


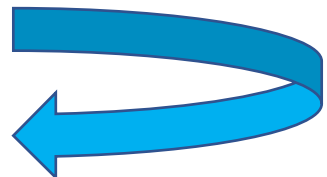
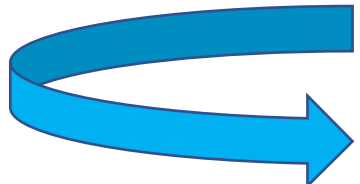


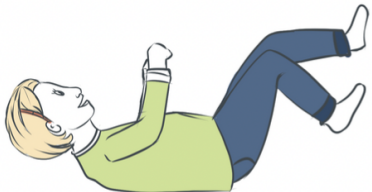




Défi Mouvements en Musique N 2

Les mouvements sont à enchaîner en musique (celle que vous voulez). Vous pouvez refaire l'enchaînement autant de fois que vous le désirez, seul ou en famille.

<p>Fais des cercles avec tes bras</p>  <p>A girl with brown hair in a ponytail, wearing a purple long-sleeved shirt and tan pants. She has her arms extended to the sides, and small white circles with arrows indicate she is moving her arms in circular motions.</p>	<p>Sauter les bras en l'air 3 fois</p>  <p>A boy with blonde hair, wearing an orange long-sleeved shirt and blue pants. He has his arms raised straight up in the air, as if jumping.</p>	<p>Tourner en rond 3 fois</p>  <p>A girl with blonde hair, wearing a red dress. She is shown in a spinning motion, with orange circular lines around her feet indicating the path of her rotation.</p>	<p>Tourner une fois à gauche</p>  <p>A blue arrow that starts pointing to the right and then curves 180 degrees to point to the left, illustrating a leftward turn.</p>	<p>Tourner une fois à droite</p>  <p>A blue arrow that starts pointing to the left and then curves 180 degrees to point to the right, illustrating a rightward turn.</p>
 <p>A girl with blonde hair, wearing an orange shirt and tan pants. She is shown in a hopping motion on her right foot, with her left leg bent and tucked under her.</p> <p>Sauter 3 fois à cloche pied</p>	<p>Danse bizarrement</p>  <p>A boy with blonde hair, wearing a blue long-sleeved shirt with a yellow star on the chest and tan pants. He is in a weird, off-balance dancing pose, with one leg raised and arms pointing in different directions.</p>	<p>Allonge-toi et pédale avec tes jambes</p>  <p>A girl with blonde hair, wearing a green long-sleeved shirt and blue pants. She is lying on her back on the ground, with her legs raised and bent at the knees, as if pedaling a bicycle.</p>	<p>Mets-toi accroupi et saute comme la grenouille.</p>  <p>A boy with blonde hair, wearing a green long-sleeved shirt and dark pants. He is crouching low to the ground with his hands flat on the floor, mimicking the shape of a frog.</p>	<p>Posture du chien (5 secondes)</p>  <p>A girl with brown hair, wearing a pink shirt and dark pants. She is in a downward dog yoga pose, with her body forming an inverted V-shape, supported by her hands and feet.</p> <p>Dog pose</p>