

Éducation Physique et Santé - Div. 7

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ENGLISH INSTRUCTIONS!

B. Complete one or more of the exercise routines of the olympians / paralympians! Have a competition with your family and award medals to the winners!

Source (activities and clipart): <https://olympique.ca/education/resources/defi-actif-olympique-canadien/> (May 14, 2020)

Sport	Exercise Routine:
badminton 	Do a tour of the clock: do a forward lunge in the 12 o'clock position. Then go back to your central position. Looking in one direction, lunge in a diagonal towards 1 o'clock, 2 o'clock, 3 o'clock, 4 o'clock, etc. until 11 o'clock, then restart at 12 o'clock. How many times can you go around the clock in one minute? OR Have fun lunging different times on the clock.
biathlon 	Burpees have four parts: a push-up, a squat, a jump towards the sky, and a second squat. How many can you do in one minute?
curling 	Start in a push-up position, then bring your right knee forward, keeping your left leg straight behind you. Next, reverse the position so that your left knee is in front and your right leg is behind you. How many mountain climbers can you do in one minute?
judo 	Play a game of cat and mouse: (requires a partner) One partner (the mouse) sits on the ground with his hands behind his back on the ground and his feet in front of him flat on the ground. The other partner (the cat) is standing in front of him (min. distance 30 cm). The cat needs to turn around the mouse to try to touch his back. The mouse needs to spin around to avoid being touched. Count the number of times the cat touches the mouse on the back in one minute, then change roles.
kayak 	Sit on the floor with your legs in front of you, so that your body forms an "L" shape, then bend your knees in front of you. Hold a towel (or string or cord) in your hands like a paddle. Hold the towel firmly and pivot your body from one side to the other, in figure eights, to simulate the paddling of a kayak. How many times can you paddle in one minute?
artistic swimming 	Complete a rotation of squat, push-up and jumping jack. Do each exercise, one after the other. The artistic swimming routines are normally 4 minutes long - how many repetitions can you do in one minute?
figure skating 	Balancing yourself on one foot, bend at the waist so your upper body is parallel to the ground, and stretch your other leg behind you in the camel position (camel spin/parallel spin). Hold this pose as long as you can (without spinning). After, try the other leg.
speed skating 	Hold yourself about 20 cm away from the edge of a table. Hold the edge with your hands to keep yourself stable and balance yourself on your right foot. Stretch your left leg behind you, while squatting with your right leg. While you are slowly squatting forward, bend your right knee over your right foot. Keep your heel on the ground and your knee bent in a straight line. After, try the other leg. How many skater squats can you do in one minute?
snowboarding 	Stand with your feet shoulder width apart. Jump, turning 180° landing in a similar position. You should now be facing the other direction. How many can you do in one minute?
ski jumping 	Stand with your two feet together. Jump with your two feet together and land with your right foot forward and your left foot back. Alternate between landing with your right foot forward or your left foot forward. How many split jumps can you do in one minute?
freestyle skiing 	Stand with your feet shoulder width apart. Jump, bringing your knees up to your waist. Land with your feet shoulder width apart. How many jump-ups can you do in one minute?