

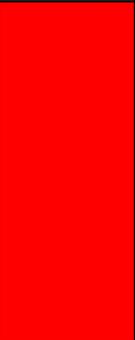
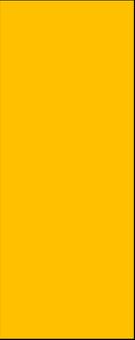


Course de vitesse

Repères pour l'observation



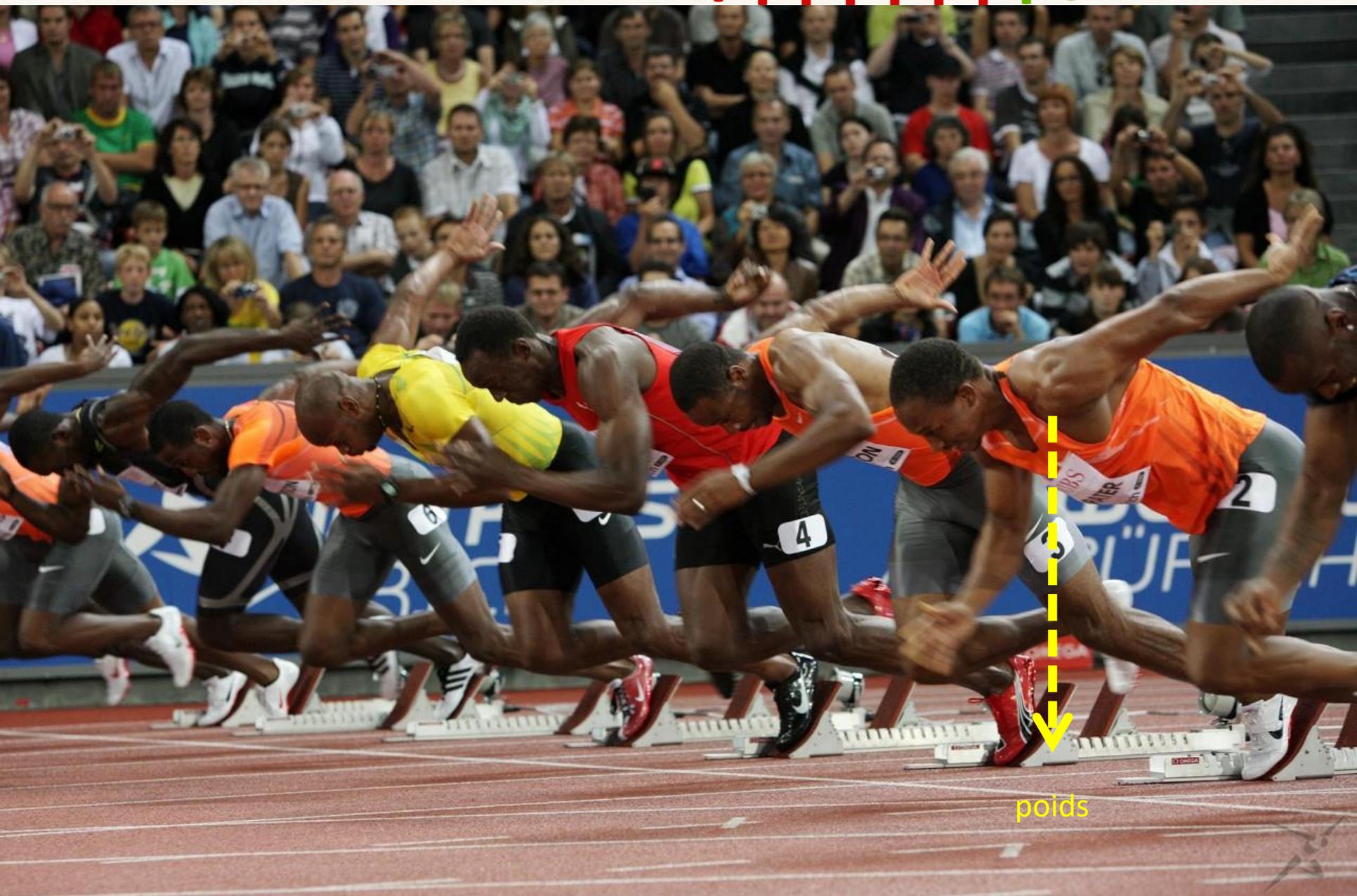
Réagir au signal: être attentif au signal de départ

