

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

KNOWLEDGE & Theory



BLOCK MUSIC & SONGS

Berimbau Rythms:

Cavalaria

Jogo de dentro

Santa Maria

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)



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.

