



My English Class

Objectifs



Vous allez avoir un cours actif et apprendre l'anglais en bougeant. Ensemble, nous allons:

- découvrir un nouveau sport et l'origine de certains mouvements.
- s'entraîner à retrouver des parties du corps et apprendre de nouveaux exercices.
- réviser les verbes d'action et les questions.
- parler et comprendre à l'oral et à l'écrit.

Quelques recommandations



- Le cours sera en **anglais** sauf pour la partie **OBJECTIFS**, **GRAMMAIRE** et **ON FAIT LE BILAN**
- Répéter les mots !
- Recopier les mots dans votre cahier quand vous voyez **COPY**
- Retrouver le cours et l'émission en **REPLAY** sur le site France 4

What you need for today's lesson...



★ There are **6 steps** to our lesson



★ A copy book or a note pad and a pen



★ A pair of **trainers (GB)/ sneakers (US)**



★ A bottle of water

★ Comfortable clothes to exercise





Circuit training

Step 1 - What is Circuit Training?

Sport

Repeated Exercise

Body Short

routine

Order

Minimal rest

- Circuit training is a type of physical education based on short exercises, repeated with minimal rest that compose a routine.

COPY
this
definition



Step 2- Let's warm up and revise some ...

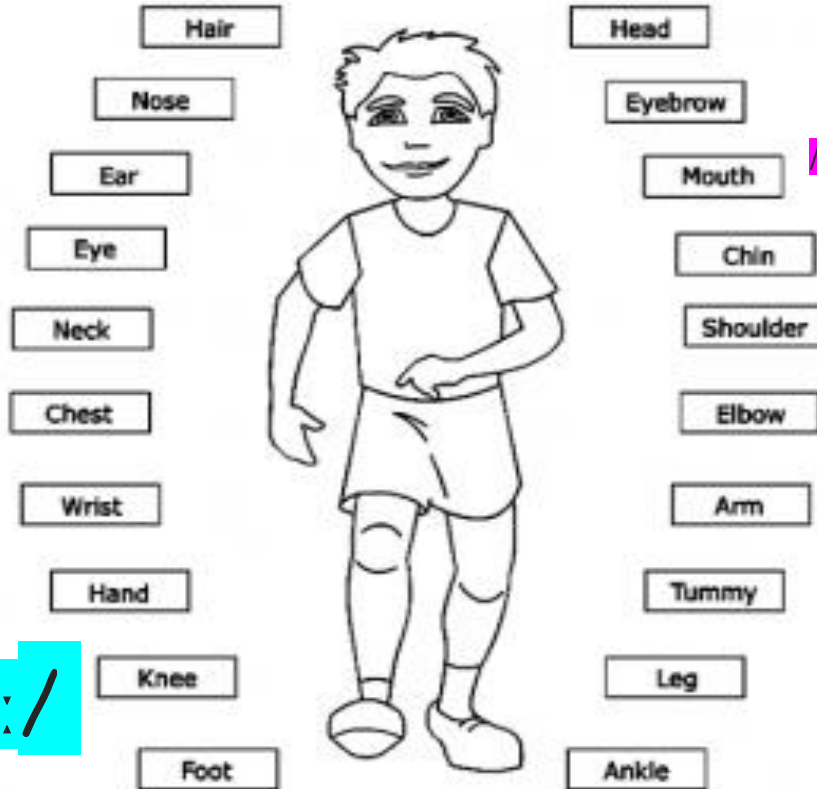
Body Parts

Draw a line from each label to the right part of body.

