

PHYSICAL EDUCATION - CM1

PRODUCE AN OPTIMAL PERFORMANCE MEASURABLE IN TIME

	P1	P2	P3	P4	P5
Make physical efforts and combine different motor skills through varied activities to perform faster, longer, higher and further	Athletics Volleyball	Basketball Football	Tag Rugby	Ultimate Frisbee	Rounders Fitness
Combine running, jumping and throwing to achieve the best combined performance	Athletics Volleyball	Basketball	Tag Rugby	Ultimate Frisbee	Rounders Fitness
Measure and quantify performance; recording, comparing, ranking it and converting it into graphs	Athletics				Rounders Fitness
Play the roles timekeeper and observer	Athletics Volleyball	Basketball Football	Tag Rugby	Ultimate Frisbee	Rounders Fitness

ADAPT PHYSICAL MOVEMENT TO A RANGE OF VARIED ENVIRONMENTS

	P1	P2	P3	P4	P5
Undertake a journey through different unfamiliar environments, in an artificial or controlled natural setting (alone or as part of a group)	Athletics				Fitness
Know and comply with the safety rules applicable to each environment	Athletics Volleyball	Basketball Football	Tag Rugby Gym	Ultimate Frisbee Rhythm & Movement	Rounders Fitness
Identify the responsible party to be notified or the procedure to be followed in the event of a problem	Athletics Volleyball	Basketball Football	Tag Rugby Gym	Ultimate Frisbee Rhythm & Movement	Rounders Fitness

SUCCESSFULLY PARTICIPATE IN TEAM OR OPPOSITION GAMES

	P1	P2	P3	P4	P5
Engage in an opposition or team game and follow the rules. Make tactical arrangements to win a game or a match by identifying scoring opportunities	Volleyball	Basketball Football	Tag Rugby	Ultimate Frisbee	Rounders
Maintain appropriate levels of physical efficiency for the entire game time	Volleyball	Basketball Football	Tag Rugby	Ultimate Frisbee	Rounders
Show respect to partners, opponents and the referee	Volleyball	Basketball Football	Tag Rugby	Ultimate Frisbee	Rounders
Take on different roles (player, referee, observer) inherent to the activity and the structure of the class	Volleyball	Basketball Football	Tag Rugby	Ultimate Frisbee	Rounders
Accept the outcome of the game and be able to comment on it	Volleyball	Basketball Football	Tag Rugby	Ultimate Frisbee	Rounders

EXPRESS ONESELF BEFORE OTHERS THROUGH AN ARTISTIC/ACROBATIC PERFORMANCE

	P1	P2	P3	P4	P5
Perform 2 sequences in a small group: one with acrobatic aim intended to be judged, one with artistic aim intended to be appreciated and express feelings			Gymnastics	Rhythm & Movement	
Know how to film a performance to review or improve it			Gymnastics	Rhythm & Movement	
Respect others' performance and agree to perform in front of others			Gymnastics	Rhythm & Movement	Fitness