

Relay Race/Obstacle Course Poster

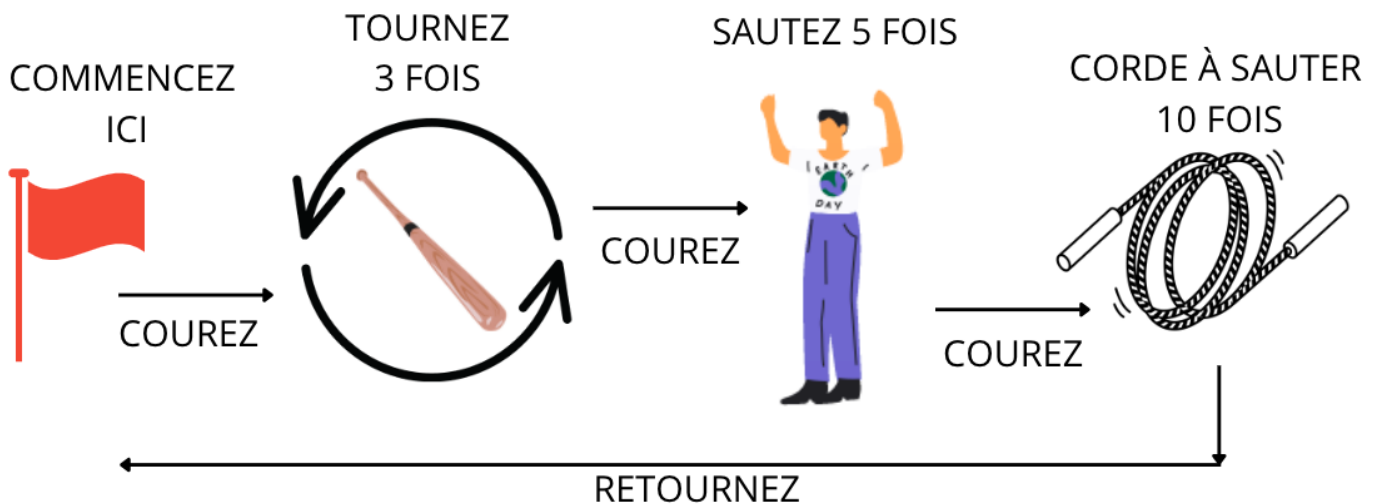
Goals: to collaboratively plan a relay race or obstacle course race; to practice French vocabulaire around movement and numbers

Supplies: Time in the gym to play the races, a poster board and some markers

How the project works:

1. Students work in groups to create a relay or obstacle course race in the gym
2. Teachers can choose the materials that groups have access to or what types of movements are okay for the race
3. Students then write the steps in simple French, using the word bank attached on the next page.
4. They add the steps in French, and an illustration on a poster board
5. Once all the races are prepared, each PE class a different group can demonstrate and explain the steps of their relay/obstacle race and then the class will try it.

An example of a simple poster:



Word Bank for Relay/Obstacle Race Posters:

Verbs (Action Words)

These are in the form of instructions/orders.

Courez = Run!

Sautez = Jump!

Tournez = Turn!

Arrêtez = Stop!

Roulez = Roll!

Lancez = Throw!

Attrapez = Catch!

Commencez = Start!

Marchez = Walk!

Levez-vous = Get up!

Nouns (people, places, things)

Le bâton = The bat / stick

Le ballon = The ball

La ligne = The line

Le corde à sauter = The skipping rope

La pelle = The scoop

Un saut étoile = A jumping jack

Un burpee = A burpee

Une pompe = A pushup

Une planche = A plank

Other useful expressions:

___ fois = ___ times (e.g., sautez 3 fois)

Courez en arrière = run backwards

Sur un pied = on one foot

À terre = on the ground

Utilisez _ pour = use _ to

Le, la = the

Un, une = a