/aɪ/

/rɪst/

/niː/



maʊθ/

Here are the moves



1



2



3



4



5



6



7



8



9



10



11



12



A star jump / jumping jack



A wall sit



A push up



A sit up



Steps



A squat



A chair dip



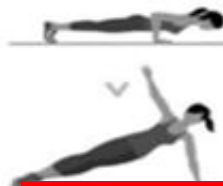
A plank



Knees up



a lunge

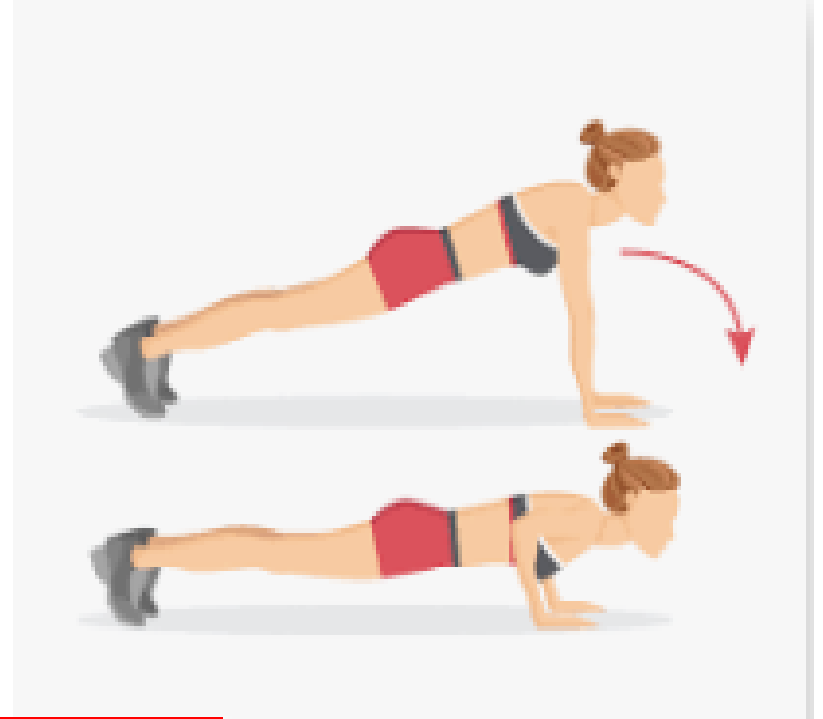
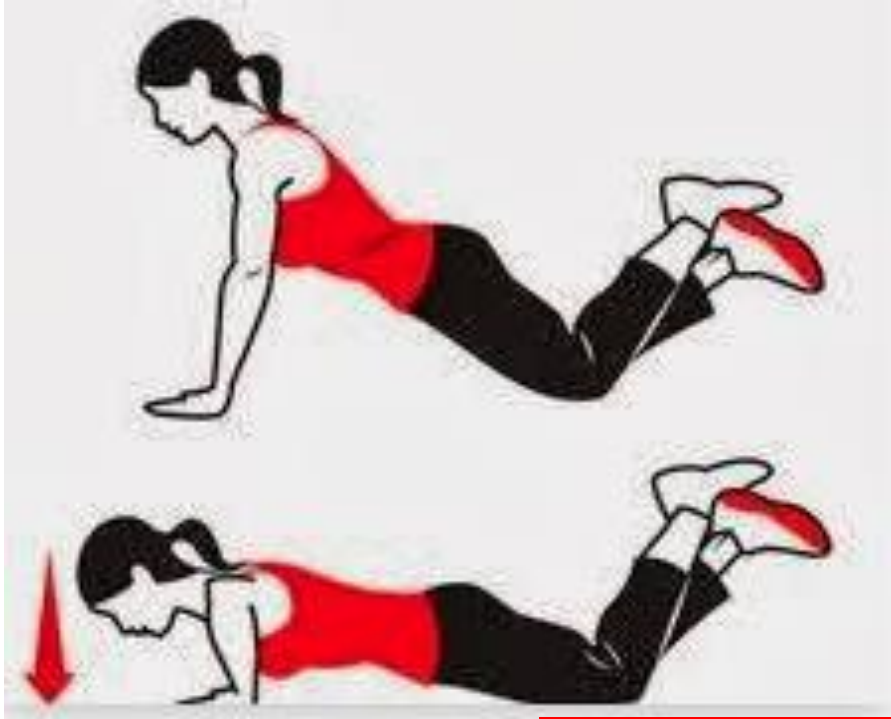


