

## Scheme of Work - Progression

PE - EPS  
Year 8 - 5eme

	5eme1		5eme2		5eme3	
<b>Period 1</b> 05/09/22 to 21/10/22	Endurance	Basketball	Endurance	Gymnastics	Endurance	wrestling
<b>Period 2</b> 07/11/22 to 20/01/23	Touch Rugby	wrestling	Touch Rugby	Basketball	Touch Rugby	Dance
<b>Period 3</b> 23/01/23 to 31/03/23	Ultimate	Gymnastics	Ultimate	Dance	Ultimate	Basketball
<b>Period 4</b> 17/04/23 to 30/06/23	Striking	Dance	Striking	wrestling	Striking	Gymnastics

Période	<p><b>ENDURANCE :</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Build and implement individual or collective learning projects (project).</li> <li>-take and assume responsibilities within a collective to carry out a project or fulfill a contract (observer).</li> <li>-Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (warm up).</li> </ul>
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Période	<p><b>TOUCH RUGBY :</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Respect, build and enforce rules and regulations.</li> <li>-Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul>
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Période	<p><b>ULTIMATE :</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Respect, build and enforce rules and regulations.</li> <li>-Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul>
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Période	<p><b>STRIKING :</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Prepare planning-represent an action before carrying it out.</li> <li>-Respect, build and enforce rules and regulations.</li> </ul>
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Période	<p><b>WRESTLING :</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Repeat a sporting or artistic gesture to stabilize it and make it more effective.</li> <li>-Respect, build and enforce rules and regulations.</li> <li>-Take and assume responsibilities within a collective to carry out a project or fulfill a contract.</li> </ul>
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Période	<p><b>DANCE :</b></p> <ul style="list-style-type: none"> <li>-Communicate intentions and emotions with your body in front of a group.</li> <li>-Verbalize the emotions and sensations felt.</li> <li>-Use digital tools to analyze and evaluate your actions and those of others.</li> <li>-Act with and for others, taking into account differences.</li> </ul>
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Période	<p><b>BASKETBALL :</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Repeat a sporting or artistic gesture to stabilize it and make it more effective.</li> <li>-Respect, build and enforce rules and regulations (referee).</li> <li>-Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul>
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Période	<p><b>GYMNASTICS :</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Repeat a sporting or artistic gesture to stabilize it and make it more effective.</li> <li>-Use digital tools to analyze and evaluate your actions and those of others (ipads)</li> <li>-Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (warm up).</li> <li>-To appropriate, exploit and know how to explain the principles of effectiveness of a technical gesture.</li> </ul>
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