

Propositions d'échauffements

Echauffement C1

Pinocchio

<https://www.youtube.com/watch?v=lxlh434BUrw>

Vitesse 0,75

Echauffement C2

Move!

<https://www.youtube.com/watch?v=VsgpUHUYuJI>

Exemple d'échauffement en anglais C3

Original :-)

<https://www.youtube.com/watch?v=iHkTKRGfgf8>

Echauffement proposé à MOLLANS :

Shoulders backwards / forwards

Stretch in front of you / behind you / up and down

Hands together / make a little wave, a big wave

Hands apart

Wriggle your fingers

Turn your wrist on one side, on the other side

Turn your ankle on one side, on the other side

Jump with feet tight / tight and open / Cross your legs / Cross your arms

Run slowly, faster, faster, sprint

Complété collectivement au cours de la journée de formation :

Say Yes/No with your head

Touch your elbow and turn

Knees together, make a circle

On one side / on the other side

Put your hands on your hips

Make a circle

Knees up

Formule proposée au cours de la formation EMILE : Kick your legs forwards

Kick your legs backwards = talon-fesses