

# FICHE 1

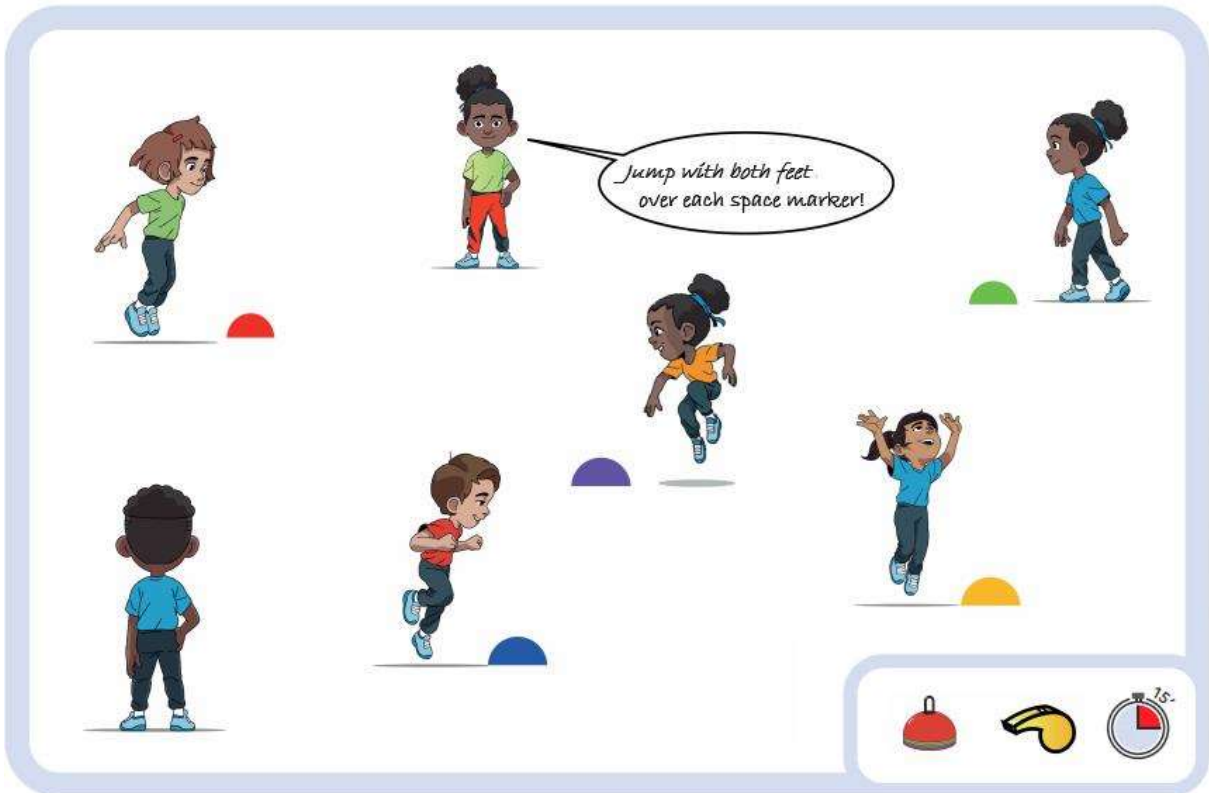
## SPACE MARKERS



Whistle



Space markers



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### **Instructions:**

Wall.

Walk and jump over each space marker.

### **Variations:**

Do different actions: walk, run, run fast, walk sideways, walk backwards.

Jump in different ways: hop on one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hopping with both feet, walk over the space markers, jump far, jump high, jump sideways.

In pairs



Hoops



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**Instructions:**

Walk.

Jump in and out each hoop.

