

# Mener des pauses actives en anglais

Ces cartes ont vocation à vous permettre de mener les pauses actives en anglais.

Pour cela, il vous suffit d'imprimer les cartes (en recto-verso couleur si possible), et de constituer 4 paquets de cartes de couleur.

Si vous disposez d'un TNI, le Genially dont le lien est affiché ci-contre vous permettra de choisir une musique, puis de déterminer aléatoirement les activités physiques à mener.

## Durée de chaque phase :

**Echauffement** — 2 activités (2 minutes)

**Aérobic** - 3 activités (3 minutes)

**Habilité** - 2 activités (2 minutes)

**Relaxation** - 3 activités (3 minutes)

Tous les visuels et les activités sont issues d'un dossier complet qui se trouve ici : <https://mediascol.ac-clermont.fr/ien-aurillac3/wp-content/uploads/sites/42/2021/03/Projet-a-mon-ecole-on-sactive.pdf>

<https://view.genial.ly/6149cb5a6cde000d4fe8d709/interactive-content-pauses-actives>

Documents tirés de "A mon école, on s'active" CISSS Chaudière-Appalaches, Québec

1	2	3	4	5	6	7	8	9	10	
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ACADÉMIE DE NANTES  
direction des services départementaux de l'éducation nationale  
Loire-Atlantique



## PAUSES ACTIVES

Choisis, dans l'ordre, un nombre de chaque ligne puis exécute ce qui t'est demandé !

- 1 musique
- 2 échauffement
- 3 aérobic
- 4 habilité
- 5 relaxation

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Cartes pour mener des pauses actives en anglais by CPDLV44—2023

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Temps : 60 secondes

### Walk on the spot

Straighten your body



Temps : 60 secondes

### The ice-skater

Body slightly inclined/  
tilted forward



Temps : 60 secondes

### Run on the spot

High knees  
Straight body/body  
upright



Temps : 60 secondes

### Olympic walk

Straight body  
The toes always re-  
main in contact with  
the ground



Temps : 30 secondes

### Rhythmic side steps

Cross your feet when  
moving sideways  
Clap your hands when  
you change direction



Temps : 60 secondes

### Varied walk

Straight body  
walk with your feet fa-  
cing inwards/  
outwards



Temps : 30 secondes

### heels to buttocks

Jog and tilt the body  
slightly forward  
Raise your heels as  
close as possible to  
the buttocks



Temps : 30 secondes

### (do the) Twist

Twist the body and  
limbs in all directions  
keep the tip of your  
toes on the ground



Temps : 60 secondes

### Trampling

Lower your buttocks  
and tilt your body  
forward  
Legs apart and raise  
your knees high



Temps : 60 secondes

### Flags in the wind

Arms and legs slightly  
bent—bend your  
chest forward and  
straighten up in one  
direction and then in  
the other

5

Warm up

4

Warm up

3

Warm up

2

Warm up

1

Warm up

10

Warm up

9

Warm up

8

Warm up

7

Warm up

6

Warm up



Temps : 60 secondes

### **The boxer's jumps**

Knees slightly bent  
Your hands hold an imaginary skipping rope



Temps : 60 secondes

### **The tire race**

Knees slightly bent  
Take large lateral steps



Temps : 30 secondes

### **Star jumps**

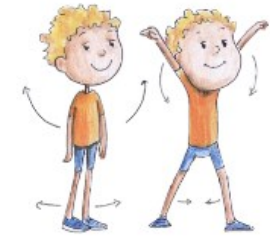
Start in an upright position ; jump as high as possible with arms and legs apart ; Come back to an upright position



Temps : 30 secondes

### **Head shoulders knees and toes**

Start in an upright position ; touch the head, shoulders, knees and toes in order ; Do it quickly



Temps : 30 secondes

### **Jumping jacks**

Start standing  
Raise your arms above your head and legs apart at the same time



Temps : 60 secondes

### **The carousel**

Knees bent and straight body  
lower and raise your body (like in a roller coaster)



Temps : 60 secondes

### **Cross-country skiing**

Knees slightly bent and straight body  
Make some cross-country skiing and leap from stride to stride



Temps : 60 secondes

### **Opposite knees and elbows**

Bend the opposite knee and elbow so that they touch



Temps : 30 secondes

### **Jumping squats**

Start in a squatting position ; Jump as high as possible and raise your arms above your head  
return to squatting position



Temps : 60 secondes

### **Spring boots**

Knees bent, body inclined and turned to the side ; jump and rotate 180 degrees  
always look forward

