**EPS et anglais**

**[Cycle 1](#cycle2)**

**Agir dans l’espace, dans la durée et sur les objets**

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| Agir sur et avec des sacs de graines, expérimenter l’équilibre | Fiche de préparation [Séance Station Play](https://stocad.ac-nantes.fr/index.php/s/T3ZZwb8z6ixJzCg) + [Station cards](https://stocad.ac-nantes.fr/index.php/s/scyzknzHWspFyZ3) |

**Eléments linguistiques :**

*While the music plays, do the activity at your station.*

*When the music stops, freeze and point to the station next to you.*

*Walk to the next station and when the music begins again, start the new activity.*

*• Balance a beanbag on your head/hand/shoulder/fingers while*

*standing on one foot. Switch feet.*

*• Throw your beanbag into a hoop while standing on a spot marker.*

*• Balance a beanbag on your elbow and walk from spot to spot.*

*• Balance a beanbag on your foot. Draw the shapes with your foot. Switch feet.*

*• Safely play with a beanbag. Remember to keep it inside your bubble.*