



330 juegos y actividades para el tatami (Artes Marciales nº 54) (Spanish Edition)

Simón Pedro Fuentes Navarro

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Este libro es una herramienta eminentemente práctica que ayudará al profesor en sus clases de artes marciales con niños de 6 a 12 años. La introducción del juego como recurso didáctico facilita la adquisición de los gestos técnicos y hábitos, necesarios en la práctica de cualquier arte marcial, de un modo natural para el niño que, a estas edades, vive, aprende y se relaciona a través del juego.

Los juegos se clasifican según las distintas partes en las que se estructura una sesión-clase: calentamiento, parte central y vuelta a la calma.

Así el profesor conseguirá sesiones bien estructuradas y organizadas haciendo coincidir los objetivos de los juegos.

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