**EPS et anglais**

[**Cycle 3**](#cycle2)

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

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| --- | --- |
| Double Dutch (sauter à la corde artistique) | Fiche de préparation [« Mirror Mirror »](https://stocad.ac-nantes.fr/index.php/s/iQeom4EoEB2Wacy) + [Jump rope assessment](https://stocad.ac-nantes.fr/index.php/s/MddtLiymqJRJceK) |

**Eléments linguistiques :**

*The object is to mirror your partner’s movement.*

*If you are in the X line, choose a jump rope trick from those you know, and begin jumping.*

*Your partner mirrors your movement.*

*On signal (about every 20 seconds), switch leaders and followers.*

*Now Z leads, and X follows.*

*We’ll rotate partners every other round.*

*On my signal, all in the X line step 1 position to your L.*

*The farthest on the L side runs behind all to the opposite end.*

*Zs don’t move.*

*We’ll continue until the signal.*

*Jog and jump.*

*Double/single bounce.*

*Hop.*

*Forward/backward.*

*Straddle.*

*Bell.*

*Rocker.*

*Hopscotch.*

*Side swing.*

*Skier.*

*Heel Taps.*

*Twister.*

*The X.*

*Hot Peppers.*

*Crossovers.*

*Double enders.*

*Turner and Jumper.*

*Front-to-Front.*

*Front-to-Back.*

*Back-to-Front.*

*Back-to-Back.*

*Turn While Jumping.*

*Side-by-Side,*

*Facing Same/Opposite.*

*2-Rope Exchange, Facing Same/Opposite. Partner Trick with Tossable.*

*Create a routine.*