**EPS et anglais**

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

**Adapter ses déplacements à des environnements variés**

|  |  |
| --- | --- |
| Natation | Fiches [Lexique et consignes spécifiques natation](https://stocad.ac-nantes.fr/index.php/s/brFyee2ysZPtsNR) + [Consignes évaluation palier 1 et 2](https://stocad.ac-nantes.fr/index.php/s/q54M4jB92TctFqt) + [audios des consignes](http://pedagogie-62.ac-lille.fr/cycle-3/langues-vivantes/domaine-2-les-methodes-et-outils-pour-apprendre/eps-et-anglais/natation/natation) |

Eléments langagiers :

*backstroke - breaststoke - butterfly - freestyle crawl*

*diving block, starting block, hoop, noodles, floaty, tube, the bottom of the pool*

*Climb down the ladder (or the pole) and pick up an object (fish, turtle etc.)!*

*Blow bubbles!*

*Swim through Jenny's legs!*

*Open your eyes under the water!*

*Go down the slide!*

*Look at the ceiling!*

*Push off the wall !*

*Fall backwards!*

*Slip into the water!*

*Do a somersault!*

*Hold your knees!*

*Straight arms, under the armpits!*

*- Jump into the water standing up straight – Jump or dive*

*- Stay under the water and swim under the floating obstacle (pole, lane line)*

*- Swim under the water and go through the submerged obstacle*

*- Float for 5 seconds on your back or on your front*

*- Swim to the edge*

*- Tread water for 5 to 10 seconds*

*- Swim for 15 metres without touching the edge or the lane line*

*- Swim for 30 metres*

*(15 m on your front one way, then 15 m on your back going back) - without touching anything*