

Mener des pauses actives en anglais

Ces cartes ont vocation à vous permettre de mener les pauses actives en anglais.

Pour cela, il vous suffit d'imprimer les cartes (en recto-verso couleur si possible), et de constituer 4 paquets de cartes de couleur.

Si vous disposez d'un TNI, le Genially dont le lien est affiché ci-contre vous permettra de choisir une musique, puis de déterminer aléatoirement les activités physiques à mener.

Durée de chaque phase :

Echauffement — 2 activités (2 minutes)

Aérobic - 3 activités (3 minutes)

Habilité - 2 activités (2 minutes)

Relaxation - 3 activités (3 minutes)

Tous les visuels et les activités sont issues d'un dossier complet qui se trouve ici : <https://mediascol.ac-clermont.fr/ien-aurillac3/wp-content/uploads/sites/42/2021/03/Projet-a-mon-ecole-on-sactive.pdf>

<https://view.genial.ly/6149cb5a6cde000d4fe8d709/interactive-content-pauses-actives>

Documents tirés de "A mon école, on s'active" CISSS Chaudière-Appalaches, Québec

1	2	3	4	5	6	7	8	9	10	
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ACADÉMIE DE NANTES
direction des services départementaux de l'éducation nationale
Loire-Atlantique

PAUSES ACTIVES

Choisis, dans l'ordre, un nombre de chaque ligne puis exécute ce qui t'est demandé !

- 1 musique
- 2 échauffement
- 3 aérobic
- 4 habilité
- 5 relaxation

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Cartes pour mener des pauses actives en anglais by CPDLV44—2023

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Temps : 60 secondes

Walk on the spot

Straighten your body



Temps : 60 secondes

The ice-skater

Body slightly inclined/
tilted forward



Temps : 60 secondes

Run on the spot

High knees
Straight body/body
upright



Temps : 60 secondes

Olympic walk

Straight body
The toes always re-
main in contact with
the ground



Temps : 30 secondes

Rhythmic side steps

Cross your feet when
moving sideways
Clap your hands when
you change direction



Temps : 60 secondes

Varied walk

Straight body
walk with your feet fa-
cing inwards/
outwards



Temps : 30 secondes

heels to buttocks

Jog and tilt the body
slightly forward
Raise your heels as
close as possible to
the buttocks



Temps : 30 secondes

(do the) Twist

Twist the body and
limbs in all directions
keep the tip of your
toes on the ground



Temps : 60 secondes

Trampling

Lower your buttocks
and tilt your body
forward
Legs apart and raise
your knees high



Temps : 60 secondes

Flags in the wind

Arms and legs slightly
bent—bend your
chest forward and
straighten up in one
direction and then in
the other

5

Warm up

4

Warm up

3

Warm up

2

Warm up

1

Warm up

10

Warm up

9

Warm up

8

Warm up

7

Warm up

6

Warm up



Temps : 60 secondes

The boxer's jumps

Knees slightly bent
Your hands hold an imaginary skipping rope



Temps : 60 secondes

The tire race

Knees slightly bent
Take large lateral steps



Temps : 30 secondes

Star jumps

Start in an upright position ; jump as high as possible with arms and legs apart ; Come back to an upright position



Temps : 30 secondes

Head shoulders knees and toes

Start in an upright position ; touch the head, shoulders, knees and toes in order ; Do it quickly



Temps : 30 secondes

Jumping jacks

Start standing
Raise your arms above your head and legs apart at the same time



Temps : 60 secondes

The carousel

Knees bent and straight body
lower and raise your body (like in a roller coaster)



Temps : 60 secondes

Cross-country skiing

Knees slightly bent and straight body
Make some cross-country skiing and leap from stride to stride



Temps : 60 secondes

Opposite knees and elbows

Bend the opposite knee and elbow so that they touch



Temps : 30 secondes

Jumping squats

Start in a squatting position ; Jump as high as possible and raise your arms above your head
return to squatting position



Temps : 60 secondes

Spring boots

Knees bent, body inclined and turned to the side ; jump and rotate 180 degrees
always look forward

