

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.	Fitness		Basketball	Basketball	Athletics/ Football / Dodgeball
Know how to differentiate: running fast/running for a long time, throwing far/throwing precisely, jumping high/jumping far.	Fitness				Athletics
Accept to aim for a measured performance and accept to compete with others.	Fitness				Athletics
Play different specific roles (timekeeper, observer, referee...)	Fitness / Volleyball / Hockey	Dance/ Volleyball / Hockey	Basketball/ Gymnastics/ Racket Games	Basketball/ Gymnastics/ Invasion Games	Athletics/ Football / Dodgeball

ADAPT PHYSICAL MOVEMENT TO A RANGE OF VARIED ENVIRONMENTS

	P1	P2	P3 or P4	P3 or P4	P5
Undertake a parkour adapting one's movements in an unfamiliar environment. The space is controlled and supervised.	Fitness		Gymnastics	Gymnastics	Athletics
Know and comply with the safety rules applicable to each environment.	Fitness / Volleyball / Hockey	Volleyball / Hockey	Gymnastics / Basketball	Invasion Games / Basketball	Athletics / Football / Dodgeball

SUCCESSFULLY PARTICIPATE IN TEAM OR OPPOSITION GAMES

	P1	P2	P3	P4	P5
Engage in an opposition or team game and follow the rules.	Volleyball /Hockey	Hockey/ Volleyball	Basketball	Football	Football / Dodgeball
Control one's motor skills and emotions to perform simple actions.	Volleyball /Hockey	Hockey/ Volleyball	Basketball	Football	Football / Dodgeball
Understand the objective of the game.	Volleyball /Hockey	Hockey/ Volleyball	Basketball	Football	Football / Dodgeball
Identify one's opponent and one's team-mates	Volleyball /Hockey	Hockey/ Volleyball	Basketball	Football	Football / Dodgeball

EXPRESS ONESELF BEFORE OTHERS THROUGH AN ARTISTIC/ACROBATIC PERFORMANCE

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