

PHYSICAL EDUCATION - CE1

PRODUCE AN OPTIMAL PERFORMANCE MEASURABLE IN TIME

	P1	P2	P3	P4	P5
Run, jump and throw at different levels of intensity and durations.	Athletics Bat & Ball		Fitness / Circuits		Athletics Fitness
Know how to differentiate: running fast/running for a long time, throwing far/throwing precisely, jumping high/jumping far.	Athletics Bat & Ball		Fitness / Circuits		Athletics Fitness
Accept to aim for a measured performance and accept to compete with others.	Athletics Bat & Ball		Fitness / Circuits		Athletics Fitness
Play different specific roles (timekeeper, observer, referee...)	Athletics Bat & Ball	Gymnastics Invasion Games	Fitness / Circuits Hockey	Handball	Athletics Fitness

ADAPT PHYSICAL MOVEMENT TO A RANGE OF VARIED ENVIRONMENTS

	P1	P2	P3	P4	P5
Undertake a parkour adapting one's movements in an unfamiliar environment. The space is controlled and supervised.	Athletics	Gymnastics	Fitness /Circuits		Athletics Fitness
Know and comply with the safety rules applicable to each environment.	Athletics Bat & Ball	Gymnastics Invasion Games	Fitness /Circuits Hockey	Handball Rhythm & Movement	Athletics Fitness

SUCCESSFULLY PARTICIPATE IN TEAM OR OPPOSITION GAMES

	P1	P2	P3	P4	P5
Engage in an opposition or team game and follow the rules.	Bat & Ball	Invasion Games	Hockey	Handball	
Control one's motor skills and emotions to perform simple actions.	Bat & Ball	Invasion Games	Hockey	Handball	
Understand the objective of the game.	Bat & Ball	Invasion Games	Hockey	Handball	
Identify one's opponent and one's team-mates	Bat & Ball	Invasion Games	Hockey	Handball	

EXPRESS ONESELF BEFORE OTHERS THROUGH AN ARTISTIC/ACROBATIC PERFORMANCE

	P1	P2	P3	P4	P5
Express feelings through one's body		Gymnastics		Rhythm & Movement	
Reproduce a simple sequence of actions practiced in class or present a creative sequence.		Gymnastics		Rhythm & Movement	
Adapt movement to rhythm, memorise steps/poses/elements and sequences to perform individual or group performances.		Gymnastics	Fitness / Circuits	Rhythm & Movement	Fitness