5

Aerobics

4

Aerobics

3

Aerobics

2

Aerobics

1

Aerobics

10

Aerobics

9

Aerobics

8

Aerobics

7

Aerobics

6

Aerobics



Temps : 60 secondes  
(30 secondes par jambe)

### Drawing 8's

Balance on one leg,  
draw "8s" in the air  
Keep your body  
straight



Temps : 60 secondes  
(30 secondes par jambe)

### Swim the front crawl on one foot

Balance on one leg  
Tilt the body forward  
With the arms, imitate  
the movement  
of swimming



Temps : 60 secondes  
(30 secondes par jambe)

### Side lunges

Start with your legs  
apart and a straight body.  
Do a lateral lunge on one  
side and then on the  
other ; Bring your hands  
together and push



Temps : 60 secondes  
(30 secondes par jambe)

### Touch the ground on one foot

Balance on one leg  
Tilt the body forward  
Try to touch the ground  
with your hand



Temps : 60 secondes  
(30 secondes par jambe)

### Tower of Pisa

Balance on one leg  
Spread your arms and  
lift the other leg  
Make circles with the  
arms and the leg



Temps : 60 secondes  
(30 secondes par jambe)

### One leg swing with eyes closed

Balance on one leg,  
close your eyes  
Swing the other leg  
(front/back, left/right)



Temps : 60 secondes

### banana shoes

Knees slightly bent  
Put the weight of the bo-  
dy on the heels and then  
on the toes  
Keep the balance with  
the arms



Temps : 30 secondes

### lunges with extended arms

Take a large step forward  
and lower the body as close  
to the ground as possible  
Raise your arms above your  
head ; Change sides with each  
repetition



Temps : 30 secondes

### Crazy circles

Body straight, raise  
your arms on each  
side of the body  
Make rotations  
(circles)



Temps : 60 secondes  
(30 secondes par jambe)

### The orbit

Turn around 3 times  
Close your eyes and  
keep your balance on  
one leg

5

Motor skills

4

Motor skills

3

Motor skills

2

Motor skills

1

Motor skills

10

Motor skills

9

Motor skills

8

Motor skills

7

Motor skills

6

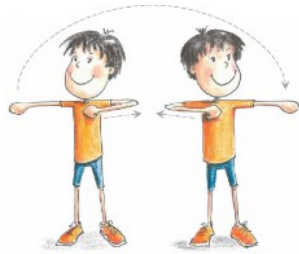
Motor skills



Temps : 60 secondes  
(15 secondes par position)

### Elastic arms

Stretch the arms  
Perform different  
pushes forward, back-  
ward, sideways, up  
and down



Temps : 60 secondes  
(30 secondes par côté)

### Archery

Straight body  
Stretch your arms to the right  
side ; Stretch the imaginary  
bowstring with the left arm  
and maintain the position  
Reverse



Temps : 30 secondes

### the snow angel

Knees slightly bent  
body straight  
slowly raise the hands on  
each side of the body  
then lower them again



Temps : 30 secondes

### Rag doll

Stand up and slowly roll  
your body forward until  
your hands touch the  
ground ; Slowly stand up  
and repeat.



Temps : 30 secondes

### Cane Toad Stretch

Body straight, raise your  
arms as high as possible  
Keep the tension for a  
few seconds then squat  
down (like a toad)



Temps : 60 secondes

### The eagle tree

Balance on one leg,  
wrap the other leg behind  
the calf ; Intertwine your  
arms and put your  
hands back to back  
Alternate after 30 seconds



Temps : 30 secondes

### The diver's stretch

In a squatting position, with  
your back straight  
Place your hands on  
each side of your thighs  
Stretch your arms as far  
forward as possible towards  
the front (diver's position)



Temps : 60 secondes  
(30 secondes par côté)

### The pixie stretch

Tilt the body slightly  
Forward ; Bend one leg,  
extend the other  
forward and raise  
the toes



Temps : 60 secondes  
(30 secondes par côté)

### the superhero stretch

Take a big step and bend  
your body forward  
First, stretch one arm in  
front and one behind  
Then stretch both arms  
(front and back)



Temps : 30 secondes

### The broom

Legs apart and bend your  
knees slightly  
First, stretch your arms  
forward and slowly bring  
them backwards  
Reverse



5

Relaxation

4

Relaxation

3

Relaxation

2

Relaxation

1

Relaxation

10

Relaxation

9

Relaxation

8

Relaxation

7

Relaxation

6

Relaxation