**Variations:**

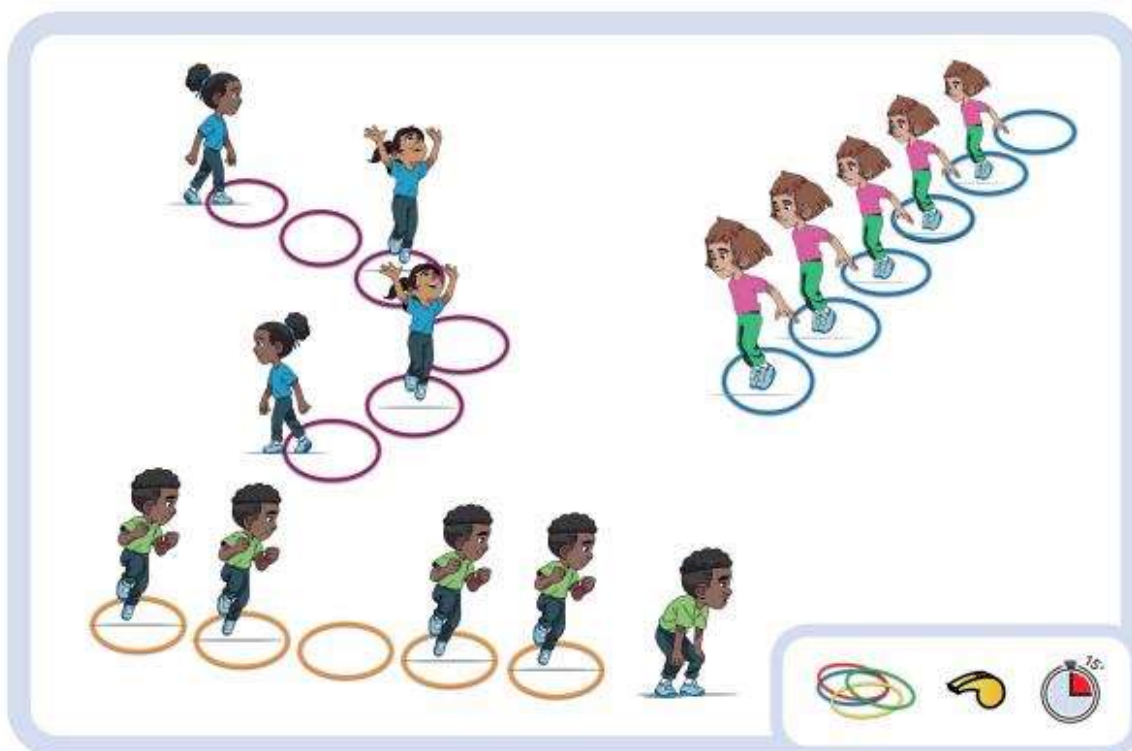
Do different actions: walk, run fast, walk sideways, walk backwards.

Jump in different ways : hop one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hooping with both feet, walk over the hoops, jump far, jump high, jump sideways.

In pairs.



### Hoops



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#### **Instructions:**

Walk.

Follow each path and jump from hoop to hoop.

#### **Variations:**

Do different actions: walk, run fast, walk sideways, walk backwards.

Jump in different ways : hop one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hooping with both feet, walk over the hoops, jump far, jump high, jump sideways.

In pairs.

## FICHE 4 HOPSCOTCH GAMES



Hoops



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### **Instructions:**

Walk.

Jump in each hopscotch following the instructions.

### **Variations:**

Do different actions: walk, run fast, walk sideways, walk backwards.

Jump in different ways : hop one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hooping with both feet, walk over the hoops, jump far, jump high, jump sideways.

Jump without touching the limits.

Jump following the numbers.

# HOPSCOTCH GAMES WITH FORBIDDEN ZONES



Hoops



Chalks



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## Instructions:

Walk.

