

## 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 Gymnastics Dance	Gymnastics Volleyball Dance Football	Gymnastics Volleyball Dance Rugby	Fitness Ultimate Frisbee Basketball Invasion Games	Fitness Invasion Games Basketball Striking&Fielding
Combine running, jumping and throwing to achieve the best combined performance	Athletics Volleyball	Volleyball Football	Volleyball Rugby	Fitness Ultimate Frisbee Basketball Invasion Games	Fitness Invasion Games Basketball Striking&Fielding
Measure and quantify performance; recording, comparing, ranking it and converting it into graphs	Athletics			Fitness	Fitness
Play the roles timekeeper and observer	Athletics Volleyball	Volleyball Football	Volleyball Rugby	Ultimate Frisbee Basketball Invasion Games	Invasion Games Basketball Striking&Fielding

### 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 Gymnastics	Gymnastics	Gymnastics	Fitness	Fitness
Know and comply with the safety rules applicable to each environment	Athletics Volleyball Gymnastics	Gymnastics Volleyball Dance Football	Gymnastics Volleyball Dance Rugby	Fitness Ultimate Frisbee Basketball Invasion Games	Fitness Invasion Games Basketball Striking&Fielding
Identify the responsible party to be notified or the procedure to be followed in the event of a problem	Athletics Volleyball Gymnastics Dance	Gymnastics Volleyball Dance Football	Gymnastics Volleyball Dance Rugby	Fitness Ultimate Frisbee Basketball Invasion Games	Fitness Invasion Games Basketball Striking&Fielding

## 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	Athletics Volleyball	Volleyball Football	Volleyball Rugby	Ultimate Frisbee Basketball Invasion Games	Invasion Games Basketball Striking&Fielding
Maintain appropriate levels of physical efficiency for the entire game time	Athletics Volleyball	Volleyball Football	Volleyball Rugby	Ultimate Frisbee Basketball Invasion Games	Invasion Games Basketball Striking&Fielding
Show respect to partners, opponents and the referee	Athletics Volleyball	Volleyball Football	Volleyball Rugby	Ultimate Frisbee Basketball Invasion Games	Invasion Games Basketball Striking&Fielding
Take on different roles (player, referee, observer) inherent to the activity and the structure of the class	Athletics Volleyball	Volleyball Football	Volleyball Rugby	Ultimate Frisbee Basketball Invasion Games	Invasion Games Basketball Striking&Fielding
Accept the outcome of the game and be able to comment on it	Athletics Volleyball	Volleyball Football	Volleyball Rugby	Ultimate Frisbee Basketball Invasion Games	Invasion Games Basketball Striking&Fielding

## 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 Dance	Gymnastics Dance	Gymnastics Dance	Fitness	Fitness
Know how to film a performance to review or improve it	Dance Gymnastics	Dance Gymnastics	Dance Gymnastics	Fitness	Fitness
Respect others' performance and agree to perform in front of others	Dance Gymnastics	Dance Gymnastics	Dance Gymnastics	Fitness	Fitness