

Scheme of Work - Progression

PE - EPS

Year 7 - 6eme

	6eme1		6eme2		6eme3	
Period 1 05/09/22 to 21/10/22	Running/ throwing	Wrestling	running/ throwing	Gymnastics	Swimming 05/09/22 to 09/12/22	Netball
Period 2 07/11/22 to 20/01/23	Touch Rugby	Dance	Touch Rugby 07/11/22 to 11/12/22	Netball	Touch Rugby 12/12/22 to 20/01/23	Wrestling
Period 3 23/01/23 to 31/03/23	Ultimate 23/01/23 to 24/03/23	Netball	Swimming 11/12/22 to 24/03/23	Dance	Ultimate	Gymnastics
Period 4 17/04/23 to 30/06/23	Swimming 24/03/23 to 30/06/23	Gymnastics	Striking	wrestling	Striking	Dance

Période	Running/ throwing : -Acquiring specific techniques to improve efficiency. -Making use of a range of resources (physiological, biomechanical, psychological, emotional) to act efficiently. -Assuming social roles specific to various PSAAs and to the class. -Understanding and applying the principles of good health practices.
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Période	TOUCH RUGBY : -Acquiring specific techniques to improve efficiency. -Repeating actions for increased consistency and efficiency. -Being responsible for one's own personal safety and that of others in varied situations. Being involved in group sporting and artistic activities.
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Période	ULTIMATE : -Adapting motor skills to various situations. -Repeating actions for increased consistency and efficiency -Understanding, complying with and enforcing rules and regulations. -Understanding and applying the principles of good health practices.
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Période	STRIKING : -Adapting motor skills to various situations. -Repeating actions for increased consistency and efficiency -Understanding, complying with and enforcing rules and regulations.
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Période	WRESTLING : Acquiring specific techniques to improve efficiency. -Repeating actions for increased consistency and efficiency -Assuming social roles specific to various PSAAs and to the class. -Understanding and applying the principles of good health practices.
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Période	DANCE : -Making use of a range of resources (physiological, biomechanical, psychological, emotional) to act efficiently -Learning by acting, observing and analysing one's own activity and the activity of others. -Using electronic resources to observe, assess and modify personal activities. -Being responsible for one's own personal safety and that of others in varied situations. Being involved in group sporting and artistic activities.
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Période	NETBALL : -Adapting motor skills to various situations. -Assuming social roles specific to various PSAAs and to the class (player, coach, referee, judge, observer, tutor, facilitator, organiser, etc.). -Understanding, complying with and enforcing rules and regulations.
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Période	GYMNASTICS : -Acquiring specific techniques to improve efficiency. -Repeating actions for increased consistency and efficiency -Using electronic resources to observe, assess and modify personal activities. -Being responsible for one's own personal safety and that of others in varied situations. Being involved in group sporting and artistic activities. -Understanding and applying the principles of good health practices.
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Période	SWIMMING : -Adapting motor skills to various situations. -Repeating actions for increased consistency and efficiency -Being responsible for one's own personal safety and that of others in varied situations. Being involved in group sporting and artistic activities. -Understanding and respecting the physical and sporting activity environment.
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