**Consignes anglais EPS**

Jump

Jump into the hoops

Step into the hoops

Run

Run forward

Run backward

Run to the red line

Run around the cones

Run along the bench

Walk

Walk slowly

Walk to the yellow line

Walk on the bench

Crawl under the bench/bridge

Crawl through the tunnel

skip

Move to the right/left

Climb/climb up

Stand up

Sit down

Squat

Turn around

Stand on one foot

Raise your arms

Strech up your arms

Touch your toes

Touch the ground

Touch your knee

Do a forward roll

Move like a robot/butterfly/turttle…

It’s your turn

Make two teams

Team A/ B, Team blue/red

Form a circle

Don’t touch the player

One point

The winner is…

Well done

Excellent

Great