Inattentif, n'est pas concentré sur le signal		
Attentif mais pas prêt à courir		
Attentif et prêt à courir		



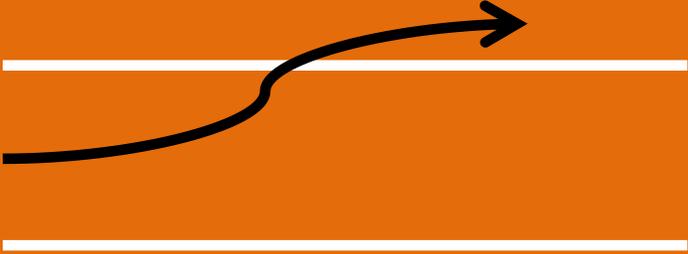
Réagir au signal: avoir les jambes fléchies et le poids du corps sur la jambe avant

Jambes tendues, poids du corps en arrière		
Jambes tendues, poids du corps au dessus des pieds		
Jambes fléchies, poids du corps au dessus du pied avant		

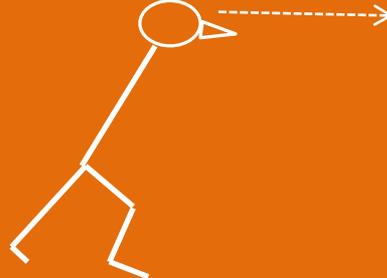


poids

Courir droit : respecter son couloir

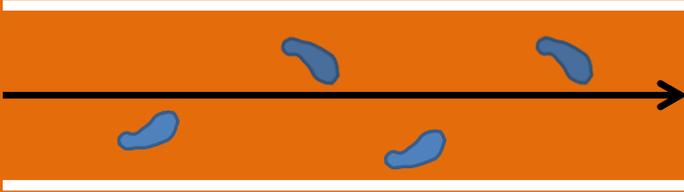
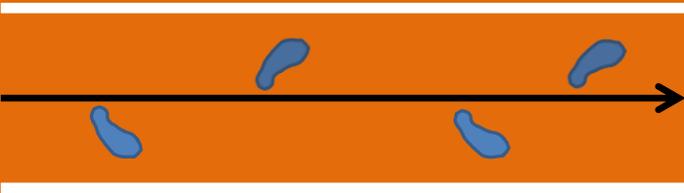
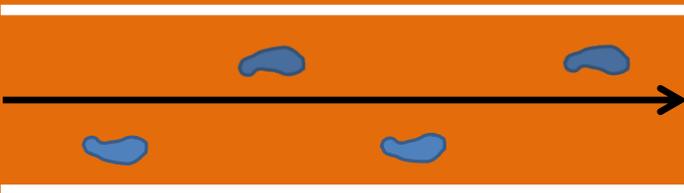
Sort de son couloir	Red	
Slalome dans son couloir	Yellow	
Court droit dans son couloir	Green	

Courir droit : regarder devant, au-delà de l'objectif à atteindre

Tête basculée vers le haut		 A stick figure is shown in a running posture. Its head is tilted significantly upwards, and a dashed arrow points from the top of the head towards the upper right corner of the panel.
Regard fixé vers le sol		 A stick figure is shown in a running posture. Its head is tilted downwards, and a dashed arrow points from the top of the head towards the lower right corner of the panel.
Regard fixé droit devant		 A stick figure is shown in a running posture. Its head is tilted forward at a slight angle, and a dashed arrow points horizontally from the top of the head towards the right edge of the panel.



