

FICHE ENSEIGNANT

Fiche évaluation musculation

Effectuer le nombre de répétitions requises dans le niveau que vous avez choisi (3 séries par atelier) en 1' 30

| | | 1 | | | | 2 | | | | 3 | | | | 4 | | | |
|------------|---|-----------|---|---|---|-----------|---|---|---|-----------|---|---|---|-----------|---|---|---|
| TRINOME N° | S | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R |
| A | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| B | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| C | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| TRINOME N° | S | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R |
| A | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| B | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| C | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| TRINOME N° | S | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R |
| A | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| B | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| C | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| TRINOME N° | S | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R | atelier : | E | A | R |
| A | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| B | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |
| C | 1 | x | | | | x | | | | x | | | | x | | | |
| | 2 | x | | | | x | | | | x | | | | x | | | |
| | 3 | x | | | | x | | | | x | | | | x | | | |

code :R=respiration,A=amplitude,E=exécution travail:A=aisé,B=correct,C=difficile

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