Jump in each hopscotch following the instructions and avoid forbidden zones

## Variations:

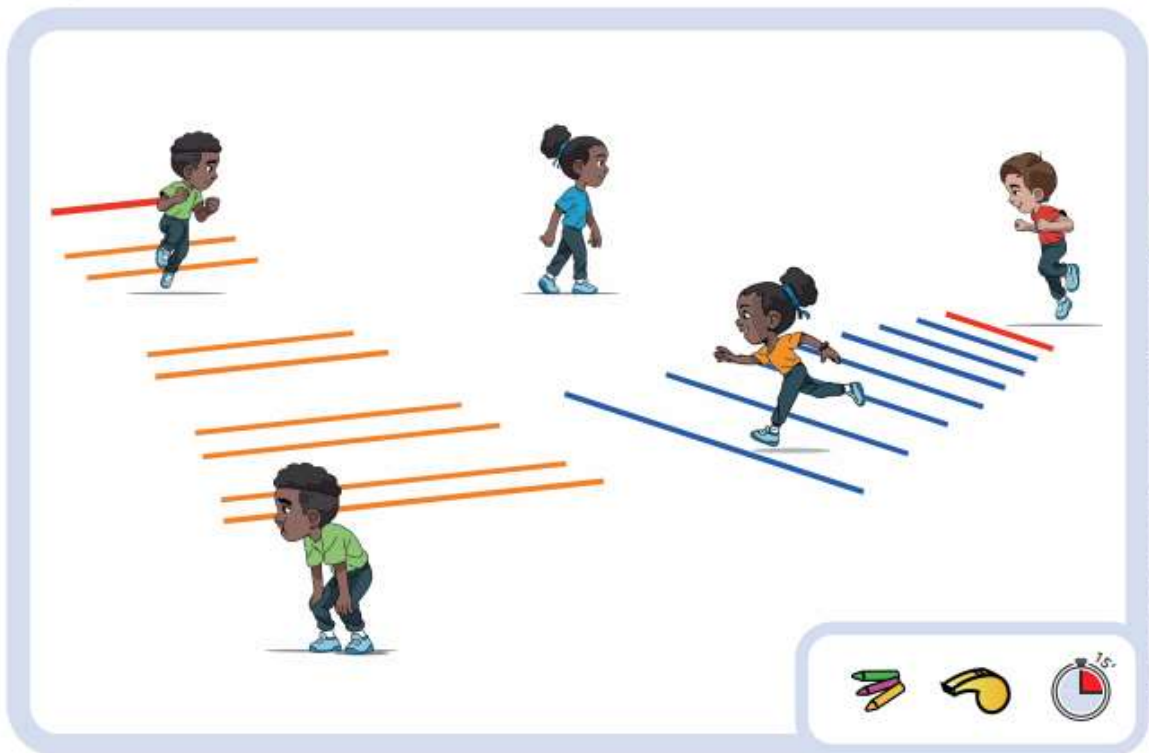
Do different actions : walk, run, run fast, walk sideways, walk backwards.

Jump in different ways : hop on one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hopping with both feet, walk over the hoops, jump far, jump high, jump sideways.

Without touching the limits.



Chalks



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**Instructions:**

Walk.

Jump in each funnel without touching the lines.

**Variations:**

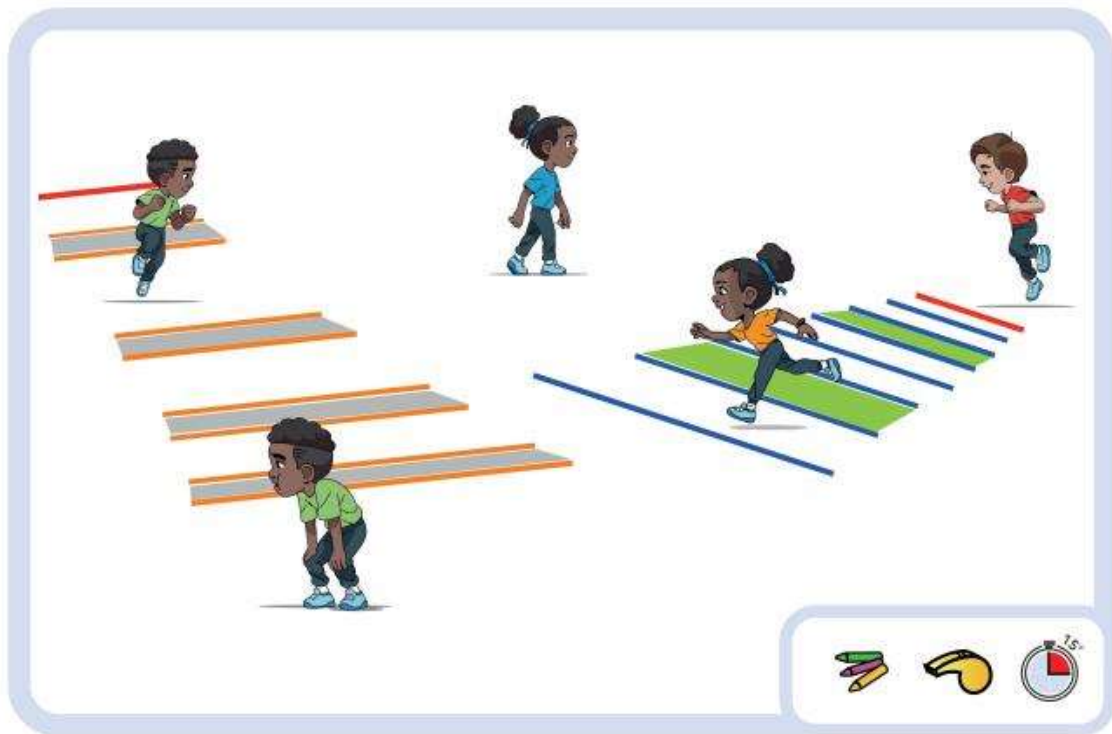
Do different actions : walk, run, run fast, walk sideways, walk backwards.

