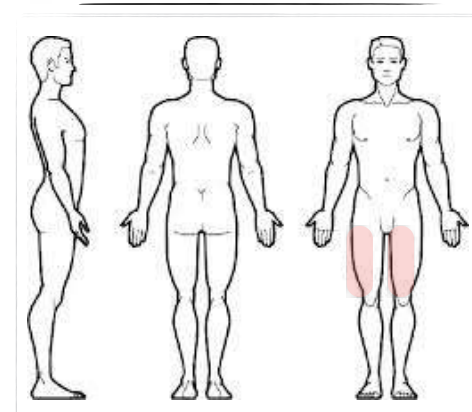
6 Abdominales



7 Abdominales



8 Cuádriceps



9 Pectorales y hombros

