

In your PE TEAM LESSON groups, plan and prepare a 5-minute sports activity with the rest of the class.

The activity must be in English and the rest of the class – the pupils – must participate in English.

Your activity must be something that does not require equipment.

Before you start the activity, tell us:

- Are we a class in college? Lycée? Section européenne? Section Intle? Which grade ?
- Where does your activity fit into a PE class or sequence?

Each group chooses 1 activity. It's ok if more than one group chooses the same activity because the interpretation/creativity will be different!

Plan your activity (20-30 minutes)

Do your activity with the class (5 minutes max per group)

JOINTS WARMUP

- Use correct body vocab
- Use correct verbs (rotate, tilt, lean, bend etc)

CROSSFIT WARMUP

- Use correct names of exercises (squats, lunges, the plank, etc)

ANIMAL WALKS

- Create a cardio warmup
- Use correct terms for animals and their walks

YOGA STRETCHING (with/without mats)

- Be able to give precise instructions to do a few movements

PARKOUR SKILLS

- Teach us 1 skill for beginners (6e) as an introduction to Parkour
- Include the social skill of cooperation in your activity

DANCE OR STEP

- Teach us a mini-choreography or block
- Use precise terms for dance moves or STEP movements
- Be able to describe what you want us to do in English with clear instructions

BE CREATIVE !!

MAKE SURE YOUR ACTIVITY IS INTERACTIVE – students must interact with each other by speaking English!

TRY TO USE THE ENGLISH TEACHING EXPRESSIONS on the handouts.