

Scheme of Work - Progression

PE / EPS

Year 7 / 6ème

Period 1 (05/09 -14/11)	<p>Running/Throwing:</p> <ul style="list-style-type: none"> - 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. <p>Gym:</p> <ul style="list-style-type: none"> - 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. <p>Wrestling:</p> <ul style="list-style-type: none"> - 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.
Period 2 (19/11-23/01)	<p>Dance:</p> <ul style="list-style-type: none"> - 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. <p>Touch rugby:</p> <ul style="list-style-type: none"> - 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. <p>Climbing:</p> <ul style="list-style-type: none"> - Undertaking a journey (alone or as part of a group) through several unusual environments, in an artificial or managed natural setting. - Knowing and complying with the safety rules applicable to each environment. - Identifying the responsible party to be notified or the procedure to be followed in the event of a problem.
Period 3 (28/01-03/04)	<p>Ultimate:</p> <ul style="list-style-type: none"> - 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. <p>Dance:</p> <ul style="list-style-type: none"> - 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. <p>Gym :</p> <ul style="list-style-type: none"> - 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.
Period 4 (22/04-19/06)	<p>Wrestling:</p> <ul style="list-style-type: none"> - 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. <p>Striking:</p> <ul style="list-style-type: none"> - Adapting motor skills to various situations. - Repeating actions for increased consistency and efficiency - Understanding, complying with and enforcing rules and regulations. <p>Climbing :</p> <ul style="list-style-type: none"> - Undertaking a journey (alone or as part of a group) through several unusual environments, in an artificial or managed natural setting. - Knowing and complying with the safety rules applicable to each environment. - Identifying the responsible party to be notified or the procedure to be followed in the event of a problem.