Jump in different ways : hop on one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hopping with both feet, walk over the lines, jump far, jump high, jump sideways.

Jump with or without a run-up.



Chalks



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**Instructions:**

Walk.

Jump in between each line of the funnels without touching them.

Avoid forbidden zones.

**Variations:**

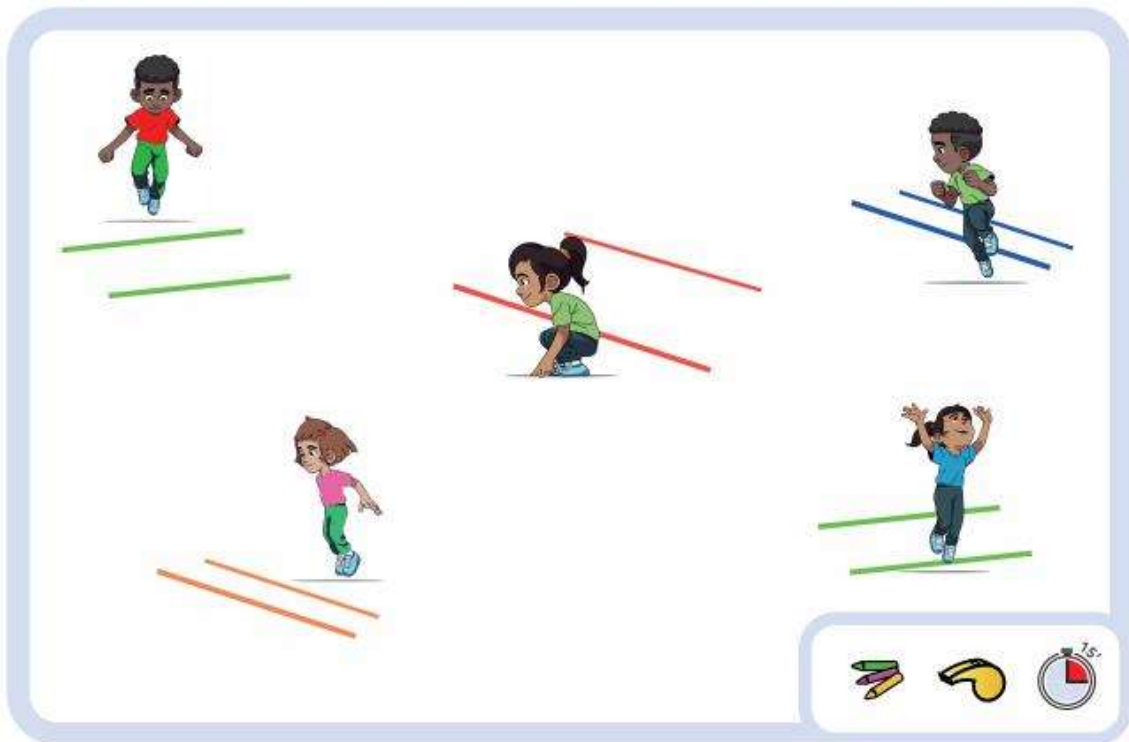
Do different actions : walk, run, run fast, walk sideways, walk backwards.

