**EPS et anglais**

[**Cycle 2**](#cycle2)

**S’exprimer devant les autres par une prestation artistique et/ou acrobatique**

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| Arts du cirque : ateliers de (lancers et) jonglage | Fiche préparation [« Catching and throwing circuit »](https://stocad.ac-nantes.fr/index.php/s/3NoS8TJK7mW7YQM) + [skill cards](https://stocad.ac-nantes.fr/index.php/s/PBMEY8qqsSN9NKD) |

**Eléments linguistiques :**

*Back to back!*

*While the music plays, be active at your station.*

*When it stops, rotate to the next station (point).*

*Continue until you hear my stop signal.*

*Bowling : Knock down the pins by rolling the ball from the starting line. How many can you score before the signal?*

*Basketball : Using an underhand toss, shoot yarnballs into the basket. How many can you score before the signal?*

*Target tossing : Stand on a spot marker and aim at the hoop. Throw 1 ball over the target. Throw 1 ball into the target. How many can you score before the signal?*

*Self-toss and catch : Toss the beanbag and catch it without leaving your spot. Toss with 1 hand and catch with 2 hands. Now try to catch with 1 hand. Can you alternate hands?*

*Pancake flip : Put the beanbag on the palm of your hand. Flip it like a pancake and catch it. Now try to catch it on the back of your hand.*

*Toss, clap and catch : Toss beanbag and clap your hands before you catch it. How many times can you clap before catching the beanbag? Try to stay on your spot.*