

# PROGRAMME D'ALPHABETISATION POUR FEMMES EN FORMATION PROFESSIONNELLE QUALIFIANTE

## *Fiches de l'apprenante Niveau I*



# Cours d'alphabétisation

Ce recueil de fiches appartient à

Nom : \_\_\_\_\_ Prénom : \_\_\_\_\_

Centre de formation de \_\_\_\_\_ à \_\_\_\_\_

## Mon horaire des cours

Jours de la semaine					
Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
h à h	h à h	h à h	h à h	h à h	h à h

### Remarques

Cet horaire est à compléter par les apprenants.

Le choix de l'horaire dépend du centre de formation, 3 fois deux heures par semaine, 6 fois une heure par semaine.

Année de formation 20\_\_ - 20\_\_

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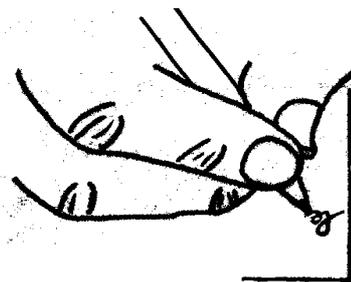
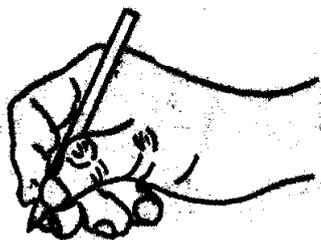
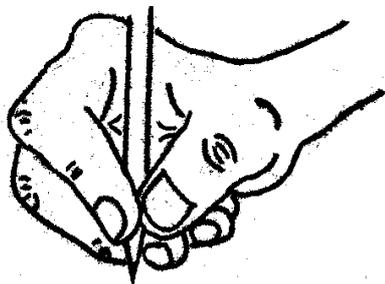
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## Ecriture

### Le maintien du crayon



### La formation des lettres minuscules

a b c d e f g h i

j k l m n o p

q r s t u v w

x y z

### La formation des chiffres

0 1 2 3 4 5 6 7 8 9

Exercice 1

Les 26 lettres de l'alphabet

The grid contains 19 rows of handwriting practice. Each row is set on a grid with a central horizontal line and two side lines. The letters are written in a cursive style. Each row begins with three examples of the letter, followed by a series of dots indicating the starting point for tracing. The letters are: a, b, c, d, e, f, g, h, i, j, k, l, m, n, o, p, q, r, s.

Exercice 1 suite

Les 26 lettres de l'alphabet

A handwriting practice grid for lowercase letters. Each row contains three examples of a letter followed by ten dots for tracing. The letters are: t, u, v, w, x, y, and z. The grid is composed of 13 columns and 7 rows.

Exercice 2

Les 10 chiffres

A handwriting practice grid for digits. Each row contains three examples of a digit followed by ten dots for tracing. The digits are: 0, 1, 2, 3, 4, 5, 6, 7, 8, and 9. The grid is composed of 13 columns and 10 rows.

## Exercice 3

Ces mots peuvent être écrits sans le lever le crayon !

je je .

elle elle .

ils ils .

mil mil .

riz riz .

lume lume .

plis plis .

dé dé .

os os .

mes mes .

neuf neuf .

## Exercice 4

Pour écrire ces mots, il faut lever au moins une fois le crayon

asse tasse .

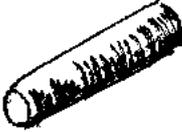
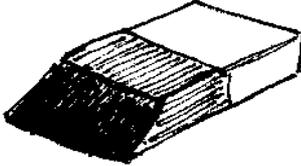
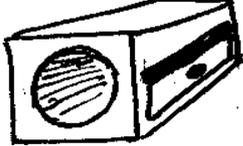
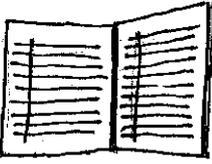
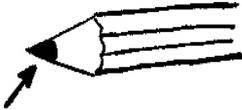
tasse tasse .

casserole casserole .

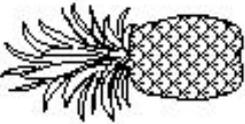
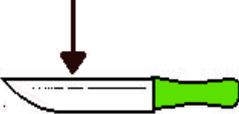
cuisine cuisine .

