

PRÉNOM :

CLASSE :



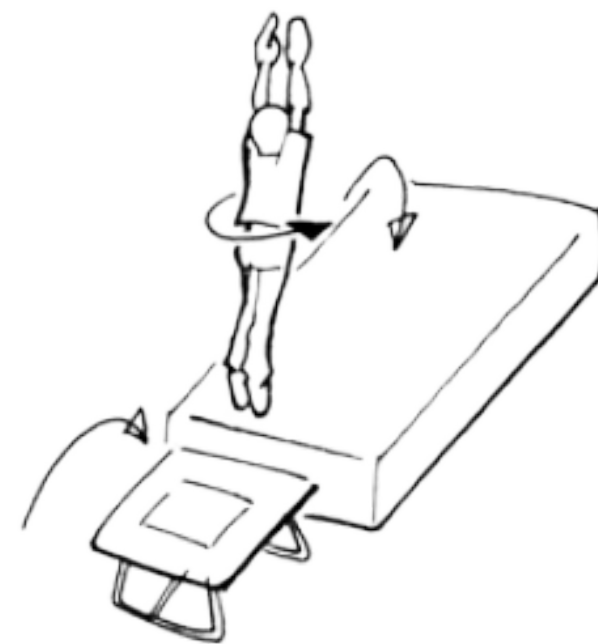
MON LIVRET

DE GYMNASTIQUE

CYCLE 3

COLLEGE VICTOR HUGO
L. DAL

TRAMPOLINE



CHANDELLE

SAUT GROUPE

ROULADE

ATR PLAT
DOS

SALTO



180°

360°

