

## My Basic Physical Capacities

### ● We have four main capacities

Every activity we do requires a different capacity which is also appropriate for the exercise we are doing. In all the physical activities, sports or games we do, we always use these four main capacities.

- **Flexibility.** This keeps our joints and limbs flexible so that we can move without difficulty. We lose our flexibility as we grow older if we do not exercise regularly.
- **Speed.** Is the result of the impulses our body receives from our muscles and bones. This is how fast we can move in a space of time.
- **Strength.** Is the capacity that permits us to impulse our body, throw, catch and carry weight. Strength is an important sign of good health.
- **Stamina.** Is the capacity that permits us to resist strenuous efforts or keep up our speed for a long period of time.

### Things to remember

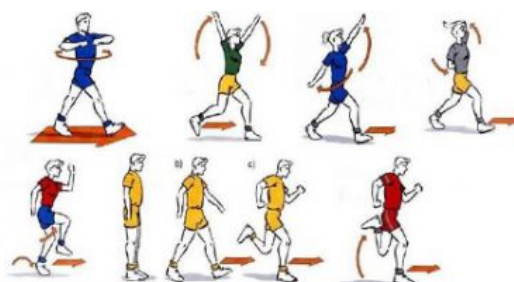
- 1 Very few people in the world are champions. We train to keep healthy.
- 2 Professional sportsmen train long hours everyday and do not do any other kind of work.
- 3 Regular exercise and a healthy diet are the most important things in a healthy lifestyle.

## Warming up

### ● How we warm up

To make sure that our body does not go from a quiet relaxed state into a state of violent activity, we have to start exercising slowly and quicken up our movements little by little. Warming up helps our body to:

- Adapt itself mentally and physically to carry out a physical activity.
- Raise its temperature so that the blood circulates in our muscles and joints and avoids injuries.
- Feel happier and enjoy the physical activity we are doing.
- Make friends.
- Always start by exercising slowly, don't tire yourself. Stop to rest now and again and move your limbs without forcing your joints.



DESCRIBE UN EJERCICIO PARA TRABAJAR CADA UNA DE LAS CAPACIDADES FÍSICAS BÁSICA



Fuerza Resistencia Velocidad Flexibilidad

**Capacidades Físicas Básicas**