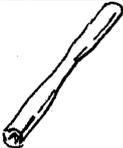
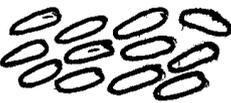
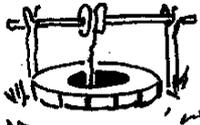
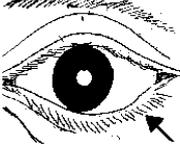
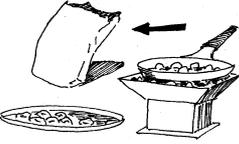
tousse toussé .

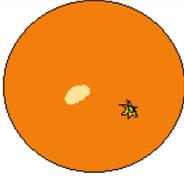
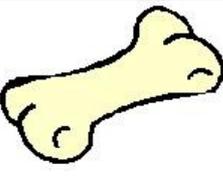
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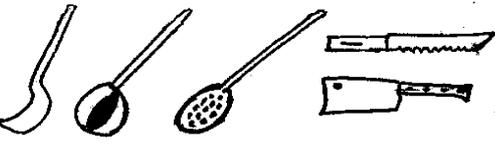
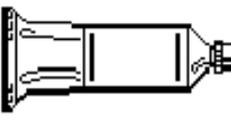
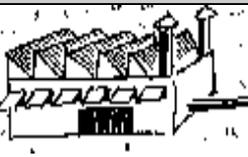
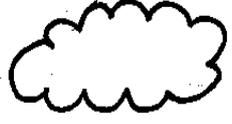
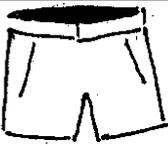
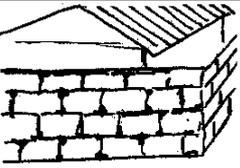
Les objets utiles à l'alphabétisation			
			
			
			