ROULADE
ÉLEVÉE

ATR



PLACEMENT
DOS

ATR SUR
MUR

VALESE



ÉLÉVATION
SUR MUR

ATR

HANDWALK
ATR
ROULADE



ROUE

CERCEAU

EN PENTE

ENCHAINEMENT



ÉLÉVATION

AU SOL

ROUE ET
RONDADE



ROULADE AVANT

PENTE 1

AU SOL

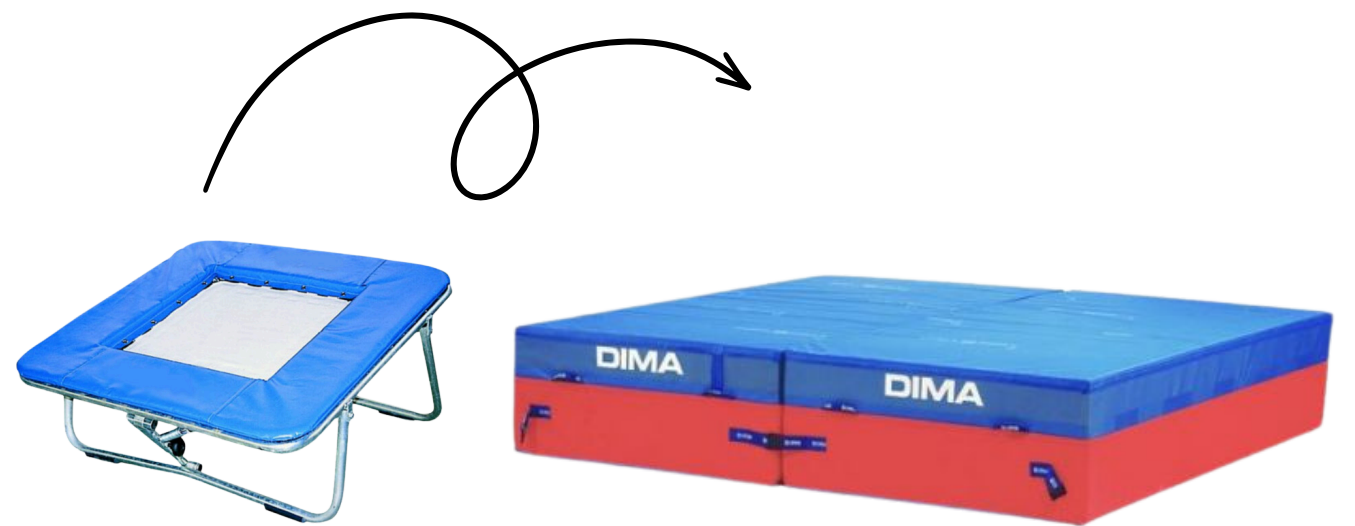
ELEVÉE



PENTE 2

ENCHAINÉE

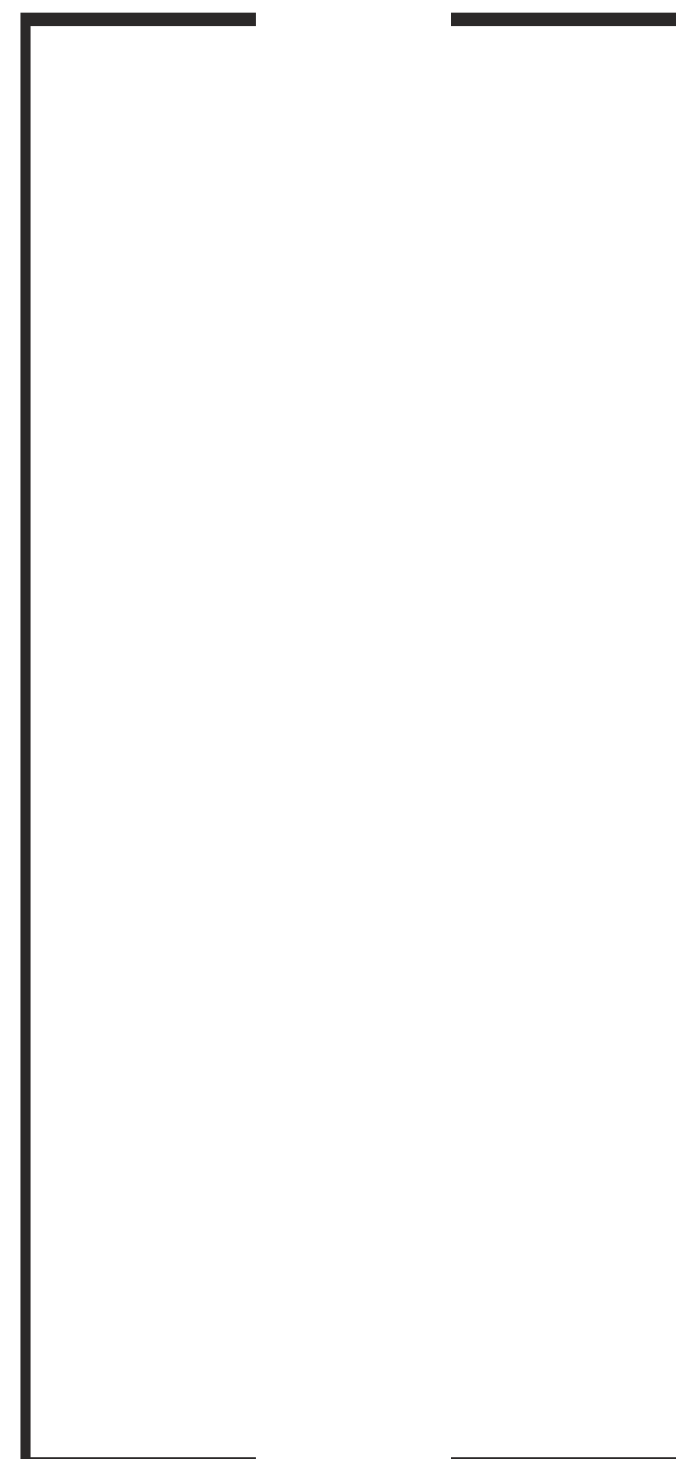
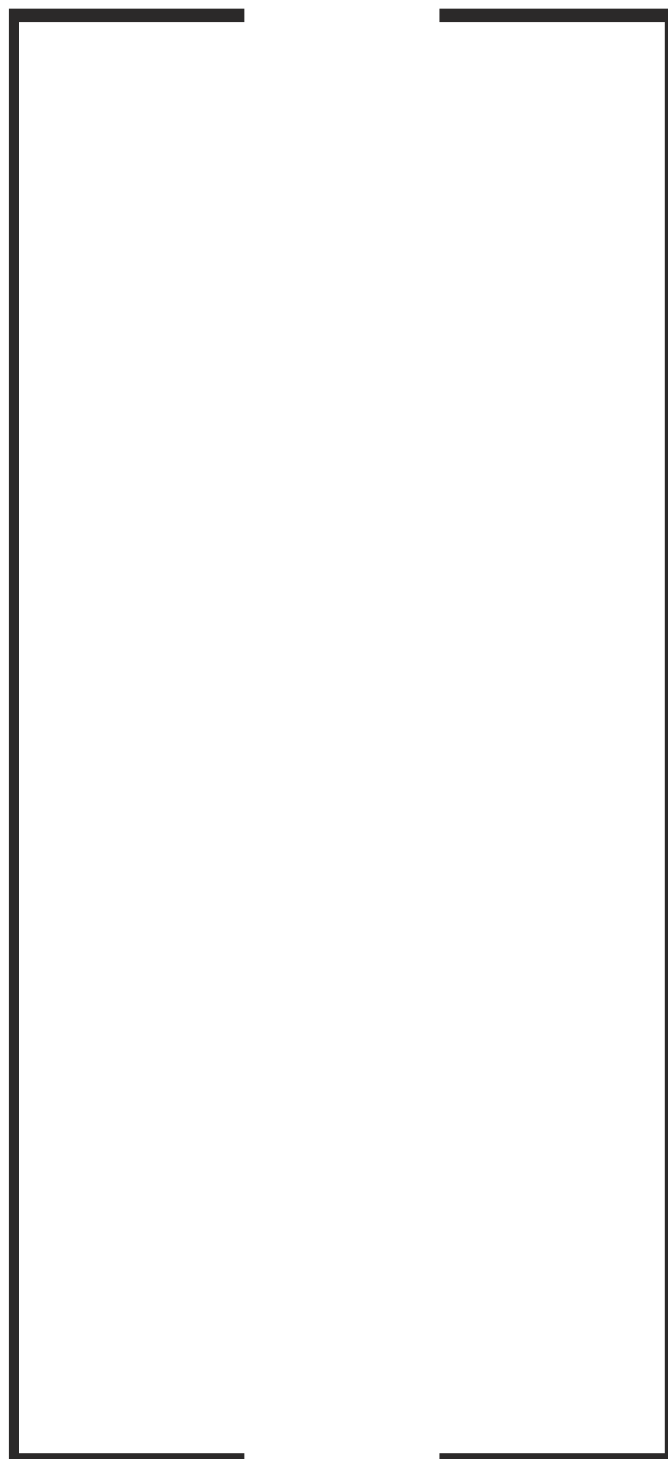
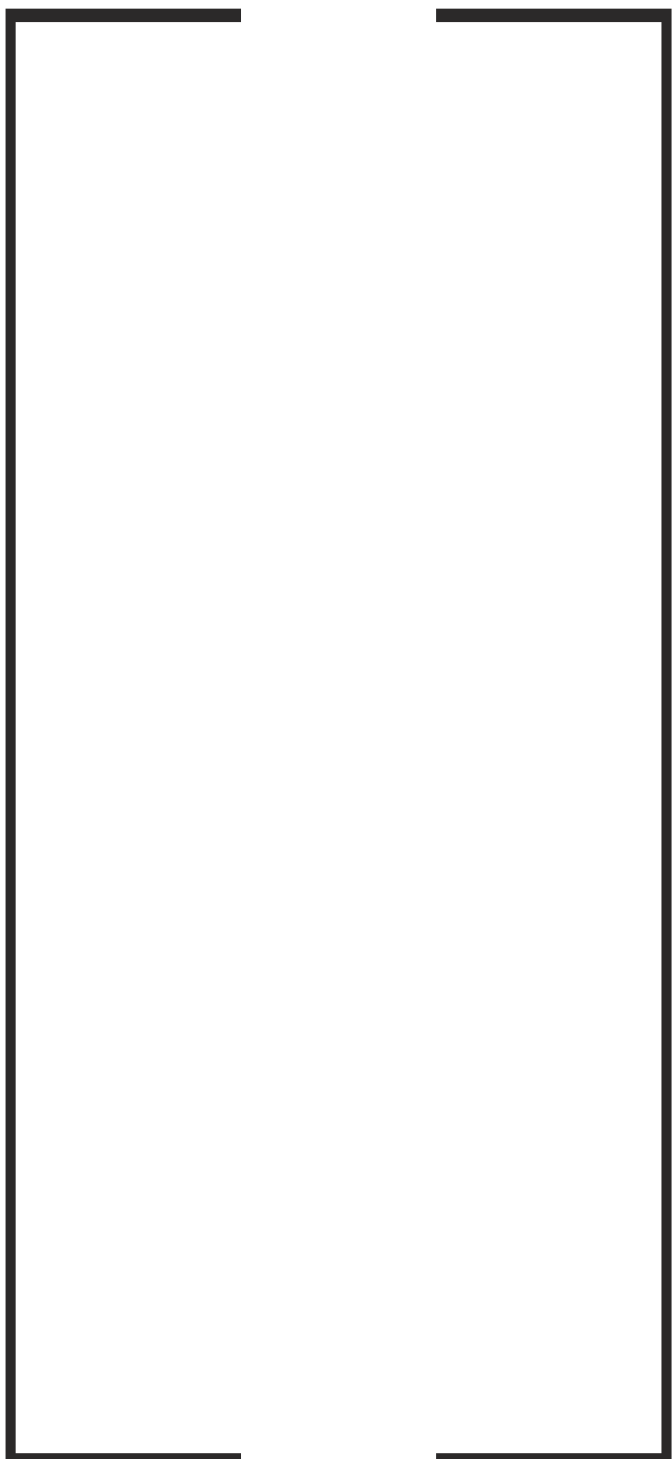
ENCHAINEMENT