5

Aerobics

4

Aerobics

3

Aerobics

2

Aerobics

1

Aerobics

10

Aerobics

9

Aerobics

8

Aerobics

7

Aerobics

6

Aerobics



Temps : 60 secondes
(30 secondes par jambe)

Drawing 8's

Balance on one leg,
draw "8s" in the air
Keep your body
straight



Temps : 60 secondes
(30 secondes par jambe)

Swim the front crawl on one foot

Balance on one leg
Tilt the body forward
With the arms, imitate
the movement
of swimming



Temps : 60 secondes
(30 secondes par jambe)

Side lunges

Start with your legs
apart and a straight body.
Do a lateral lunge on one
side and then on the
other ; Bring your hands
together and push



Temps : 60 secondes
(30 secondes par jambe)

Touch the ground on one foot

Balance on one leg
Tilt the body forward
Try to touch the ground
with your hand



Temps : 60 secondes
(30 secondes par jambe)

Tower of Pisa

Balance on one leg
Spread your arms and
lift the other leg
Make circles with the
arms and the leg



Temps : 60 secondes
(30 secondes par jambe)

One leg swing with eyes closed

Balance on one leg,
close your eyes
Swing the other leg
(front/back, left/right)



Temps : 60 secondes

banana shoes

Knees slightly bent
Put the weight of the bo-
dy on the heels and then
on the toes
Keep the balance with
the arms



Temps : 30 secondes

lunges with extended arms

Take a large step forward
and lower the body as close
to the ground as possible
Raise your arms above your
head ; Change sides with each
repetition



Temps : 30 secondes

Crazy circles

Body straight, raise
your arms on each
side of the body
Make rotations
(circles)



Temps : 60 secondes
(30 secondes par jambe)

The orbit

Turn around 3 times
Close your eyes and
keep your balance on
one leg

5

Motor skills

4

Motor skills

3

Motor skills

2

Motor skills

1

Motor skills

10

Motor skills

9

Motor skills

8

Motor skills

7

Motor skills

6

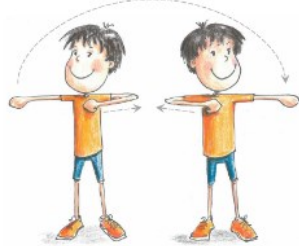
Motor skills



Temps : 60 secondes
(15 secondes par position)

Elastic arms

Stretch the arms
Perform different
pushes forward, back-
ward, sideways, up
and down



Temps : 60 secondes
(30 secondes par côté)

Archery

Straight body
Stretch your arms to the right
side ; Stretch the imaginary
bowstring with the left arm
and maintain the position
Reverse



Temps : 30 secondes

the snow angel

Knees slightly bent
body straight
slowly raise the hands on
each side of the body
then lower them again



Temps : 30 secondes

Rag doll

Stand up and slowly roll
your body forward until
your hands touch the
ground ; Slowly stand up
and repeat.



Temps : 30 secondes

Cane Toad Stretch

Body straight, raise your
arms as high as possible
Keep the tension for a
few seconds then squat
down (like a toad)



Temps : 60 secondes

The eagle tree

Balance on one leg,
wrap the other leg behind
the calf ; Intertwine your
arms and put your
hands back to back
Alternate after 30 seconds



Temps : 30 secondes

The diver's stretch

In a squatting position, with
your back straight
Place your hands on
each side of your thighs
Stretch your arms as far
forward as possible towards
the front (diver's position)



Temps : 60 secondes
(30 secondes par côté)

The pixie stretch

Tilt the body slightly
Forward ; Bend one leg,
extend the other
forward and raise
the toes



Temps : 60 secondes
(30 secondes par côté)

the superhero stretch

Take a big step and bend
your body forward
First, stretch one arm in
front and one behind
Then stretch both arms
(front and back)



Temps : 30 secondes

The broom

Legs apart and bend your
knees slightly
First, stretch your arms
forward and slowly bring
them backwards
Reverse

5

Relaxation

4

Relaxation

3

Relaxation

2

Relaxation

1

Relaxation

10

Relaxation

9

Relaxation

8

Relaxation

7

Relaxation

6

Relaxation