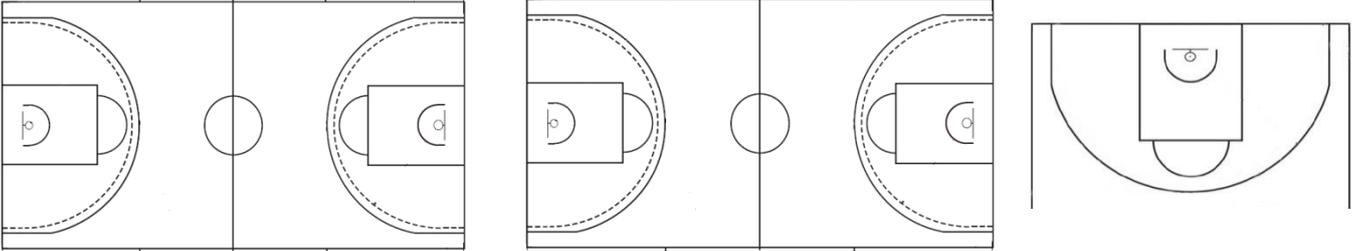


Séance du :	Commentaires :
Effectif :	

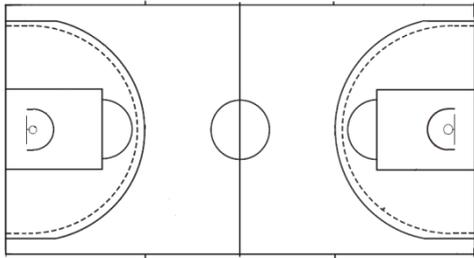
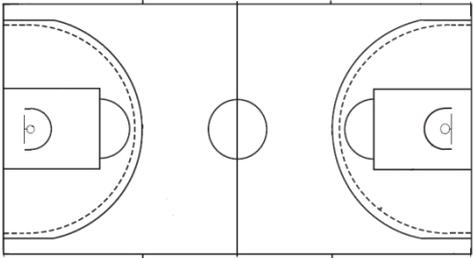
Echauffement :

Déroulement



Consignes techniques

Situation 1 :

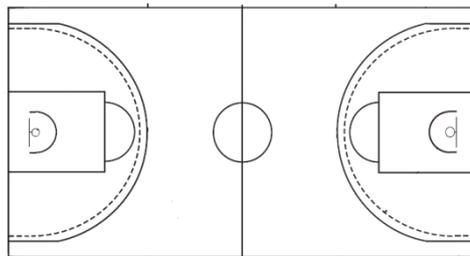
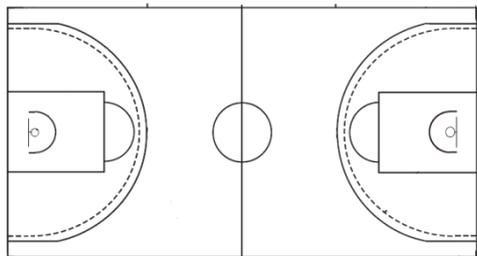
Déroulement	Evolution
	
Consignes techniques	Consignes techniques



Situation 2 :

Déroulement

Evolution



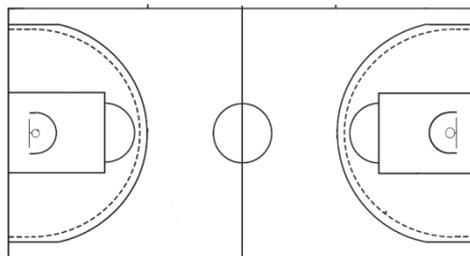
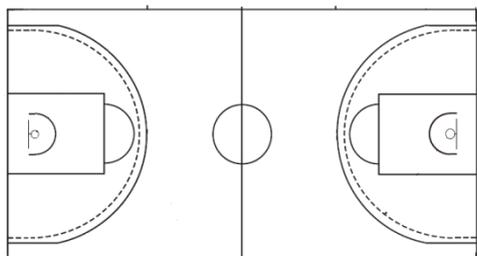
Consignes techniques

Consignes techniques

Situation 3 :

Déroulement

Evolution



Consignes techniques

Consignes techniques