Jump in different ways : hop on one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hopping with both feet, walk over the lines, jump far, jump high, jump sideways.

Jump with or without a run-up.

## FICHE 8

# ACROSS THE RIVER



### Instructions:

Walk.  
Jump across each river.

### Variations:

Do different actions : walk, run, run fast, walk sideways, walk backwards.  
 Jump in different ways : hop on one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and hopping with both feet, walk over the lines, jump far, jump high, jump sideways. Jump without touching the lines.  
 Make a half-turn jump.



## FICHE 9 OBSTACLES



**Cones**



**Chalks**



**Hoops**



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### **Instructions:**

Move around the whole way and jump over the obstacles.

### **Variations:**

Do different actions : walk, run, run fast, walk sideways, walk backwards.

Jump in different ways : hop on one foot, hop alternately from one foot to the other, hop with feet together, alternate hopping on one foot and with both feet, walk over the lines, jump far, jump high, jump sideways.

Jump without touching the lines.

Jump in and out the hoops and rivers.



Skipping ropes



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**Instructions:**

Move around while skipping rope.

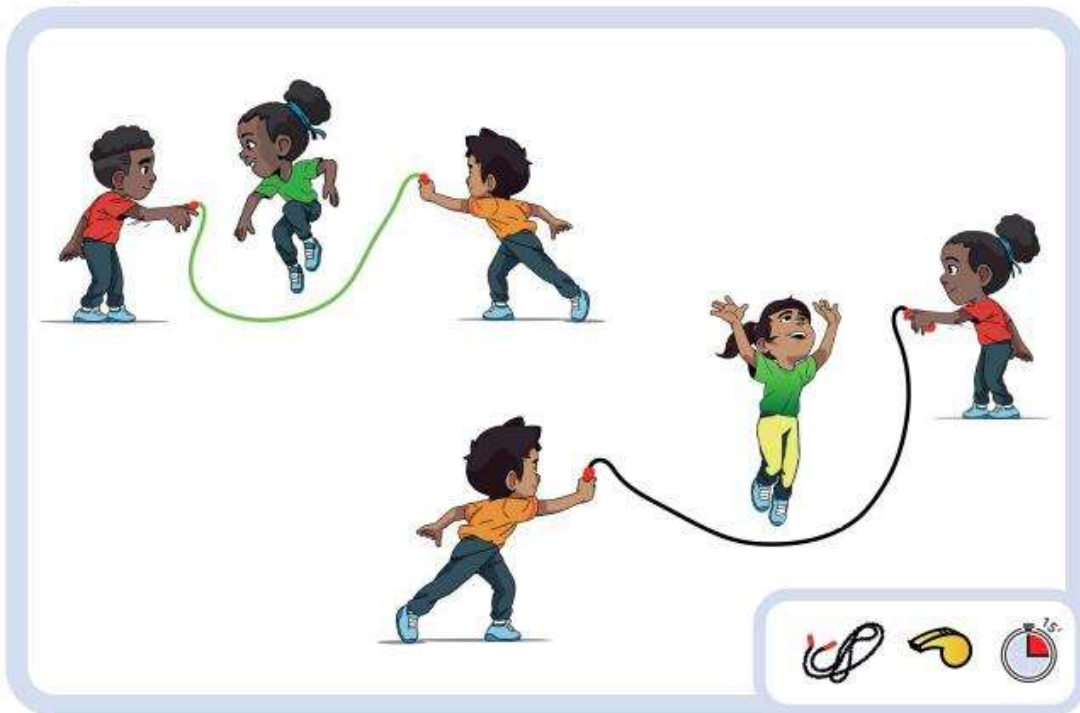
**Variations:**

Do different actions : walk, run, backwards.