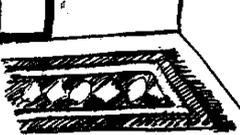
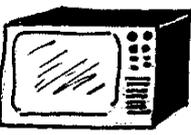
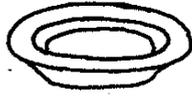
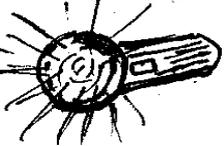
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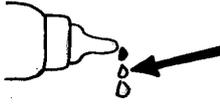
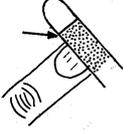
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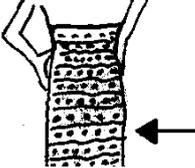
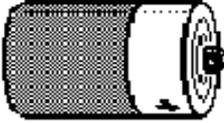
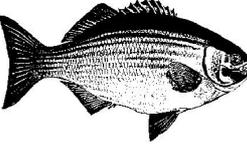
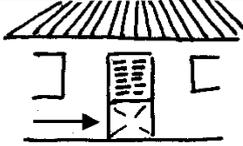
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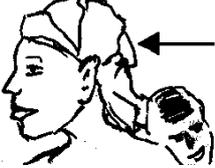
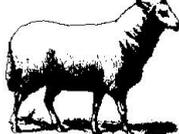
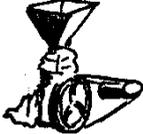
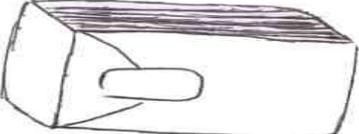
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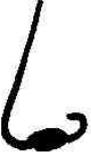
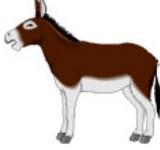
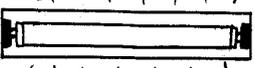
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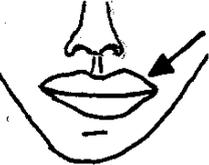
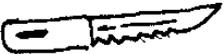
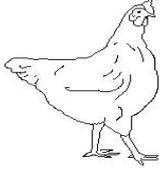
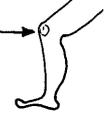
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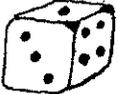
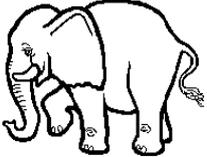
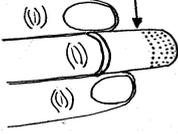
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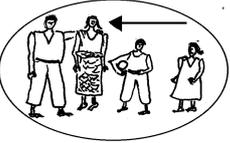
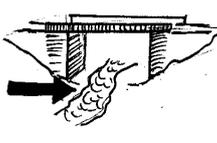
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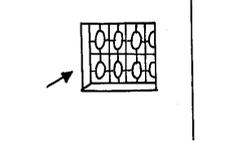
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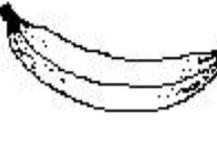
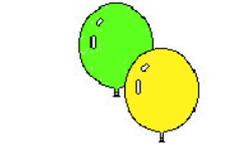
