



Touch your feet.	Bend your knees.	Wriggle your hips.	Touch your right foot with your left hand.	Circle your elbows.
Stand on your tip toes.	Put your elbows together	Jog on the spot.	Hop on the left leg.	Put your feet together.
Touch your knees.	Touch your bottom with your right heel.	Bend forward.	Put your hands on your shoulders.	Circle your left leg.
Raise your left arm.	Stand up straight.	Move your head to the right, to the left.	Lean your head forward / back.	Circle your hips.
Lean to the right.	Jump on the spot.	Lower your left leg.	Circle your head.	Raise your left leg.

5 levels :

The teacher says the instruction and he does the action or shows a picture.

The teacher says the instruction and he does the action with the pupils.

The teacher says the instruction and only the pupils do the action.

The teacher says the instruction and only one pupil do the action.

The pupils say the instruction and the others (and the teacher) do the action.

run (back) (en avant)

run backwards (à reculons)

jump like a rabbit

walk like a spider

turn back (demi tour)

whirl

stand on the bench

get off the bench

lie down (s'allonger)

crawl (ramper)

take a step (un pas)

hop (cloche pied) over the plastic cone