

Pauses actives en classe

H2GO

<https://www.youtube.com/watch?v=4jKNz06Td8A>

TABATA

<https://www.youtube.com/watch?v=RUxgFdRb8MU>

<https://www.youtube.com/watch?v=wX05oBSeWd8>

<https://www.youtube.com/watch?v=aM9O6PrzBHE>

Kalimba

Percussions corporelles

<https://www.youtube.com/watch?v=0sjMK6XqxfA&list=PLeMp3RrGD1UrfUrveGHsAtngoZVdkvVJ5&index=1>

<https://www.youtube.com/watch?v=UIAzMzIMFFc&list=PLeMp3RrGD1UrfUrveGHsAtngoZVdkvVJ5&index=2>

<https://www.youtube.com/watch?v=LOFs8fgsSqs&list=PLeMp3RrGD1UrfUrveGHsAtngoZVdkvVJ5&index=3>

Pause active Jacinthe Lépine

Mario

<https://www.youtube.com/watch?v=UfgrUAksUYs>

Pokemon

<https://www.youtube.com/watch?v=3QOXkZk29UE>

Superhéros

<https://www.youtube.com/watch?v=1uyqEa-uJ2Q>

robots

<https://www.youtube.com/watch?v=hm3SVJQudoE>

sports

<https://www.youtube.com/watch?v=iUcD4aLbMRw>

Yoga sur sa chaise Mélanie Caouette

5 mn pour se sentir calme

<https://www.youtube.com/watch?v=oj97oi5fD1Q>

yoga debout 10mn pour se préparer à apprendre

<https://www.youtube.com/watch?v=JFVBuZo4Huk>

<https://www.youtube.com/watch?v=GgMv0M0kmNA>

BOUGER.TV

Danser

<https://www.youtube.com/channel/UCR8GHtmmBRelIcblaGHABxQ>