Courir droit : poser ses pieds dans l'axe de la course

Pieds vers l'intérieur	Red	 A diagram illustrating a common running error where the feet point inward. It features a central black arrow pointing right, representing the running axis. Two white horizontal lines above and below the arrow define the lane. Four blue footprints are shown: two in the upper half of the lane pointing towards the center, and two in the lower half pointing away from the center.
Pieds vers l'extérieur		 A diagram illustrating a common running error where the feet point outward. It features a central black arrow pointing right, representing the running axis. Two white horizontal lines above and below the arrow define the lane. Four blue footprints are shown: two in the upper half of the lane pointing away from the center, and two in the lower half pointing towards the center.
Pieds dans l'axe de la course	Green	 A diagram illustrating the correct running posture where the feet point straight ahead. It features a central black arrow pointing right, representing the running axis. Two white horizontal lines above and below the arrow define the lane. Four blue footprints are shown, all pointing directly forward along the axis of the arrow.



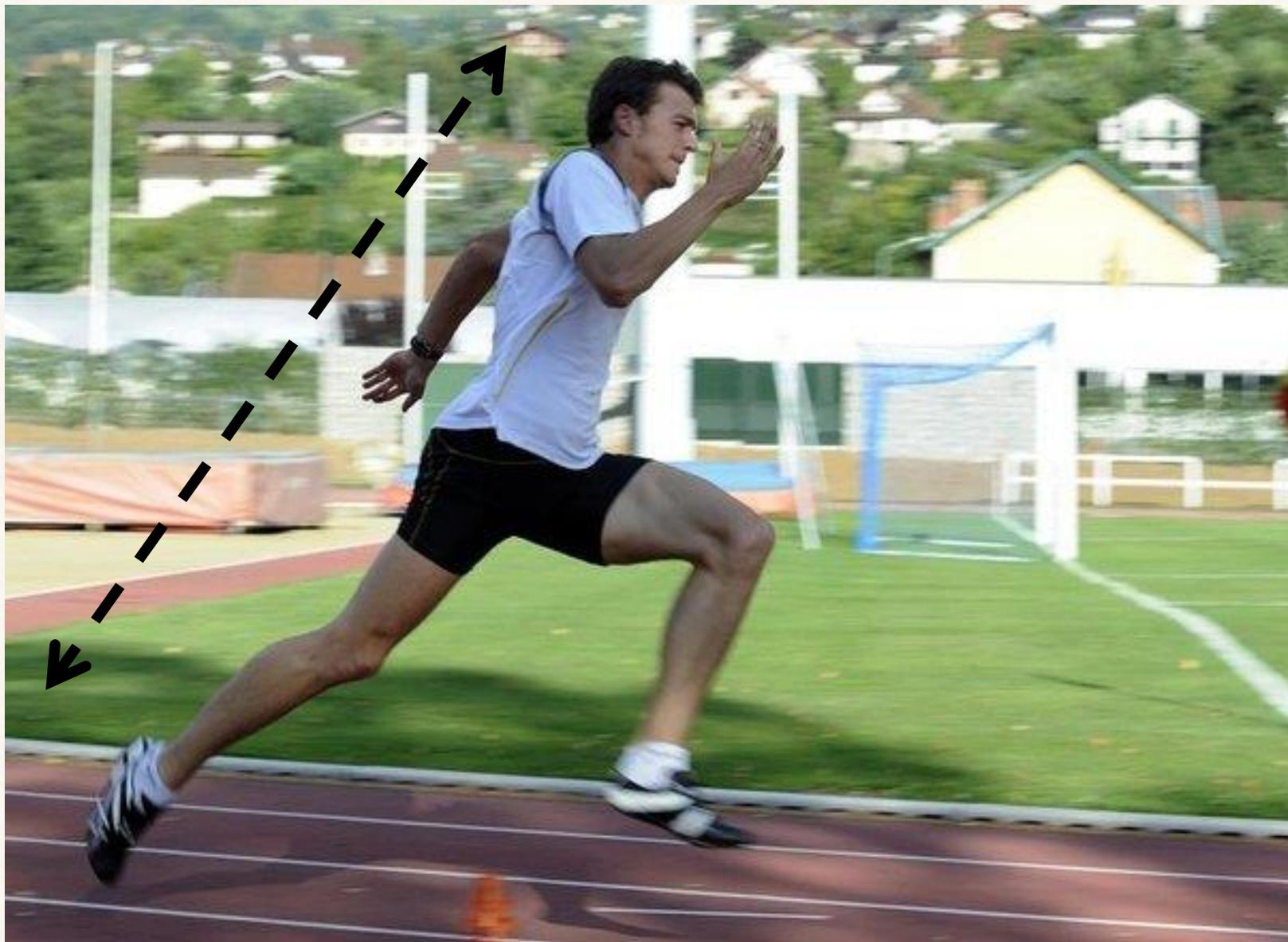
« courir grand » : pousser complètement sur sa jambe d'appuis

