**EPS et anglais**

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

**Produire une performance optimale, mesurable à une échéance donnée**

|  |  |
| --- | --- |
| 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 langagiers :

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.