a push up
with arm
raised



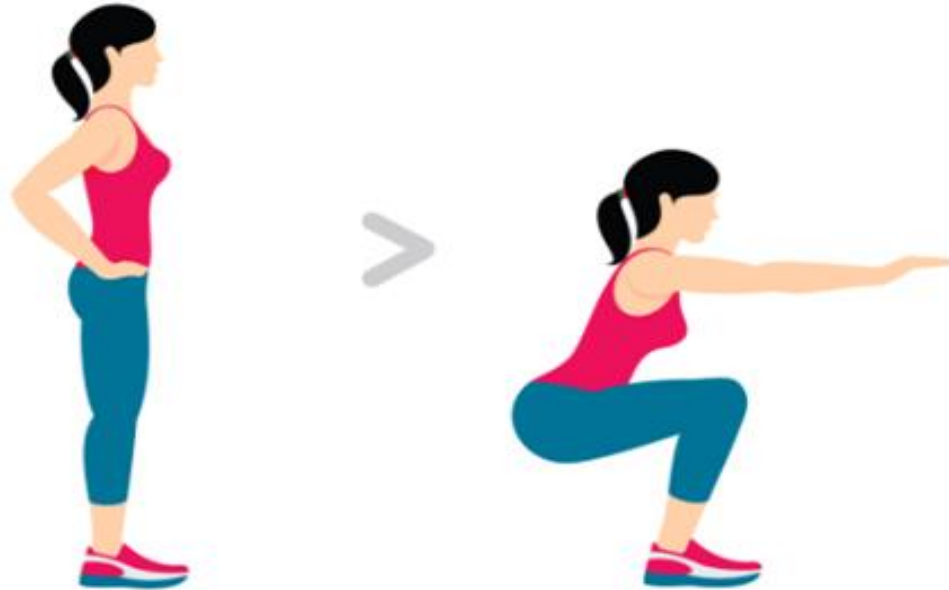
A side plank

What is this move ?



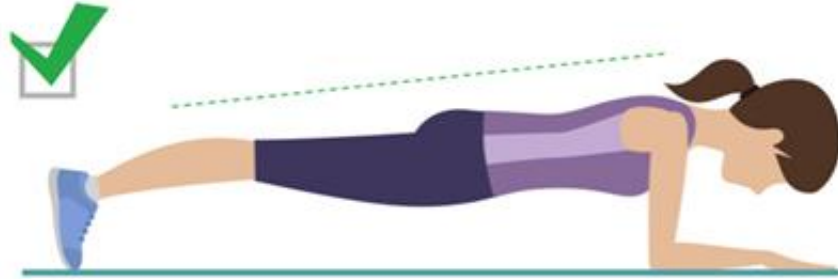
a push up

What is this move ?

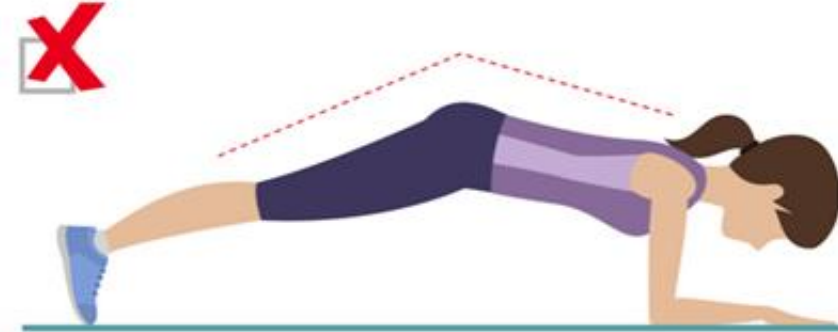


a squat

What is this move ?