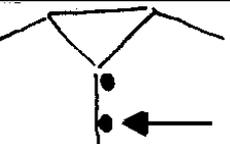
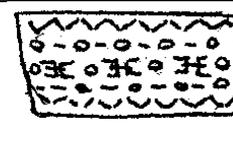
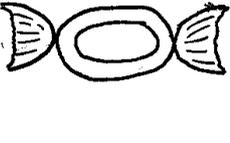
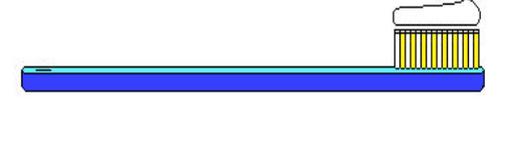
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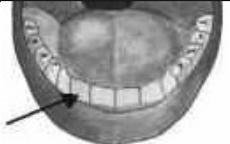
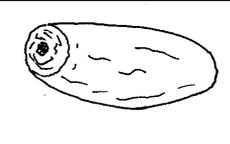
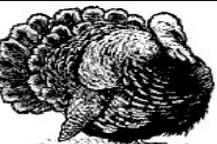
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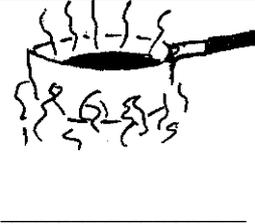
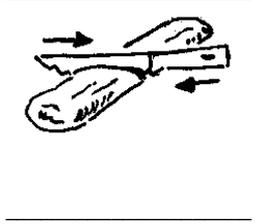
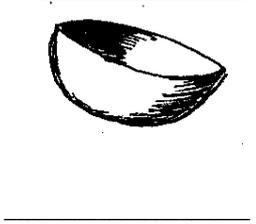
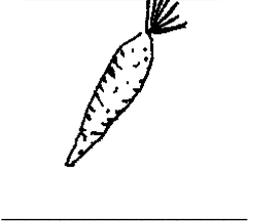
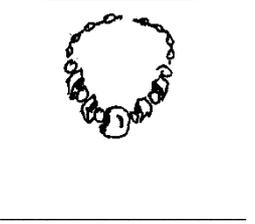
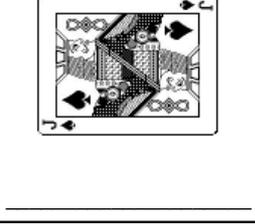
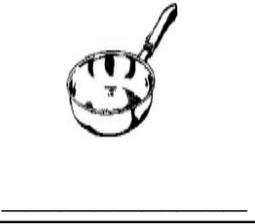
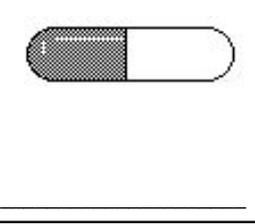
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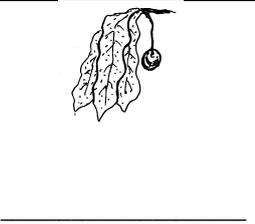
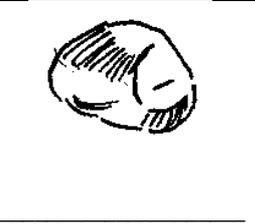
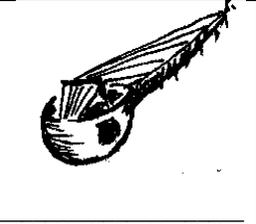
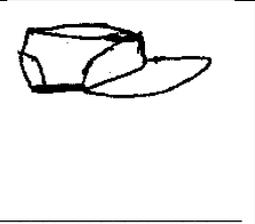
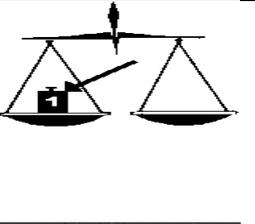
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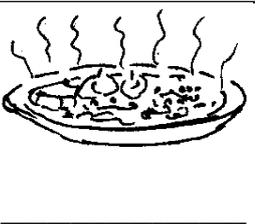
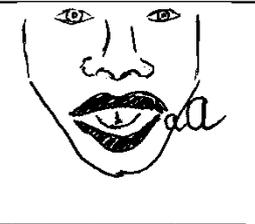
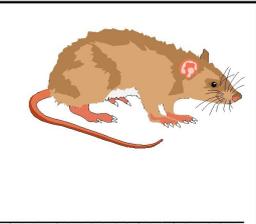
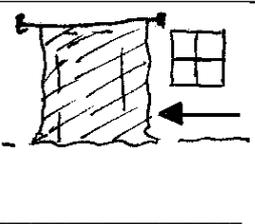
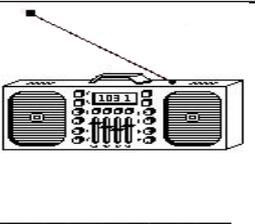
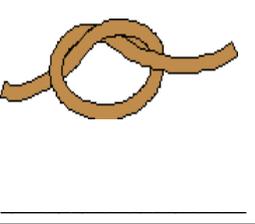
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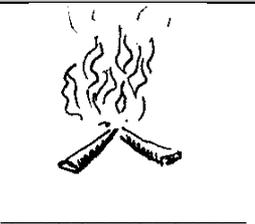
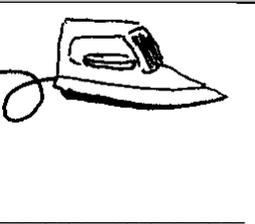
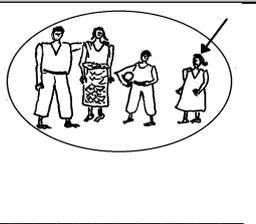
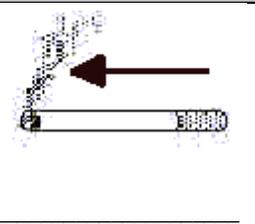
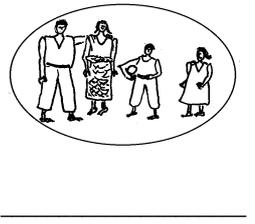
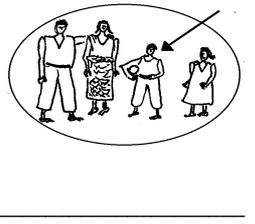
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			<b>10</b>	<b>12</b>
				

