

## PHYSICAL EDUCATION - CP

### PRODUCE AN OPTIMAL PERFORMANCE MEASURABLE IN TIME

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

### 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.		Fitness Dance	Gymnastics		Athletics
Know and comply with the safety rules applicable to each environment.	Fun & Games Catch & Throw	Fitness Dance	Ball Skills Gymnastics	Invasion Games Racket Skills	Athletics Striking & Fielding Dodgeball

## SUCCESSFULLY PARTICIPATE IN TEAM OR OPPOSITION GAMES

	P1	P2	P3	P4	P5
Engage in an opposition or team game and follow the rules.	Catch & Throw		Ball Skills	Invasion Games Racket Skills	Striking & Fielding Dodgeball
Control one's motor skills and emotions to perform simple actions.	Catch & Throw		Ball Skills	Invasion Games Racket Skills	Striking & Fielding Dodgeball
Understand the objective of the game.	Catch & Throw		Ball Skills	Invasion Games Racket Skills	Striking & Fielding Dodgeball
Identify one's opponent and one's team-mates	Catch & Throw		Ball Skills	Invasion Games Racket Skills	Striking & Fielding Dodgeball

## EXPRESS ONESELF BEFORE OTHERS THROUGH AN ARTISTIC/ACROBATIC PERFORMANCE

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