

## Scheme of Work - Progression

PE

Year 10 / 3ème

Period 1	<p><b>3ème 1: Football</b></p> <ul style="list-style-type: none"> <li>-Take decisive action when the situation is favourable in order to tip the balance of power in your favour.</li> <li>-Adapt your level of commitment according to your physical condition and the balance of power.</li> <li>- Be respectful of your opponent(s) and the referee.</li> <li>- Observe and co-referee.</li> <li>- Accept the result of the match and be able to analyse it objectively.</li> </ul> <p><b>3ème 2: Acrosport:</b></p> <ul style="list-style-type: none"> <li>-Communicate intentions and emotions with your body in front of a group.</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.</li> <li>-Acquire the foundations of a reflective and critical attitude towards the sports show.</li> </ul> <p><b>3ème 3 Biathlon:</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>-Know and use objective indicators to characterize physical effort.</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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### Autumn – Mid-Term Holiday

Period 2	<p><b>3ème 1: Hockey:</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>-Take and assume responsibilities within a collective to carry out a project or fulfill a contract.</li> </ul> <p><b>3ème 2: Biathlon</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Repeat a sporting gesture to stabilize it and make it more effective.</li> <li>-Know and use objective indicators to characterize physical effort.</li> <li>-Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul> <p><b>3ème 3 STEP</b></p> <ul style="list-style-type: none"> <li>- mobilise the expressive capabilities of the body to imagine, compose and perform an artistic sequence.</li> <li>- actively participate, within a group, in the development and formalisation of an artistic project.</li> <li>- appreciate performances using different observation and analysis tools.</li> </ul>
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### Winter Holiday

Period 3	<p><b>3ème 1: 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>-Take and assume responsibilities within a collective to carry out a project or fulfill a contract.</li> </ul> <p><b>3ème 2: Hockey:</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>-Take and assume responsibilities within a collective to carry out a project or fulfill a contract.</li> </ul> <p><b>3ème 3: 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>
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### Winter - Mid-Term Holiday

Period 4	<p><b>3ème 1:Biathlon</b></p> <ul style="list-style-type: none"> <li>-Acquire specific techniques to improve efficiency.</li> <li>-Repeat a sporting gesture to stabilize it and make it more effective.</li> <li>-Know and use objective indicators to characterize physical effort.</li> <li>-Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.</li> </ul> <p><b>3ème 2 : 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><b>3ème 3 Hockey:</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>-Take and assume responsibilities within a collective to carry out a project or fulfill a contract.</li> </ul>
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### Spring Holiday

Period 5	<p><b>3ème 1: 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><b>3ème 2 &amp; 3 : Football</b></p> <ul style="list-style-type: none"> <li>-Take decisive action when the situation is favourable in order to tip the balance of power in your favour.</li> <li>-Adapt your level of commitment according to your physical condition and the balance of power.</li> <li>- Be respectful of your opponent(s) and the referee.</li> <li>- Observe and co-referee.</li> <li>- Accept the result of the match and be able to analyse it objectively.</li> </ul>
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