

PE and MFL team up!

# Take 10 en français

Take 10 en français is an exciting new resource that enables primary school children to practise their French whilst taking part in daily physical activities.

It brings together two major educational initiatives; helping children to listen and respond to instructions and songs in French and keeping them fit for learning. It is well known that daily physical activity stimulates the child's ability and willingness to learn by oxygenating the brain. Recent research shows that learning a foreign language at an early age also stimulates the brain. Activities that combine linguistic and kinaesthetic responses energise connections between the left and right halves of the brain. Fun and enjoyment also improve children's learning by reducing anxiety and encouraging risk-taking. **Take 10 en français** is easy to use, even for teachers with little knowledge of French. It comprises: **29 Activities:** Each described in English and with a list of instructions the teacher might give to run the activity in French. These are also provided on a pronunciation CD. There are also cultural tips, classroom tips and language tips for each activity. Activities are divided into 3 categories: *coordination & manipulation challenges, running & chasing games, activities for small spaces.* **21 Activity Rhymes and Songs:** A mixture of catchy authentic French songs and translations of some English favourites specially rearranged and recorded on a songs CD. Lyrics and instructions are provided in the book and the accompanying DVD shows primary children demonstrating the aerobic exercises. **Take 10 en français** builds on the highly successful resource pack *Take 10 – Fit to Succeed* (also published by Devon Education Services), a collection of great ideas to get primary children active for daily 10-minute periods.



## Book, DVD and 2 CDs

**TAKE 10 en français prices per copy** (discount shown in brackets):

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