**Guía Formativa N° 1 Ed. Física y Salud 3 º Año Básico**

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| **\*Esta guía tiene un 60% de exigencia”**  **L : 60 a 100% de logro**  **NL: menos del 60% de logro** |

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| **Puntaje Obtenido** | **L** | **NL** |
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**Nombre: Fecha:**  de del 2020

**Objetivo de Aprendizaje:** Conocer las habilidades motrices básicas de locomoción, manipulación y equilibrio.

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| **Instrucciones para los/las estudiantes:**   * Sigue las instrucciones de cada item. * Si tienes alguna consulta en el Texto de la asignatura o digital en [www.curriculum](http://www.curriculum) línea.cl. * Continúa revisando la página del Colegio para que continúes desarrollando nuevas actividades y revises tus avances. |

**Item I** Resuelve la sopa de letras y luego realiza las actividades que se te proponen. (1 punto cada una)

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1. Locomoción. 6. Lanzar 11. Estabilidad

2. Deporte. 7. Atrapar

3. Equilibrio. 8. Rodar

4. Manipulación. 9. Ejercicio.

5. Saltar 10. Reptar

Item II Escoge 5 palabras de la sopa de letras y crea una oración para cada una de ellas. (2 puntos cada una).

1. Ejemplo: Me gusta hacer ejercicio junto a mis amigos.

2. Ejemplo: Mi mamá me enseña a lanzar la pelota muy fuerte.

3. Ejemplo: Me encanta rodar por el pasto.

4. Ejemplo: A mi amiga le gusta saltar la cuerda

5. Ejemplo: En las clases de danza trabajamos todos los días el equilbrio.

**Item III** Realiza en casa los siguientes ejercicios.

**Materiales:**

\*Pelota de goma u otro material liviano.

\*Libro o cuaderno pequeño

\*Reloj para controlar tiempo.

**Ejercicios**

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| 1.- Equilibrio estático: Mantén durante 10 segundos la posición paloma. | **22298738547.jpg** |
| 2.- Manipulación:  Lanza hacia arriba la pelota y antes de atraparla realiza un aplauso con tus manos.  Lanza hacia arriba la pelota y antes de atraparla toca el suelo con una mano. | **índice 11.jpg** |
| 3.- Locomoción y equilibrio:  Camina por tu casa con un libro pequeño sobre tu cabeza sin que se caiga.  Con el libro en la cabeza, realiza 5 pasos hacia el frente, luego siéntate en el piso y ponte de pie, sin que el libro se caiga. | **images.png** |

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