**EPS et anglais**

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

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

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| Ateliers athlétiques (course de vitesse, saut, lancer) | Fiche préparation [« Sprints and Jumps Circuit »](https://stocad.ac-nantes.fr/index.php/s/BGZJxYHCFJG29j3) + [skill cards](https://stocad.ac-nantes.fr/index.php/s/Gj99bLpfMXkiQPQ) (English and Spanish) + [task cards](https://stocad.ac-nantes.fr/index.php/s/5JGpjDEqSNZPiC2) (English and Spanish) |

**Eléments linguistiques :**

*Today you will move through a Sprints and Jumps Circuit where you participate in 5*

*stations to practice track and field skills at your own pace and at your own level.*

*On signal, practice the skill shown on the skill card at your station.*

*Follow the directions on your Task Card, practice the activity, and check your cues at each station. On signal, rotate clockwise to the next station and repeat (3-5 minutes per station).*

*Sprint start. Sprint. Hurdle. Long jump. Triple jump. Shot put.*