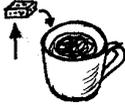
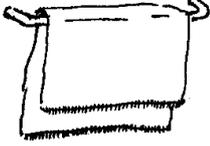
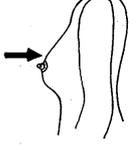
Son « c »				
				
				

Son « k »				
				

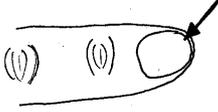
Son « r »				
				
				

Son « f »				
				
				

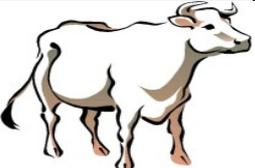
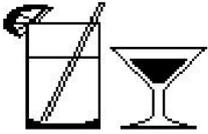
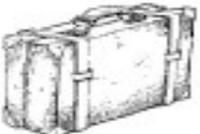
**Son « s »**

				<b>6</b>
				

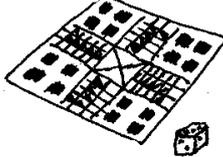
**Son « g »**

				
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**Son « v »**

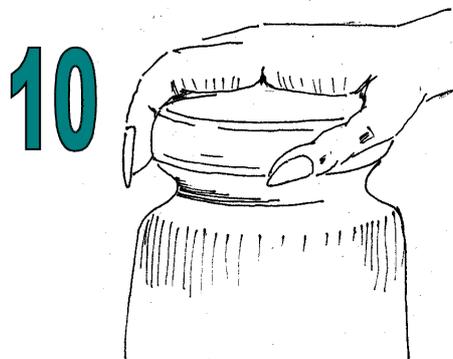
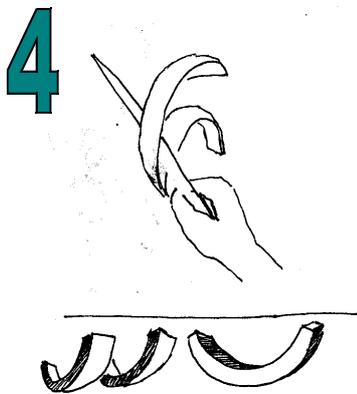
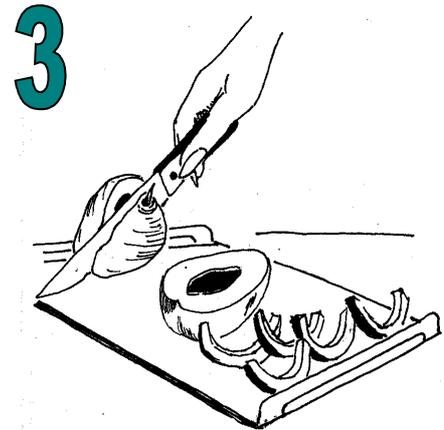
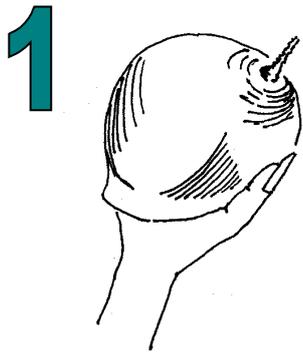
**Son « j »**

