

Scheme of Work - Progression

PE - EPS
Year 9 - 4eme

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

Période	<p>RELAY :</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. - Use digital tools to analyze and evaluate your actions and those of others (ipads). - Respect, build and enforce rules and regulations.
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Période	<p>VOLLEYBALL :</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. - Respect, build and enforce rules and regulations. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.
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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. - Repeat a sporting or artistic gesture to stabilize it and make it more effective. - 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 (choice of pyramids).
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Période	<p>FOOTBALL :</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. - Accept defeat and win with modesty and simplicity.
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Période	<p>ULTIMATE :</p> <ul style="list-style-type: none"> - Repeat a sporting or artistic gesture to stabilize it and make it more effective. - Respect, build and enforce rules and regulations. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.
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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. - Repeat a sporting or artistic gesture to stabilize it and make it more effective. - Respect, build and enforce rules and regulations. - 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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