

Month 07/08



PHYSICAL

ROUTINE

WARM UP 15-20 minutes

Standardized warm-up and body development routine.

BLOCK PHYSICS 30-35 minutes

Basic Movements - Ginga

Spinning Kicks - Chapa giratoria

Technique - Desequilibrante

Basic Combinations - Rasteira + aú

Advanced Mov. Contra-Technique:

Armada - Martelo contra - Crucifixo

Acrobacias - Macaco

JOGO (COUPLES) 5 minutes

RODA (EVERYONE) 5-10 minutes

We are Covid-19 Safe, if Government restrictions apply:

- This block requires live instructions/supervision
- This block assumes substitution of partners for an object (like a chair).
- This block can be developed fully online at anytime during the Program.

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms:

Cavalaria

Jogo de dentro

Santa María

Song Types

Corridos

Play the Agogô



KNOWLEDGE BLOCK

Physical Education and Sport, objectives

RESEARCH MOTIVATION

The importance of curricular training on sports

INTRODUCTION

Maculele e Samba de Roda (Folklore)