				
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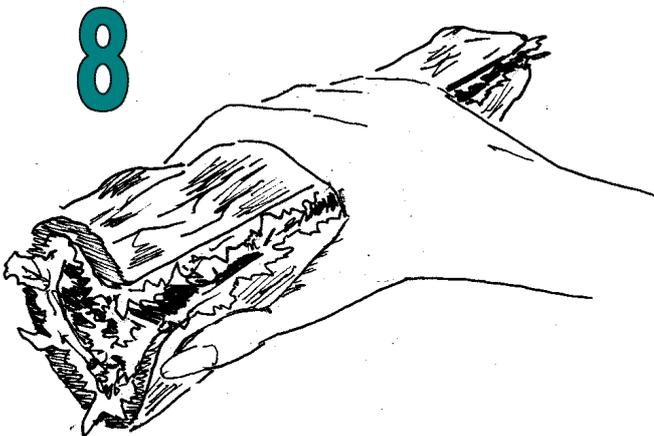
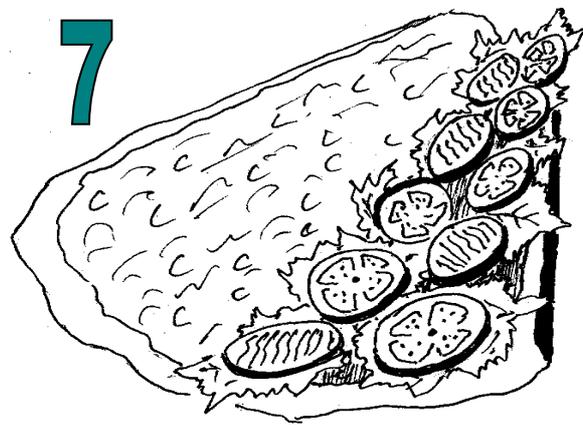
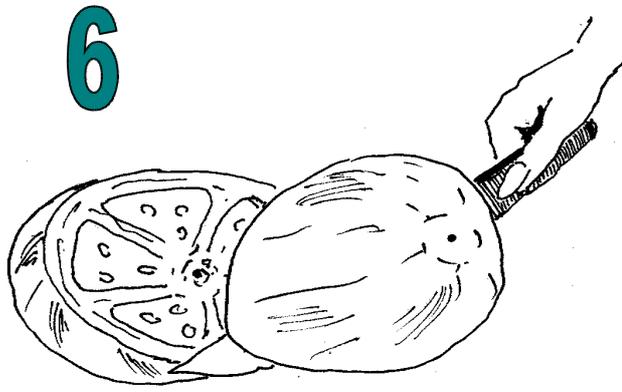
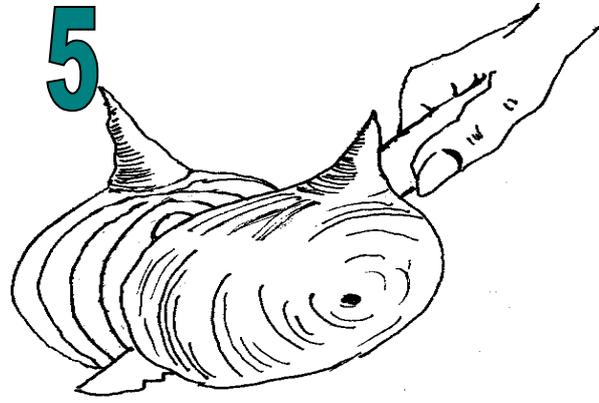
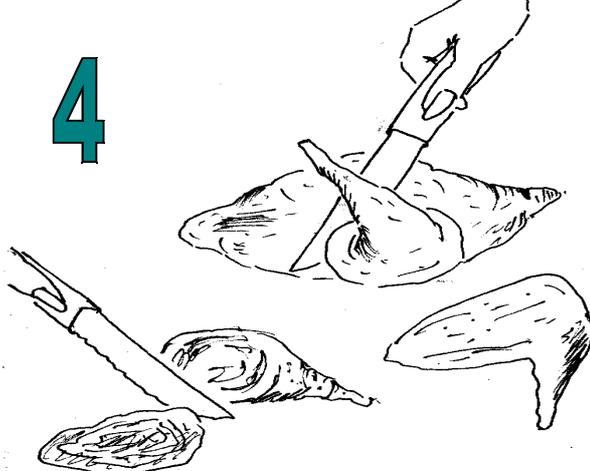
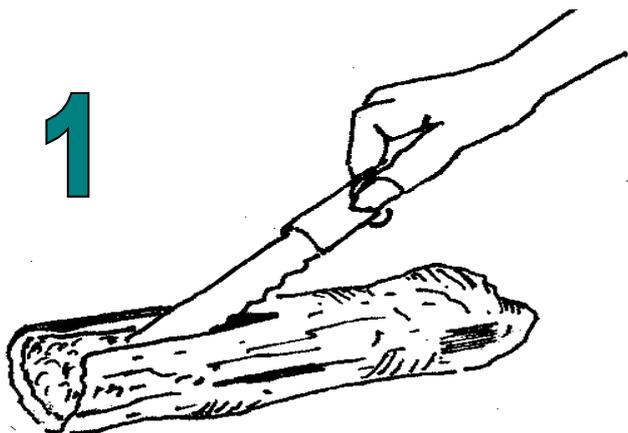
Son « ch »				
				
				

