

Scheme of Work - Progression

PE - EPS

Year 10 - 3eme

	3eme1		3eme2		3eme3	
Period 1 05/09/22 to 21/10/22	Acrosport	Biathlon	Volleyball	Biathlon	Acrosport	Biathlon
Period 2 07/11/22 to 20/01/23	Volleyball	Football	Acrosport	Football	Volleyball	Football
Period 3 23/01/23 to 31/03/23	Boxing	Ultimate	Basketball	Ultimate	Boxing	Ultimate
Period 4 17/04/23 to 30/06/23	Basketball	Striking	Boxing	Striking	Basketball	Striking

Période	<p>BIATHLON :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Repeat a sporting or artistic gesture to stabilize it and make it more effective. -Know and use objective indicators to characterize physical effort. -Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.
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Période	<p>VOLLEYBALL :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Prepare planning-represent an action before carrying it out. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract.
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Période	<p>ACROSPORT :</p> <ul style="list-style-type: none"> -Communicate intentions and emotions with your body in front of a group. -Act with and for others, taking into account differences. -Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger. -Acquire the foundations of a reflective and critical attitude towards the sports show.
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Période	<p>FOOTBALL :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Prepare planning-represent an action before carrying it out. -Act with and for others, taking into account differences.
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Période	<p>ULTIMATE :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Repeat a sporting or artistic gesture to stabilize it and make it more effective. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract.
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Période	<p>BASKETBALL :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract. -Act with and for others, taking into account differences. -Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.
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Période	<p>BOXING :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Use appropriate vocabulary to describe the motor skills of others and yourself. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract. -Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.
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Période	<p>STRIKING :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Prepare planning-represent an action before carrying it out. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract.
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