a plank

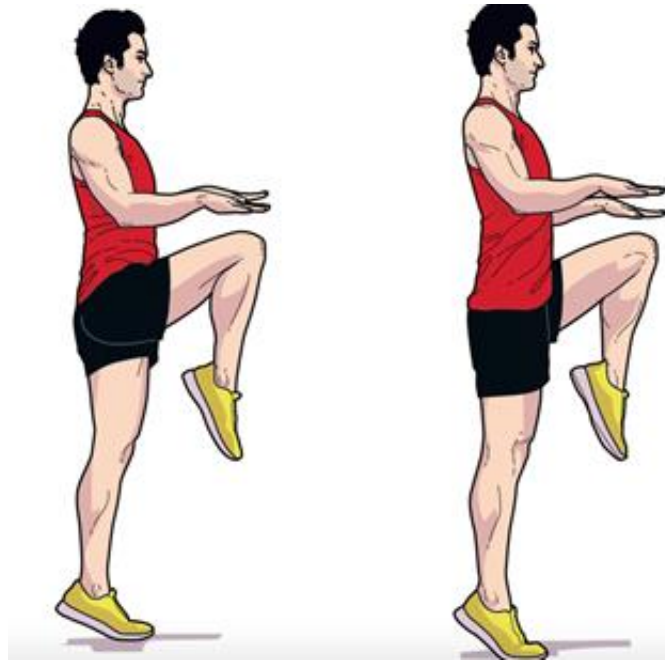


What is this move ?



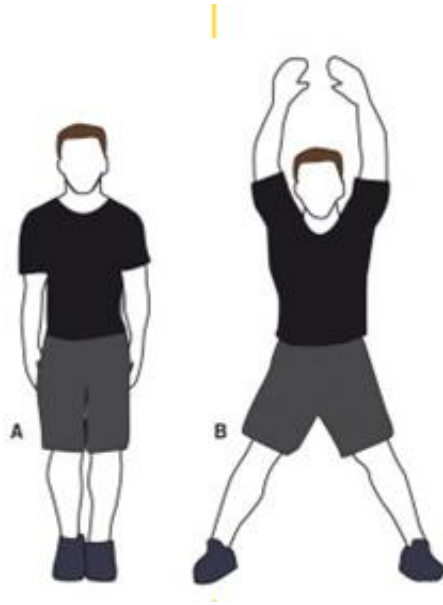
a lunge

What is this move ?



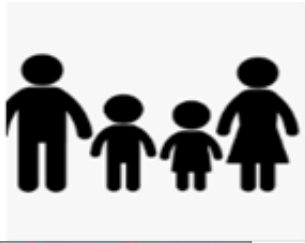
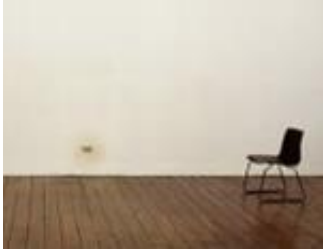
knees up

What is this move ?



a Jumping Jack

Step 4 - Let's get ready to circuit train



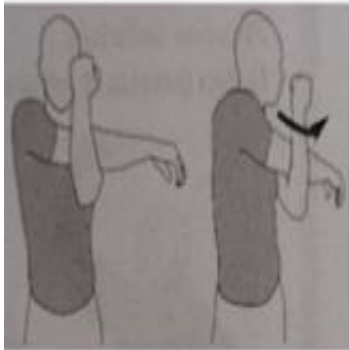
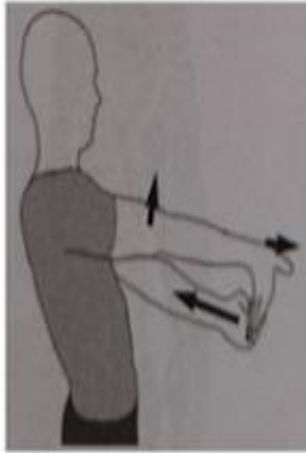
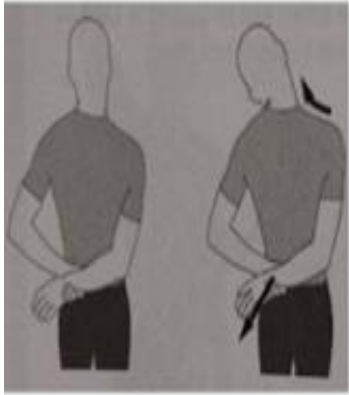
BE CAREFUL
SAFETY
FIRST