## Recettes de cuisine

### Recette 1, la confiture de mangues

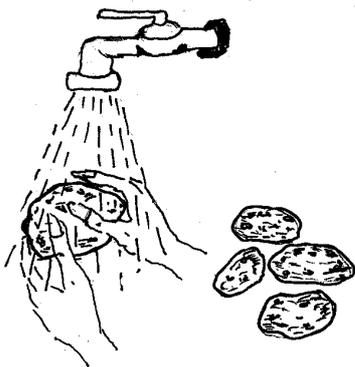


## Recette 2, le sandwich royal au Poulet

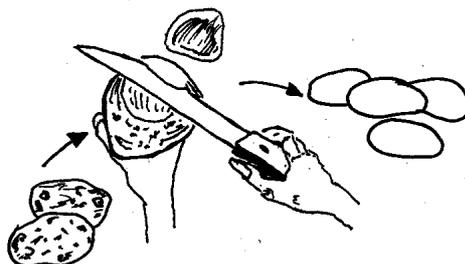


### Recette 3, une salade de pommes de terre.

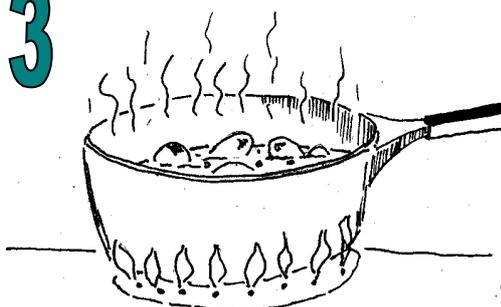
1



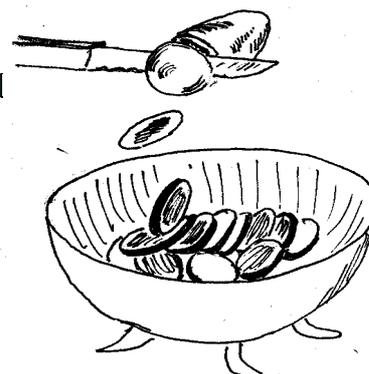
2



3



4



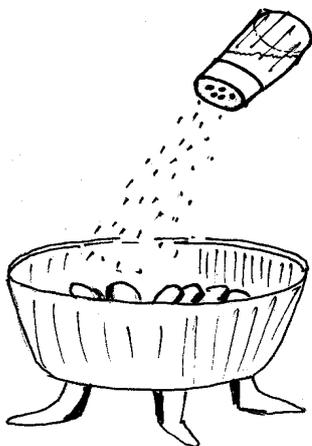
5



6



7



8



## Eléments de géométrie

### Les lignes

Définitions à compléter par l'apprenante



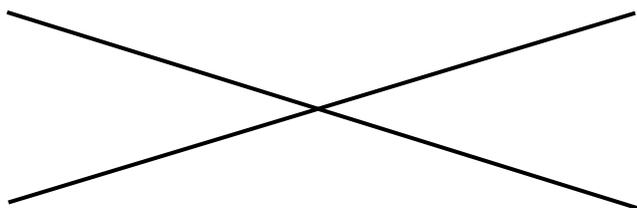
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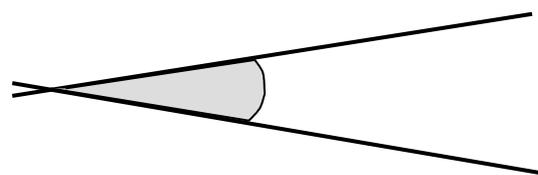


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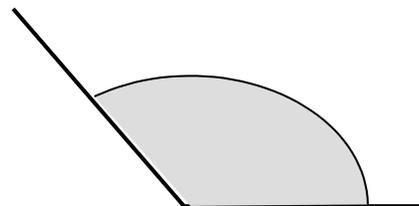
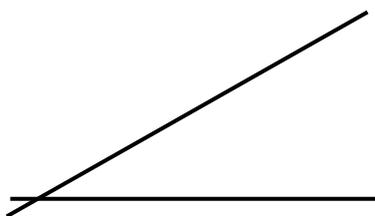
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### Les angles

On appelle angle la figure formée par l'intersection de deux demi-droites



Les types d'angles, définitions à compléter par l'apprenante



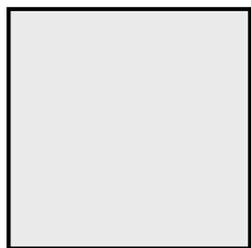
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### Les figures géométriques

