



aula del futuro

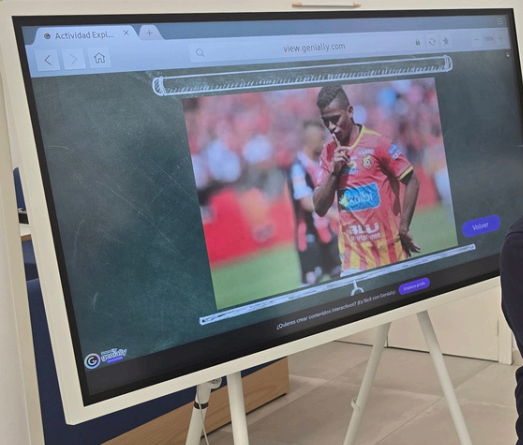
Erasmus+
Este centro participa en un proyecto europeo del programa Erasmus+

ecity Sevilla
Entidad adherida

Centro del Profesorado de Sevilla

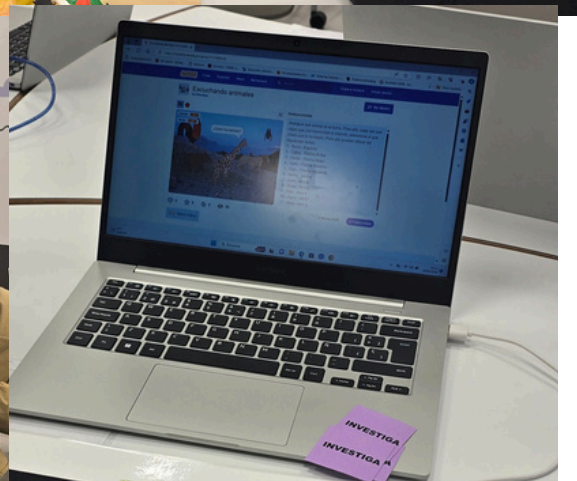
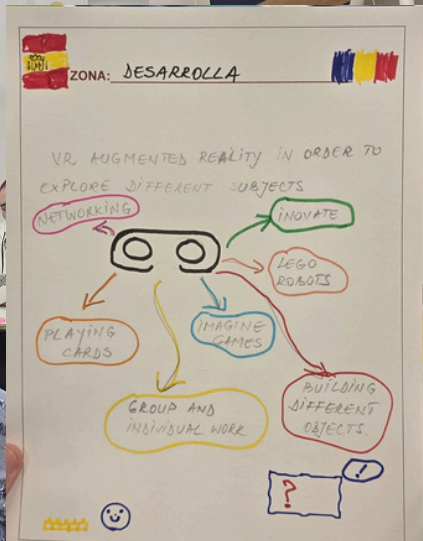


Explora Explica



SCRATCH

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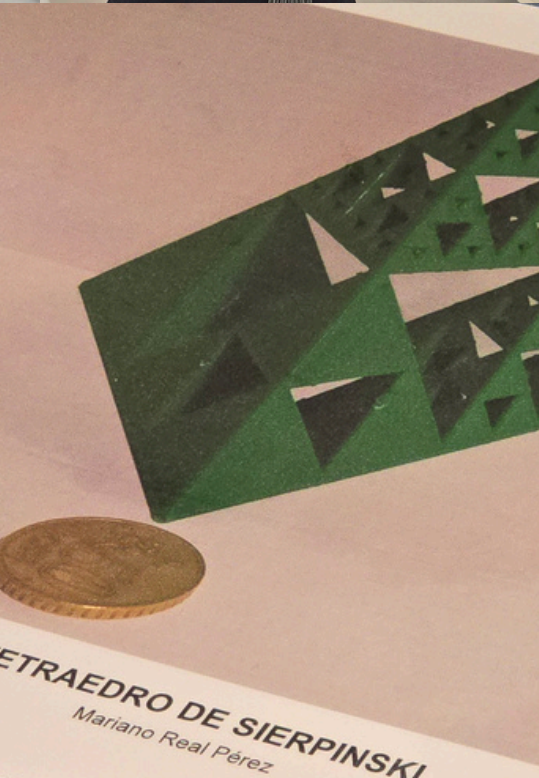


TABATA
CREATE ZONE
International Mission: The Tabata Challenge!

Research: Dive into the world of Tabata. Who invented it? Why does it work? Which exercises are best to demonstrate it?
Plan: Write a script (in English), decide who will explain each part, which exercises to record, and where. Organization is key!
Record: Lights, camera - action! Record both the explanations (remember to speak clearly in English) and the exercise demonstrations. Don't forget to show the intensity that Tabata requires.
Edit: Put together your final video. You can add music (a Tabata song would be perfect!), supporting text, or anything needed to make the result professional, clear, and above all, engaging!
Let's Get to Work!
 Remember, your audience knows nothing about this topic. You must be clear, accurate, and most importantly... transmit the energy of Tabata!

ORGANIZACIÓN DE LOS EJERCICIOS	CONTENIDO	FITNESS COACH 1.A	MINUTOS 1	MINUTOS 1.5
1.1	1.1	1.1	1.1	1.1
1.2	1.2	1.2	1.2	1.2
1.3	1.3	1.3	1.3	1.3
1.4	1.4	1.4	1.4	1.4
1.5	1.5	1.5	1.5	1.5

Access to the final product



Aula del futuro Recursos
ENLACE PRODUCTOS FINALES: PRESENTA

Laberinto geométrico Superficie de Dini Tetraedro de Sierpiński Florero de Dini

