


Family : WARM UP

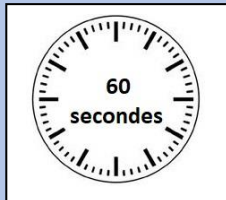
1

Trample on the spot

30 minutes of daily exercise at school



What do I need to do ?



I walk on the spot, my body straight, without moving my arms.

If I still want :


- ❖ I do it again by moving my arms

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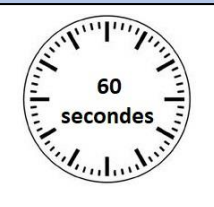
2

Skate

30 minutes of daily exercise at school



What do I need to do ?



With my hands behind my back and my body slightly bent forward, I slide my feet forward as if I were skating.

If I still want :


- ❖ I start again by varying the position of the arms (in front, on the side, above the head)

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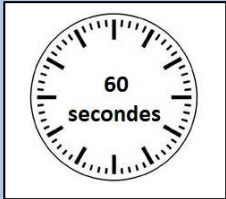
3

Run on the spot

30 minutes of daily exercise at school



What do I need to do ?



I run on the spot with my body straight, moving my arms and raising my knees high.

If I still want :


❖ I do it again by raising my arms higher.

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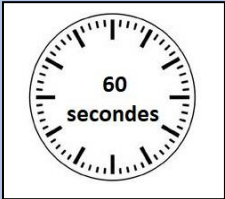
4

Walk quickly on the spot

30 minutes of daily exercise at school



What do I need to do ?



On the spot, with my body straight, I lift my heels, keeping my toes in contact with the ground

If I still want :


❖ I do it again by moving my arms.

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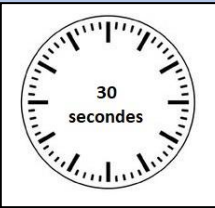
5

Walk like a crab

30 minutes of daily exercise at school



What do I need to do ?



I move to the right side, crossing my left foot against my right foot, then spreading my right foot, ...

If I still want :


- ❖ I do it again by changing sides
- ❖ I walk with my feet crossed in front of each other

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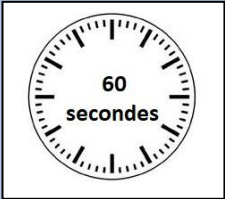
6

Walk like a duck

30 minutes of daily exercise at school



What do I need to do ?



I walk alternating between feet in (toes in) and feet out (toes out).

If I still want :

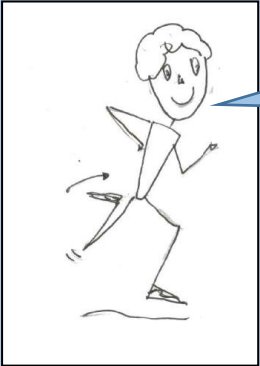
- ❖ I walk alternating my body weight on my heels and then on my toes

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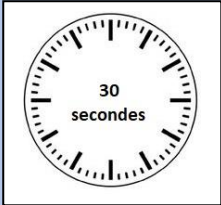
7

Run on the spot, heels/buttocks

30 minutes of daily exercise at school



What do I need to do ?



I run in place, touching my buttocks with my heels

If I still want :


❖ I start again by moving my arms more quickly

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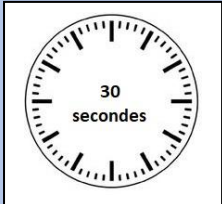
8

Wriggle on the spot

30 minutes of daily exercise at school



What do I need to do ?



I wriggle around with my toes on the ground.

If I still want :

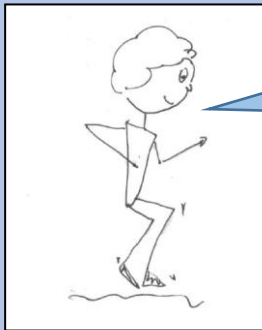
❖ I start again, going faster and faster

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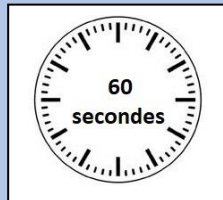
9

Treading on the spot with the pelvis very low

30 minutes of daily exercise at school



What do I need to do ?



I lower my buttocks, bend forward and raise my knees high.

If I still want :

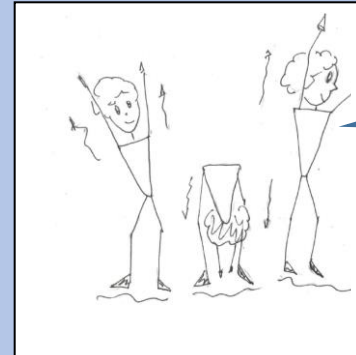
- ❖ I start again by moving backwards
- ❖ I start again by moving to the side

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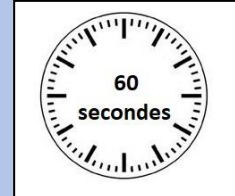
10

Branches in the wind

30 minutes of daily exercise at school



What do I need to do ?



I bend my torso forward and then stand up on my right side by raising my arms, then I repeat on my right side.

If I still want :

- ❖ I start again and go faster