

# L'ÉCHAUFFEMENT

Pourquoi s'échauffer ?

Comment ?

Quoi faire durant l'échauffement ?

## A) De la physiologie à une approche neurodéveloppemental

### Daniel Wolpert

🌐 2 languages ▾

Article Talk

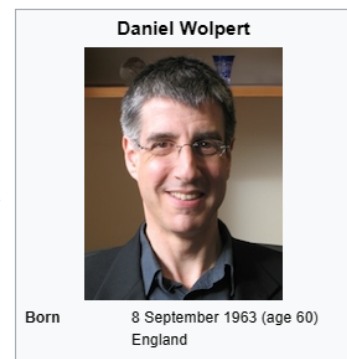
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From Wikipedia, the free encyclopedia

**Daniel Mark Wolpert** <sup>FRS</sup><sup>[4]</sup> <sup>FMedSci</sup> (born 8 September 1963)<sup>[5]</sup> is a British [medical doctor](#), [neuroscientist](#) and engineer, who has made important contributions in [computational biology](#). He was Professor of Engineering at the [University of Cambridge](#) from 2005, and also became the [Royal Society Noreen Murray Research Professorship in Neurobiology](#) from 2013.<sup>[1][6][7][8][9][10][11][12]</sup> He is now Professor of Neurobiology at [Columbia University](#).

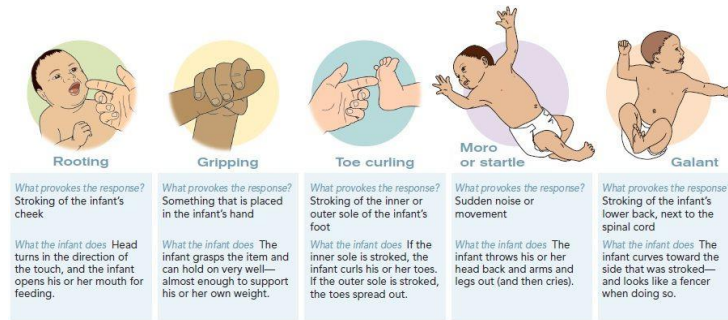
#### Early life and education [ edit ]

Wolpert was educated at the [Hall School](#) and [Westminster School](#).<sup>[5]</sup> He went on to the University of Cambridge to study mathematics, but after only a year he shifted to medicine, as it seemed to him "that medics were having much more fun than mathematicians."<sup>[13]</sup> He completed a Bachelor of Arts in medical sciences in 1985, then completed his [Bachelor of Medicine, Bachelor of Surgery \(BM BCh\)](#) in 1988, and PhD in [physiology](#) in 1992 from the [University of Oxford](#).<sup>[14]</sup>



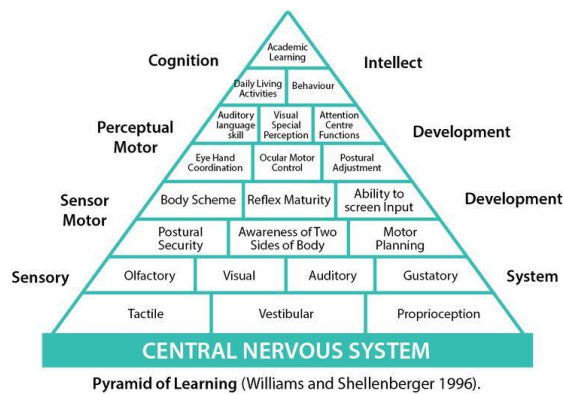
*TED : « la vraie raison d'être des cerveaux »*

## B) Les réflexes archaïques

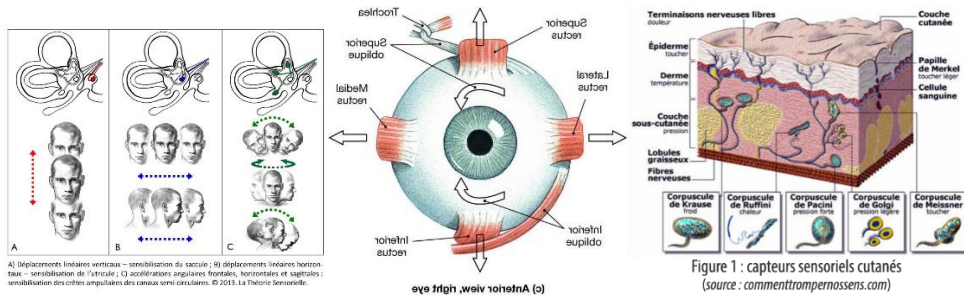


**FIGURE 9.2 Some Infant Reflexes** Infants are born with a number of reflexes to get them through life, and they are incredibly cute when they perform them. These reflexes disappear as infants mature.

## C) La pyramide des apprentissages de Williams et Shellenberger



# Les entrées sensorielles à mobiliser :



## D) Motricité primaire

|   | Position de départ |  |
|---|--------------------|--|
| En partant du dos, jusqu'à la rotation sur le ventre, l'enfant se retourne et roule     |                    |  |
| Déroutement de la reptation sur le ventre jusqu'au 4 pattes sur les genoux et les mains |                    |  |
| Comment se déroule le processus menant à la position assise                             |                    |  |
| L'enfant apprend à se mettre debout   |                    |  |
| Il se met debout librement et apprend à marcher sans se cramponner                      |                    |  |

11 Janvier 2024

## Quelques Ressources

[Le plaisir d'apprendre - YouTube](#)

[Le livret des activités d'intégration - L'IMP : au coeur des réflexes archaïques / primitifs ! \(reflexes.org\)](#)