Foulée étriquée	Red	
Poussée insuffisante	Yellow	
Poussée complète	Green	

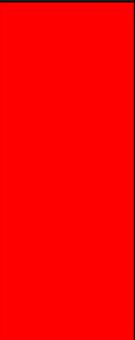
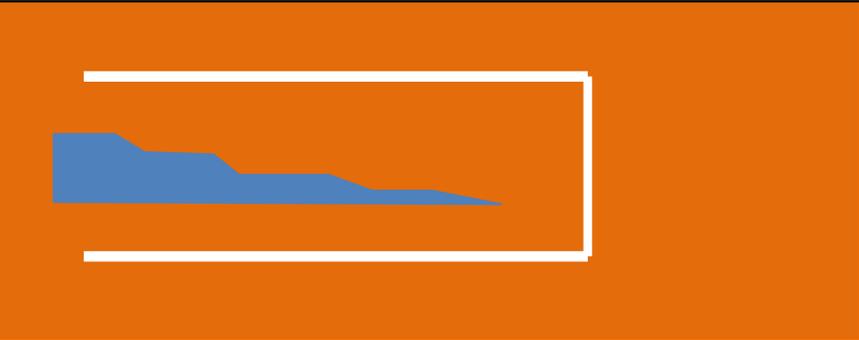
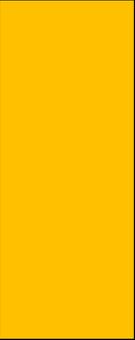
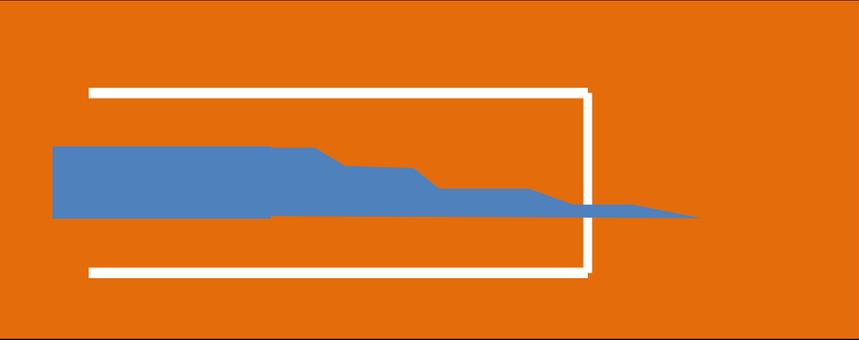


Courir grand : conserver l'alignement pied / bassin / épaule

Court cassé vers l'avant (cycle arrière)	Red	 A stick figure running with a significant forward lean, illustrating a 'court cassé vers l'avant' posture.
Court penché en arrière (cycle avant)	Red	 A stick figure running with a backward lean, illustrating a 'court penché en arrière' posture.
Court droit et aligné	Green	 A stick figure running in a straight, aligned posture, illustrating the correct 'court droit et aligné' posture.



Terminer sa course : courir au-delà de la ligne d'arrivée

Ralentit et s'arrête avant l'arrivée		
Ralentit avant l'arrivée		
Maintient sa vitesse jusqu'à l'arrivée		