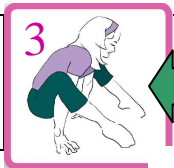




Départ



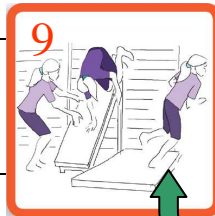
Enchaîne 3 différents équilibres au sol en variant les appuis !



En expirant complètement étire ton dos puis relâche-le en inspirant (5x) !

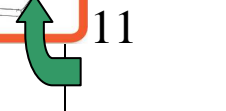


Franchis l'obstacle 3x !



Coordonnez vos mouvements en duo ! En gardant le tempo, levez la jambe 6 fois tout en maintenant la position de "planche" !

En appui, effectue un tour sur toi-même en maintenant ton tonus musculaire !

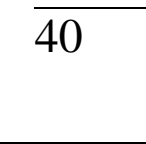
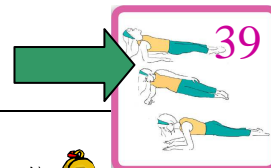
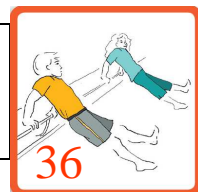


Imagine 3 sauts par-dessus la barre fixe posée au sol !

3 manières différentes pour parcourir la piste de cerceaux !



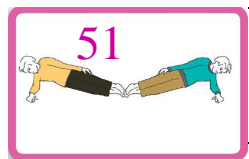
34 Rangez le matériel en fin de leçon !



Effectuez une pyramide simple !



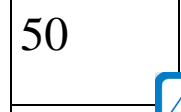
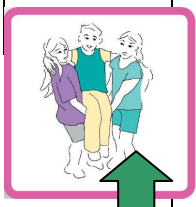
Enchaînez 3 exercices en duo !



Arrivée



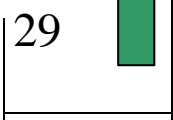
Course de transport (1 largeur de terrain de volley par élève). Maintenez la posture "dos droit" !



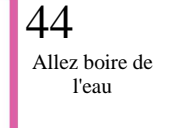
Garde ton corps en isométrie avec 3 appuis différents !



Cours à la même vitesse que ton camarade (5 tours de salle) !



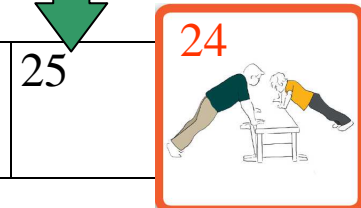
Jongle avec 2 ou 3 balles en lisant le texte affiché au mur !



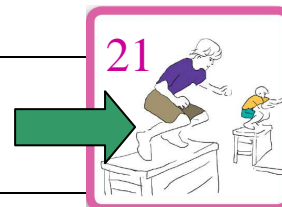
44 Allez boire de l'eau



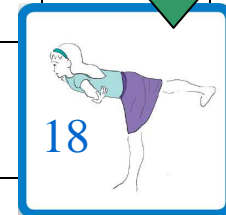
Contracte ta musculature pour te positionner en "c" (5") !



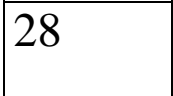
Coopérez pour effectuer ensemble des appuis faciaux synchronisés ou alternatifs (5x) !



Garde ton corps groupé lors du franchissement de la "bosse" (5x) !



Stabilise-toi et prends conscience de ton maintien dans 3 différentes positions de "balance" pendant 5 " !



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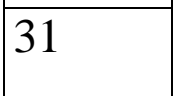
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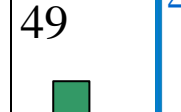
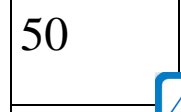
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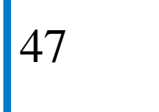
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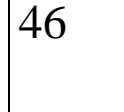
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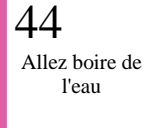
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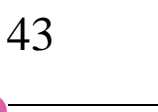
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22



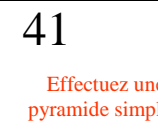
44 Allez boire de l'eau



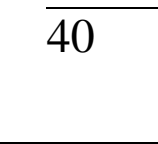
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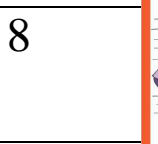
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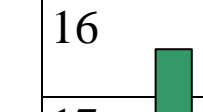
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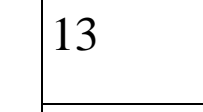
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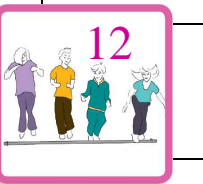
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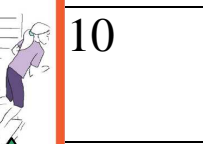
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