Jump in different ways : hop with both feet, hop on one foot, hop alternately from one foot to the other.



Skipping ropes



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**Instructions :**

Place one pupil at each end of the rope.

The two pupils rotate the rope together.

The third pupil has to skip rope.

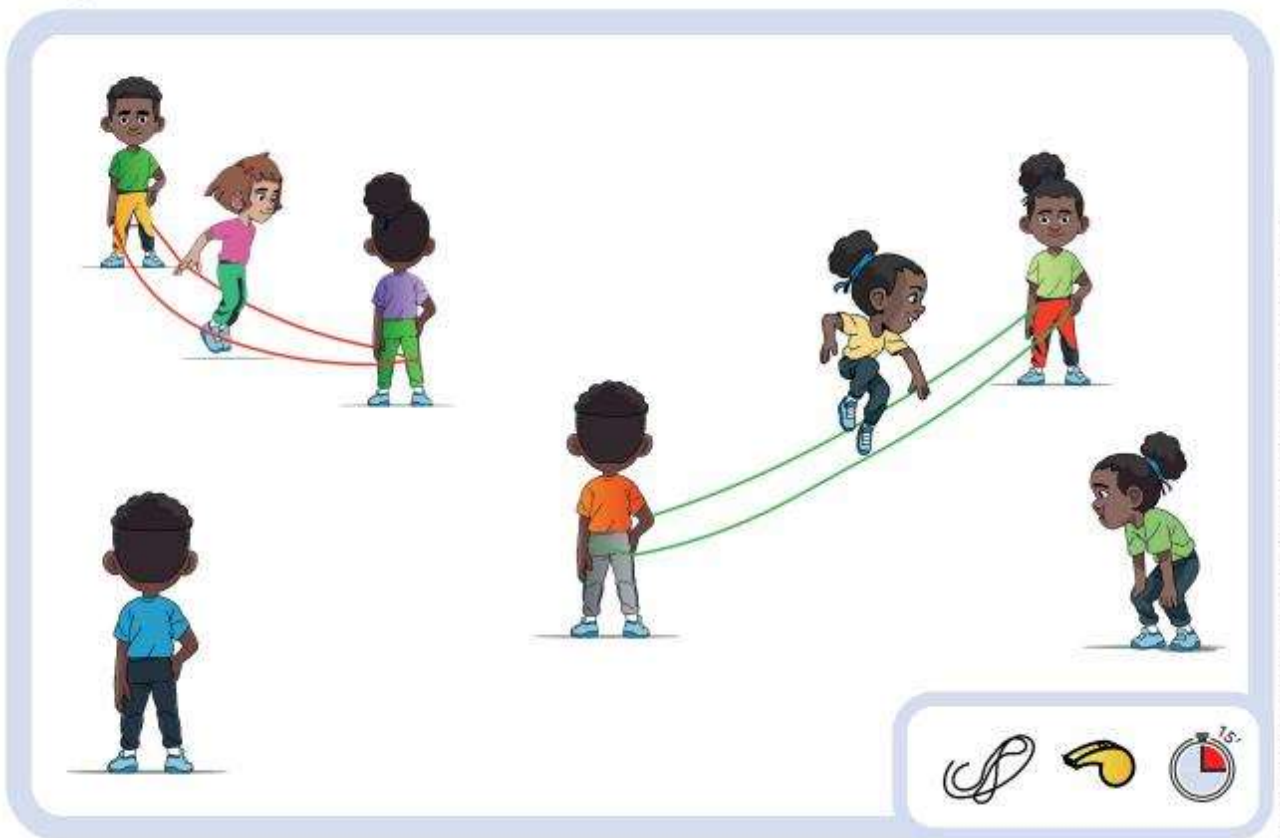
**Variations :**

Jump in different ways : hop on one foot, hop with feet together, alternate hopping on one foot and with feet together, hop alternately from one foot to the other, hop sideways.

Make a half-turn jump.



Elastics



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### Instructions:

Hold the elastic at leg level.

