

ANGLAIS ET EPS

WARMING UP. CYCLE 2

Let's go to the changing room....

Stand up, Come here, Line up...



Take off your jumpers. Put them on the bench...

Put on your sports clothes and your trainers...



Ok, are you ready?

Stand up on your feet, make a circle...

Then move one step backwards,

Stretch out,

Turn your head to the left, to the right, make circles very slowly...

Shoulders, hands, wrist,,,

Warming up...

Walk slowly, Walk quickly...



Make a circle, Space out...



Hands up, Hands down, Turn around, Jump, Crouch...



1,2,3,4,5, Hands up; 1,2,3,4,5, Turn around; 1,2,3,4,5,Crouch...



Let's relax...

Now calm down, be quiet...

Walk slowly, very slowly, like a little mouse.

Now sit down, close your eyes, cross your legs and relax...

Breathe slowly, deeply...

Sit up, yawn, stretch your arms,

Stand up slowly and go to the changing room...

Let's relax...

Make a circle, Breathe in, Breathe out, Sit down...



- VIDÉOS ISSUES DE SÉQUENCES FILMÉES À L'ÉCOLE MARIE CURIE DE MASNIÈRES.
- CLASSE DE CP DE MADAME AGNES LECAS
- AVEC LA PARTICIPATION DE HEATHER DRUMMOND, ASSISTANTE ÉCOSSAISE.
- D'APRÈS UN FILM RÉALISÉ PAR DIDIER CHARLET, CPLV CAMBRAI.

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