

**movements  
& positions**

Agnès Pihuit  
[my-teacher.fr](http://my-teacher.fr)



1



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3



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24



25



26



27

swim

kick

catch

run

give

lift

drop

stand

push

carry

kneel

pull

sit

throw

fall

jump

climb

hold

swing

crawl

bend

wave

walk

lie

turn

take

pick up