This activity is ideal when you are at home.

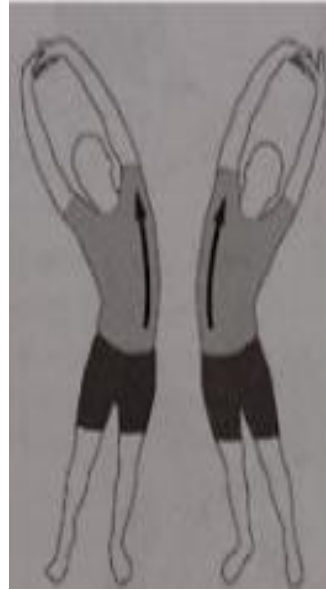
- Wear comfortable clothes and trainers.
- Make sure you have a bottle of water next to you to drink.
- Make sure there is room around you to move.
- Be careful, safety first.

Step 5 - Let's warm up

1



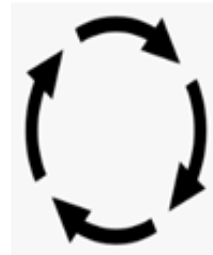
2



3



4





Circuit Training



5 Jumping Jacks



5 squats



10 knees up



10 lunges



3 push ups



20 seconds

Step 4 - The history behind the Jumping Jack

John Pershing was one of the US's greatest military generals and served the US Military from 1886 to 1924 . He was also a fitness fanatic. He devised the Jumping Jack by placing strings on the soldiers arms and legs. He then ordered the soldiers to line up and pulled the strings in opposite directions forcing the arms and legs to drop like marionettes. The Jumping Jack became a staple of military fitness regimens and was popularised in a TV show by a famous culturist Jack Lalanne from 1951 to 1985.

What are 'strings' ?





Vocabulary

- **Body Parts**
- **Circuit training:**
lunge , squat,
knees up, plank,
push ups...
- **Text : General ,**
Soldiers the
strings, a staple,
to order

Grammar

1) **Giving Orders = la base**
(ex: Copy, Find)

2) **Asking questions**

WHO : qui

HOW : combien/comment

WHAT : quoi

WHY: pourquoi

WHEN : quand

COPY this
grammar recap

Je fais le bilan et je m'autoévalue



Qu'est ce que j'ai appris:

- j'ai fais du circuit training
- j'ai appris l'histoire du Jumping Jack
- j'ai revu les parties du corps et les mouvements de circuit training

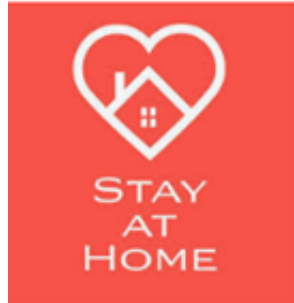


Qu'est ce que je peux faire avec ce cours:

- je peux imaginer d'autres enchaînements
- je peux faire un tik tok ou un flashmob et le partager avec mon entourage

Pour aller un peu plus loin:

- Pour réviser la grammaire : https://www.englisch-hilfen.de/en/exercises_list/alle_grammar.htm
- Pour faire d'autres circuit trainings à la maison:
- <https://www.mangerbouger.fr/Le-Mag/Bien-etre/Mais-comment-faire-du-sport-dans-mon-appartement>



To protect yourself and to protect others





Good Bye