

## Scheme of Work - Progression

PE / EPS

Year 9 / 4ème

Period 1	<p>4ème gr1: <b>Relay</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>- Respect, build and enforce rules and regulations.</li> </ul> <p>4ème gr2: <b>Acrosport</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>- Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (choice of pyramids).</li> </ul> <p>4ème gr3: <b>Boxing</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>- Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul>
<b>Autumn – Mid-Term Holiday</b>	
Period 2	<p>4ème gr1: <b>Boxing</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>- Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul> <p>4ème gr2: <b>Relay</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>- Respect, build and enforce rules and regulations.</li> </ul> <p>4ème gr3: <b>Cross fitness</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Verbalize the emotions and sensations felt.</li> <li>-Build and implement individual or collective learning projects.</li> <li>-Know the effects of regular physical practice on your state of well-being and health.</li> </ul>
<b>Winter Holiday</b>	
Period 3	<p>4ème gr1: <b>Cross fitness</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Verbalize the emotions and sensations felt.</li> <li>-Build and implement individual or collective learning projects.</li> <li>-Know the effects of regular physical practice on your state of well-being and health.</li> </ul> <p>4ème gr2: <b>Boxing</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>- Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul> <p>4ème gr3: <b>Relay</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>- Respect, build and enforce rules and regulations.</li> </ul>
<b>Winter – Mid-Term Holiday</b>	
Period 4	<p>4ème gr1: <b>Acrosport</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>- Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (choice of pyramids).</li> </ul> <p>4ème gr2 &amp; gr3: <b>Football</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>- Accept defeat and win with modesty and simplicity.</li> </ul>
<b>Spring Holiday</b>	
Period 5	<p>4ème gr1: <b>Football</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>- Accept defeat and win with modesty and simplicity.</li> </ul> <p>4ème gr2: <b>Crossfitness</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Verbalize the emotions and sensations felt.</li> <li>-Build and implement individual or collective learning projects.</li> <li>-Know the effects of regular physical practice on your state of well-being and health.</li> </ul> <p>4ème gr3: <b>Acrosport</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>- Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (choice of pyramids).</li> </ul>