

## Scheme of Work - Progression

PE / EPS

Year 8 / 5ème

Period 1	<p><b>5°1: 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> <p><b>5°2: Crossfitness</b></p> <ul style="list-style-type: none"> <li>- Making efforts and combining several different motor skills to perform.</li> <li>- Measuring and quantifying performance; recording, comparing, ranking it and converting it into graphical representations.</li> <li>- Assuming the roles of timekeeper and observer.</li> </ul> <p><b>5°3: 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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### Autumn – Mid-Term Holiday

Period 2	<p><b>5°1: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> <p><b>5°2: 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> <p><b>5°3: Crossfitness</b></p> <ul style="list-style-type: none"> <li>- Making efforts and combining several different motor skills to perform.</li> <li>- Measuring and quantifying performance; recording, comparing, ranking it and converting it into graphical representations.</li> <li>- Assuming the roles of timekeeper and observer.</li> </ul>
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### Winter Holiday

Period 3	<p><b>5°1: Gym:</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> <p><b>5°2: 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> <p><b>5°3: 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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### Winter – Mid-Term Holiday

Period 4	<p><b>5°1 &amp; 5°3: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> <p><b>5°2: Gym</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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### Spring Holiday

Period 5	<p><b>5°1: Step</b></p> <ul style="list-style-type: none"> <li>-Communicate intentions and emotions with your body in front of a group.</li> <li>-Repeat a sporting or artistic gesture to stabilize it and make it more effective.</li> <li>-Act with and for others, taking into account differences.</li> <li>-Take and assume responsibilities within a collective to carry out a project or fulfill a contract.</li> </ul> <p><b>5°2: 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> <p><b>5°3: Gym</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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