

Liste des consignes d'échauffement pour les activités d'Education physique.

(Textes des enregistrements de l'assistante anglaise Alice Piggott, 2016)

- 1 - Heel flicks
- 2 - High knees
- 3 - Side steps
- 4 - Turn around
- 5 - High skips with arms up !/Power skips with arms up !
- 6 - Walk kicking out
- 7 - Feet together, make five jumps
- 8 - Feet together, jump one side to the other
- 9 - Dribble
- 10 - Cross the river
- 11 - Dribble across the river
- 12 - Dribble following your friend whilst touching their shoulder
- 13 - Roll the ball at your side, catch it and do the same on the other side
- 14 - Pass the ball from one hand to the other
- 15 - Pass the ball around your body
- 16 - Roll the ball with the tip of your foot
- 17 - Silent running - Quiet running
- 18 - Frog jumps
- 19 - On a mat, forward roll
- 20 - On a mat, backward roll
- 21 - Leapfrog
- 22 - Do a piggyback
- 23 - Crouch
- 24 - Breathe in, breathe out
- 25 - Lean and stretch, arms up
- 26 - Arms stretched out. Make little circles
- 27 - Hold out your arms and criss-cross
- 28 - Criss-cross your legs
- 29 - Sit on your bum and tuck roll
- 30 - Balance from one leg to the other