Achieve several different jumps over the elastic in a row.

### Variations:

Jump in different ways : hop on one foot, hop with feet together, alternate hopping on one foot and with feet together, hop alternately from one foot to the other, hop sideways.

Make a half-turn jump.

Change the height of the elastic (ankles, calves, knees ...).

Challenge each other to achieve 3 actions in a row.



Slats



Chalks



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### **Instructions:**

Walk.

Jump over each river.

### **Variations:**

**Jump in different ways** : hop on one foot, hop with feet together, hop alternately from one foot to the other, alternate hopping on one foot and with feet together, walk over the river, jump far, jump high, jump sideways.

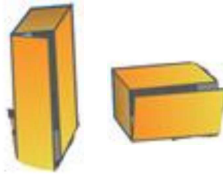
Jump without touching the lines.

Make a half-turn jump.

# CREATE YOUR COURSE



Slats



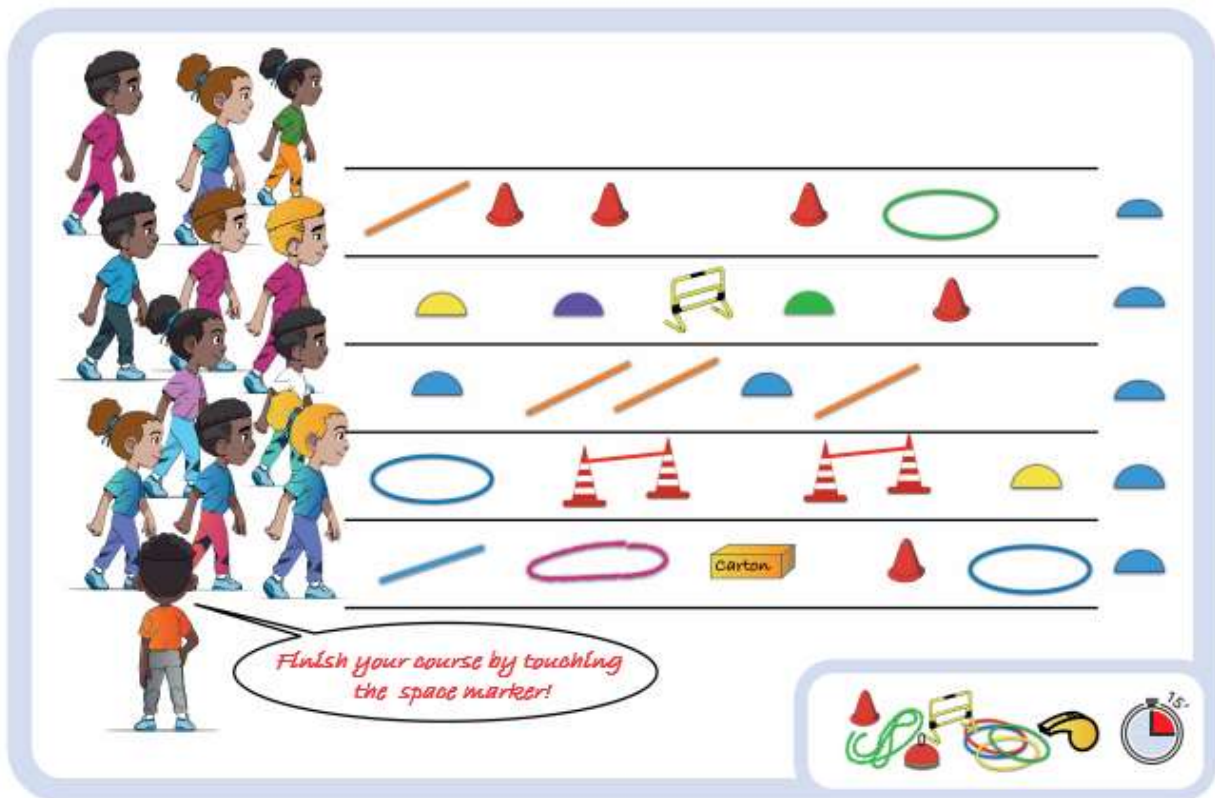
Boxes



Cones



Hurdle



### Instructions:

In groups, choose 5 obstacles to create your run.