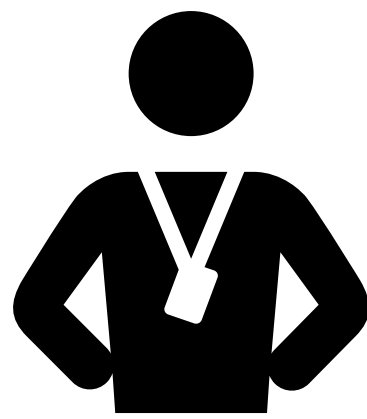
ÉLÉMENT 1

ÉLÉMENT 2

ÉLÉMENT 3

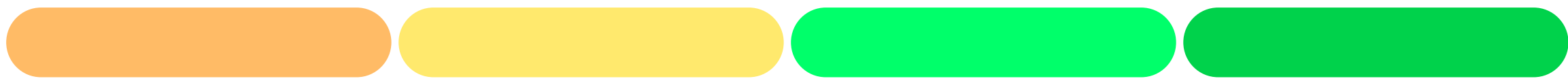


COACHING



ESSAIE D'IDENTIFIER
LES CRITÈRES DE
RÉUSSITE

COPAIN



AIDE -
ENCOURAGE

AIDE - ENCOURAGE ET
CONSEILLE

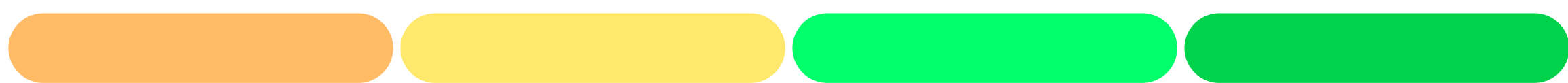


ECHAUFFEMENT

INCOMPLET

VITE, VITE..

AUTONOME



INTERMITTENT

COMPLET