**EPS et anglais**

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

**Conduire et maitriser un affrontement collectif ou interindividuel**

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| Vers l’Ultimate (plan de travail) | Fiche de préparation [« Flying Disc Group Challenge »](https://stocad.ac-nantes.fr/index.php/s/R5AwSkCo9J3mf6b) + [Task card](https://stocad.ac-nantes.fr/index.php/s/fcGX2rCGNw9Ptrm) + [Task card in Spanish](https://stocad.ac-nantes.fr/index.php/s/bNaF4HM3rFxxxwZ) |

**Eléments linguistiques :**

*The object is for your group to complete challenges on your Flying Disc Group Challenge Task Card.*

*• While moving around the perimeter clockwise 1X; pass the disc back and forth with your group.*

*• Face a partner with about 10 paces between you. Complete 10 catches with this partner.*

*• Put your discs on the ground in a circle about 10 paces in diameter. All run around the circle 1X clockwise. All jump over each disc 1X clockwise. All run a slalom course through the discs 1X clockwise (weave in and out).\**

*• All start at 1 endline. Stay in a line and toss the disc down the line and back as you move to the opposite endline. Use only Backhand Passes. When you get there, turn around and come back.*

*• Complete a total of 60 Curl-ups (your choice of style) with your group.*

*• Complete a total of 80 catches. (Your group may use all your discs.) Catches must include at least 10 2-Hand Catches, 10 Clap Catches and 5 1-Hand Catches total.*

*• While moving around the perimeter counterclockwise 1X, pass the disc back and forth with your group.*

*• All stand on the perimeter. On signal, all throw your discs out and away from the center of the activity area as far as you can. After all have thrown, retrieve your disc and return to the perimeter. Play 3 rounds and see if you can better your distance each round.*