

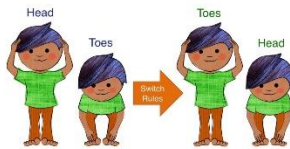
Défis seinomarins 30' APQ n° : 3

« BOUGEZ EN JANVIER 2024 »



PAUSE ACTIVE

LET'S MOOVE OUR BODY !



Head, shoulders, knees and toes, knees and toes.
Head, shoulders, knees and toes, knees and toes.
and eyes and ears and mouth and nose.
Head, shoulders, knees and toes, knees and toes.

RÉCRÉATION

20 IDÉES POUR CRÉER UN PARCOURS



Matériel nécessaire :
des craies (chalks)

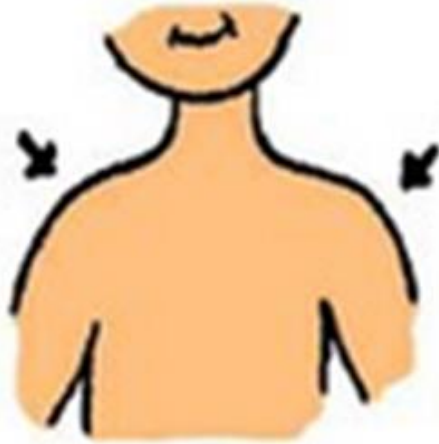
Consignes :
Choisis 5 activités parmi les 20 proposées puis « craie » ton parcours...dans la cour !

À VOS MARQUES, PRÊTS ... BOUGEZ !

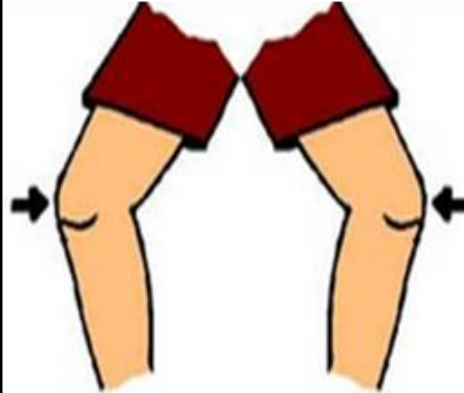
Head, shoulders, knees and toes



Head



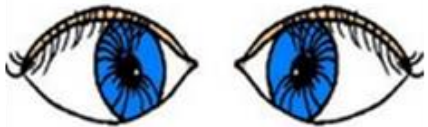
shoulders



knees



and ... toes



and ... eyes



and ... ears



and ... mouth



and ... nose

20

Fun Chalk Obstacle Course Ideas



Spin: A pink spiral. **Follow the Line**: A blue wavy line. **Touch your Toes**: A red square with 'Touch your Toes' written inside. **Hop like a Bunny**: Purple paw prints.

Dance: A cluster of colorful dots. **Clap 5 Times**: A green square with 'Clap 5 Times' written inside. **Walk Backwards**: Two orange arrows pointing down. **5 Jumping Jacks**: A blue square with '5 Jumping Jacks' written inside.

Side Step: A pink zigzag line. **TIP Toe on the line**: A black arrow pointing right above a line. **One foot Jump**: Five blue dots in a row. **Skip along line**: An orange arrow pointing right above a line.

Hop on 1 foot 5 Times: A purple square with 'Hop on 1 foot 5 Times' written inside. **Stomp & Roar**: Five blue upward-pointing chevrons. **Run**: A blue wavy line. **Hop In & Out**: A grid of purple dots.

Hop like a frog: Six green frog-like shapes. **Hop Scotch**: A grid of numbered squares (1-6). **Jump**: Three pink circles with arrows pointing up and down. **Big Jump**: Two green curved arrows pointing outwards.

<i>Spin</i>	<i>tourne</i>
<i>Follow the line</i>	<i>Suis la ligne</i>
<i>Clap</i>	<i>Frappe dans les mains</i>
<i>Walk backwards</i>	<i>Marche en arrière</i>
<i>Jump / Skip / hop</i>	<i>saute</i>
<i>Tip toe</i>	<i>Marche sur la pointe des pieds</i>
<i>Run</i>	<i>cours</i>
<i>Stomp & roar</i>	<i>Frappe des pieds, rugis !</i>
<i>Jumping jacks</i>	<i>Sauts « en étoile »</i>