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este libro pretende sistematizar en la medida en que ello sea posible un amplio número de ejercicios juegos y actividades extraídos del ámbito de la gimnasia rítmica deportiva y trasladarlos al mundo de la educación física potenciando en cada una de ellas aquellos aspectos que puedan tener un interés particular para un educador ansioso de investigar no solamente nuevas formas de movimiento sino también en nuevas dimensiones motrices del individuo que pueden ir más allá del cuerpo mecánico y del movimiento rendimiento buscando formas más creativas que impliquen también al cuerpo rítmico y al cuerpo simbólico expresivo para ello el libro se ha estructurado en dos bloques el primero llamado bloque teórico trata de definir en qué marco se desarrolla nuestra disciplina desde el punto de vista meramente educativo y de formación haciendo breves incursiones en el mundo de la competición abrazando los siguientes apartados aspectos pedagógicos soporte corporal soporte material soporte sonoro el segundo el bloque práctico se aborda a modo de fichas propuestas de ejercicios tanto de manos libres es decir sin manipulación de aparatos como los que se realizan con aparatos propios de esta disciplina deportiva cuerda aro pelota mazas y cintas los contenidos desarrollados en el texto se concretan en forma de ejercicios y cada uno de ellos trata los siguientes aspectos objetivo nivel de dificultad material organización descripción observaciones y variantes el libro incluye también una amplia discografía con música de la edad moderna contemporánea actual bandas sonoras tanto españolas como extranjeras

la innumerable cantidad de ejercicios existentes obliga a establecer un limite asi de cada aparato y de preparacion fisica se recogen aproximadamente un centenar de ejercicios

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