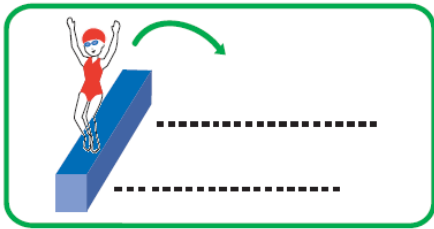


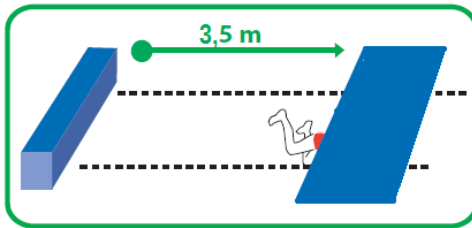
Evaluation du savoir nager à l'école



ENTRER DANS L'EAU EN CHUTE ARRIERE

1

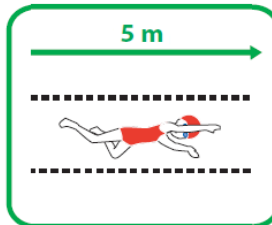
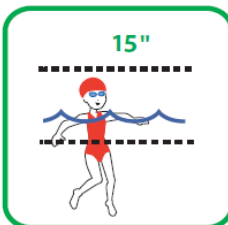
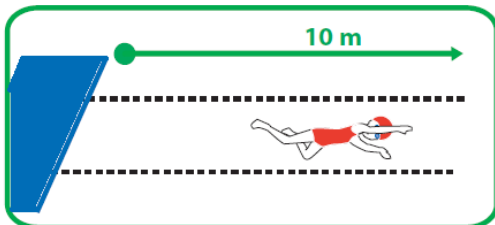
Familiarisation



PASSER SOUS UN OBSTACLE D' 1,5 m

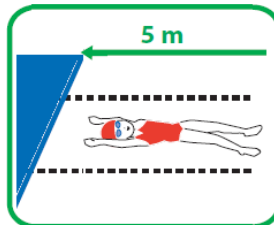
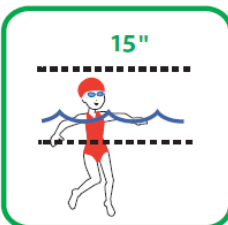
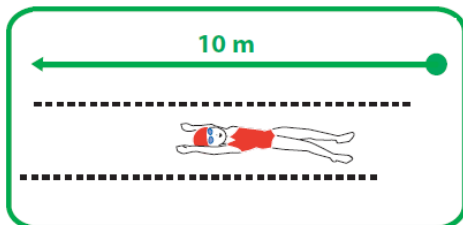
2

Autonomie



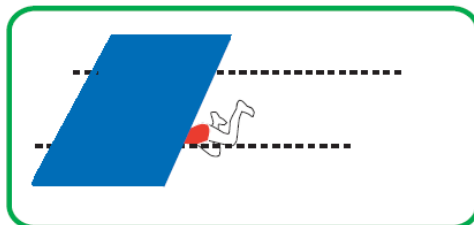
3

SE DEPLACER 10 M EN POSITION VENTRALE - FAIRE UN SURPLACE DE 15 SECONDES - REPRENDRE EN POSITION VENTRALE



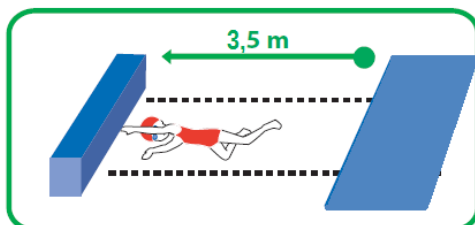
4

FAIRE DEMI-TOUR SANS REPRISE D'APPUI ET PASSER D'UNE POSITION VENTRALE A UNE POSITION DORSALE (bascule)
SE DEPLACER SUR 10 m EN POSITION DORSALE
FAIRE DU SURPLACE DURANT 15 SECONDES
SE DEPLACER JUSQUE L'OBSTACLE EN POSITION DORSALE



SE RETOURNER SUR LE VENTRE POUR
FRANCHIR A NOUVEAU L'OBSTACLE D' 1,5 m

5



REGAGNER LE POINT DE DEPART
EN POSITION VENTRALE

6

Premier degré du savoir-nager