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| Nom : | **BACCALAUREAT 2020**  **EPREUVE : STEP** | Classe : |
| Prénom : | Date : |

SEANCE DE STEP PRESENTEE POUR L’EPREUVE

1. **L’échauffement**

|  |  |
| --- | --- |
| Mouvement | Temps / nombre de répétitions |
|  |  |

1. **La chorégraphie**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Bloc 1** | | | | | | | | | |
|  | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Phrase  1 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  2 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  3 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  4 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |

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| **Bloc 2** | | | | | | | | | |
|  | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Phrase  1 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  2 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  3 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  4 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| **Bloc 3** | | | | | | | | | |
|  | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Phrase  1 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  2 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  3 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  4 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
|  | | | | | | | | | |
| **Bloc 4** | | | | | | | | | |
|  | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Phrase  1 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  2 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  3 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  4 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |

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| **Bloc 5** | | | | | | | | | |
|  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Phrase  1 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  2 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  3 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  4 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |

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| **Bloc 6** | | | | | | | | | |
|  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Phrase  1 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  2 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  3 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |
| Phrase  4 | Pieds |  | | | | | | | |
| Bras |  |  |  |  |  |  |  |  |

1. **La récupération**

|  |  |  |
| --- | --- | --- |
| Etirement | Muscle étiré prioritairement | Temps / nombre de répétition |
|  |  |  |

1. **Le ressenti**

*Exprimer son ressenti (muscles, souffles, fatigue, mémorisation…) après l’épreuve pour analyser sa prestation de façon objective.*

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