

**Family : BALANCE,
CONTROL OF MOVEMENT**

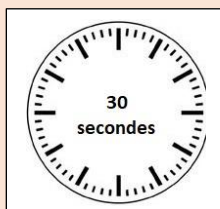
1

On the spot

**30 minutes of
daily exercise
at school**



**What do I
need to do ?**



**Balancing on one leg, I draw "8s" in the air
with the other leg.**

Then I change my support leg.

If I still want :

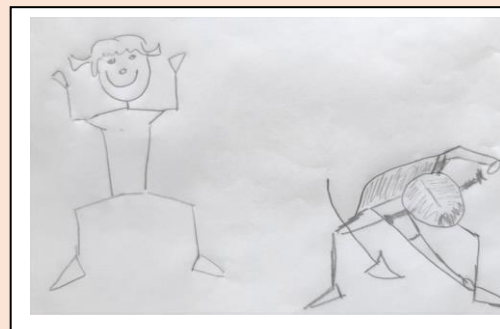
- ❖ I trace letters A, C, L
- ❖ I change legs for each letter

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2

Cross arms and legs, on the spot

**30 minutes of
daily exercise
at school**



**What do I
need to do ?**



**Start with arms above your head, legs apart,
touch one foot with the opposite hand.**

**I stand up and alternate with the other foot and
the opposite hand**

If I still want :

- ❖ I do the movements with your eyes closed
- ❖ I do it faster
- ❖ I finish with a jump after each return to standing

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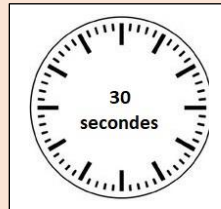
3

**30 minutes of
daily exercise
at school**

On the spot



**What do I
need to do ?**



Balancing on one leg, I tilt my body forward.

**I keep my balance by putting my arms like
the wings of a plane**

If I still want :

- ❖ I change legs every 30 seconds.
- ❖ I do the breaststroke or crawl with my arms.
- ❖ I try with my eyes closed

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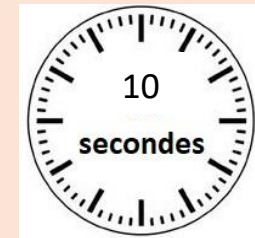
4

**30 minutes of
daily exercise
at school**

On the spot



**What do I
need to do ?**



**With my body straight, I do a side lunge on one
side and count to 10, without moving.
Then I start again on the other side. My hands
are placed against each other, elbows raised high**

If I still want :

- ❖ I put my hands above my head
- ❖ I do front and back lunges.

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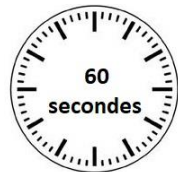
5

**30 minutes of
daily exercise
at school**

On the spot



**What do I
need to do ?**



**Balancing on one leg, touch the ground with
one hand, bending gently.**

If I still want :

- ❖ I change my leg and my hand

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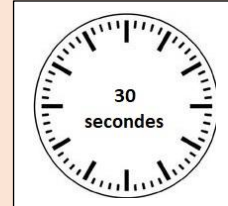
6

**30 minutes of
daily exercise
at school**

On the spot



**What do I
need to do ?**



**Balancing on one leg, spread your arms and lift
the other leg to the side.**

If I still want :

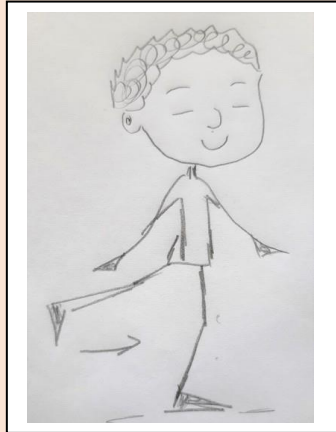
- ❖ I try with my eyes closed
- ❖ I do it faster
- ❖ I finish with a jump after each standing return

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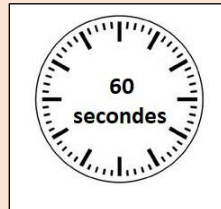
7

On the spot

**30 minutes of
daily exercise
at school**



**What do I
need to do ?**



**Balancing on one leg, I swing the other leg
back and forth. Changing the supporting leg.**

If I still want :

- ❖ I swing from right to left
- ❖ With arms at my sides
- ❖ Eyes closed, with the help of a friend holding me

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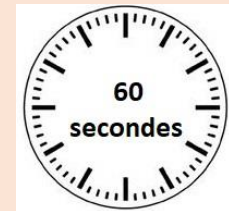
8

Bottle game, on the spot

**30 minutes of
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**What do I
need to do ?**



**Standing with my legs slightly apart, I put my
body weight on my heels and then on my toes,
without ever moving my feet.**

If I still want :

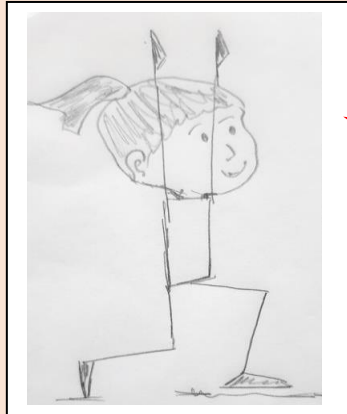
- ❖ I stick my arms by my side
- ❖ I do the movement with my feet together.
- ❖ Eyes closed

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9

On the spot

30 minutes of
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What do I
need to do ?



Take a big step forward and lower your body so
that your back knee touches the ground.

Hold the position and count to 10.

The arms are towards the sky.

If I still want :

- ❖ I change the position of my arms: forward, backward,
along the body

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10

Turning and balancing

30 minutes of
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at school



What do I
need to do ?



Turn around slowly three times and balance on
one leg.

If I still want :

- ❖ I do more or less laps
- ❖ I change the position of my arms