**Définitions à compléter par les apprenantes**



\_\_\_\_\_

\_\_\_ angles \_\_\_\_\_

: \_\_\_ côtés \_\_\_\_\_

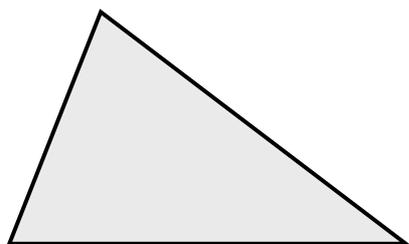


\_\_\_\_\_

\_\_\_ angles \_\_\_\_\_

\_\_\_ petits côtés appelés \_\_\_\_\_

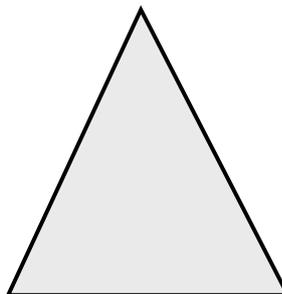
\_\_\_ grands côtés appelés \_\_\_\_\_



\_\_\_\_\_

\_\_\_ angles

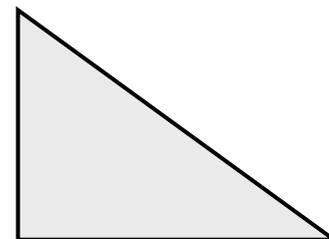
\_\_\_ côtés



**Le triangle isocèle**

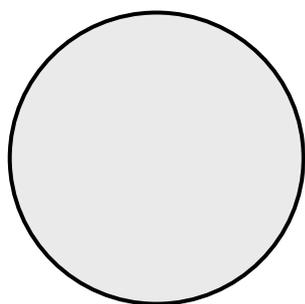
2 angles égaux

2 côtés égaux



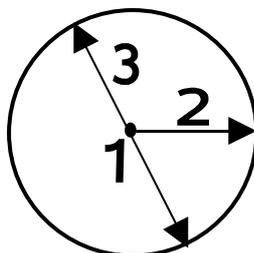
**Le triangle rectangle**

1 angle droit



\_\_\_\_\_

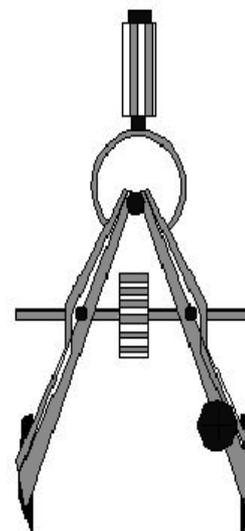
Pour tracer correctement cette figurine, il faut utiliser un compas →



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



**Exercice 1**

A l'aide d'une règle et d'une équerre dessine les figurines demandées dans l'espace qui leur est réservé.

Un carré	Un rectangle
Un triangle	Un triangle rectangle

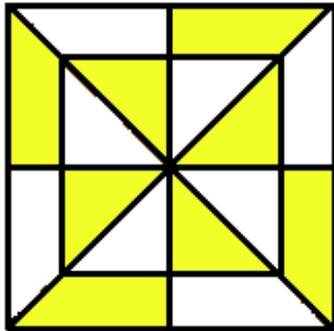
**Exercice 2**

A l'aide d'une règle et d'un compas dessine les figurines demandées dans l'espace qui leur est réservé

Un demi-disque	Un secteur ( = une tranche de gâteau )

**Exercice 3**

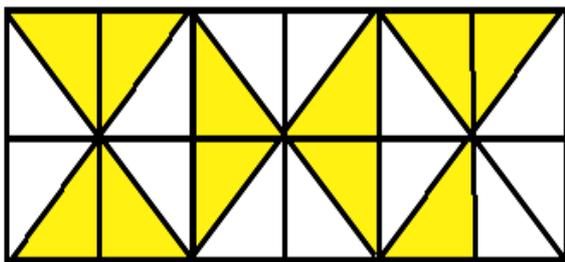
A l'aide d'une règle et d'une équerre reproduit dessine la figurine



\_\_\_\_\_

**Exercice 4**

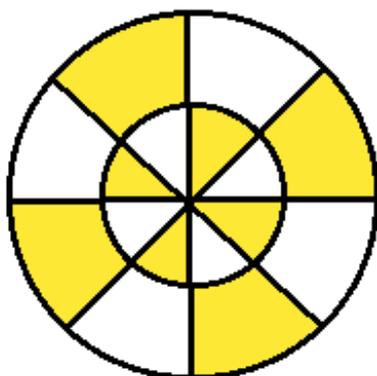
A l'aide d'une règle et d'une équerre reproduit la figurine.



\_\_\_\_\_

**Exercice 5**

A l'aide d'une règle et d'un compas reproduit la figurine



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## Tableaux à double entrée

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## Tableaux à double entrée

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