When each runner has finished, the next runner starts.

When you hear the whistle, you can move to another running lane.

### Variations:

High and low obstacles.

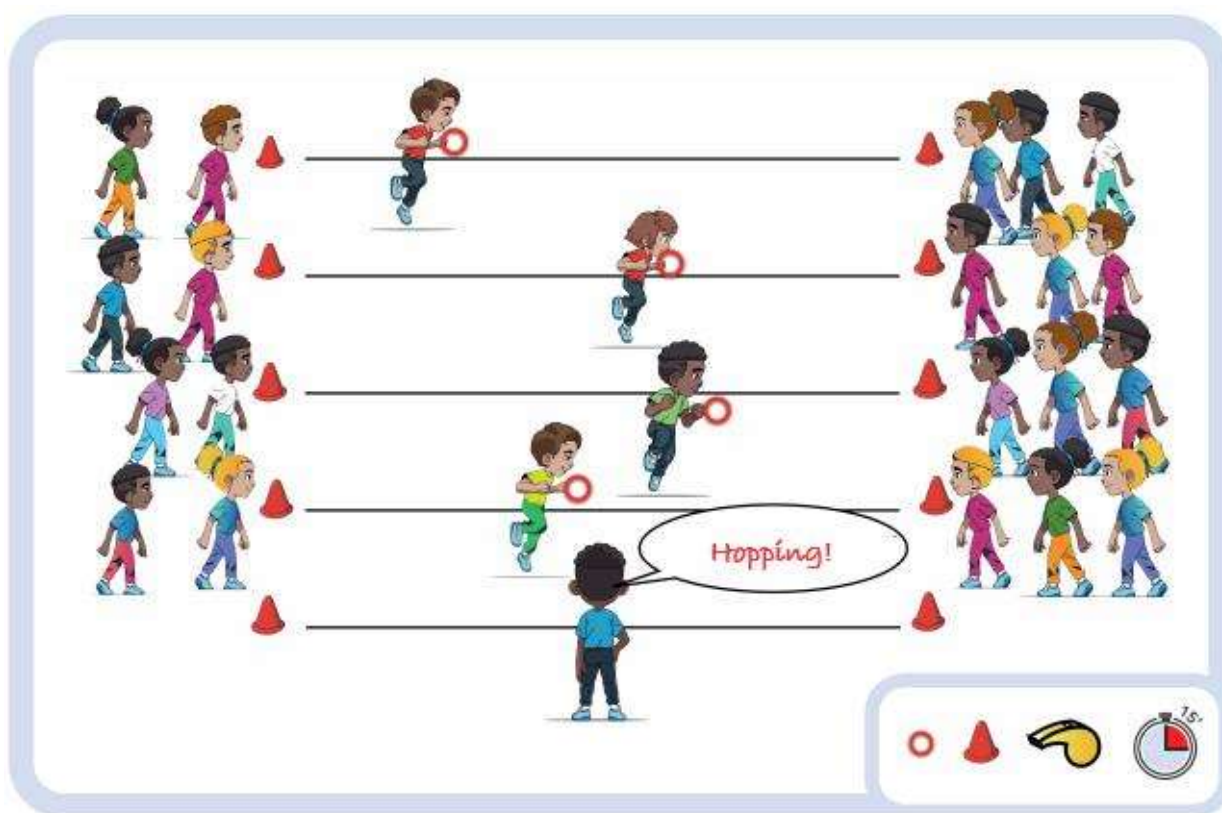
## Fiche 15 JUMPING RELAY



Rings



Cones



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### **Instructions :**

Run and give your classmate the relay baton.

**Jumps:** hop with feet together. Hop on one foot (right, left), hop alternately from one foot to the other, hop with crossed legs, jump like a frog, jump high, jump far, jump sideways, knees up, heel to buttocks.

### **Variations :**

**Pupils give instructions:** widen the space between the slats, pupils can choose the river (easy to difficult), make a half-turn jump.