

Scheme of Work - Progression

PE

Year 8 / 5ème

Period 1	<p>5°1 & 5°3: crossfitness:</p> <ul style="list-style-type: none"> - Making efforts and combining several different motor skills to perform. - Measuring and quantifying performance; recording, comparing, ranking it and converting it into graphical representations. - Assuming the roles of timekeeper and observer. <p>5°2 & 5°4: Ultimate :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Repeat a sporting or artistic gesture to stabilize it and make it more effective. -Respect, build and enforce rules and regulations. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract.
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Autumn – Mid-Term Holiday

Period 2	<p>5°1 & 5°3 endurance:</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Build and implement individual or collective learning projects (project). -take and assume responsibilities within a collective to carry out a project or fulfill a contract (observer). -Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (warm up). <p>5°2 & 5°4: Crossfitness</p> <ul style="list-style-type: none"> - Making efforts and combining several different motor skills to perform. - Measuring and quantifying performance; recording, comparing, ranking it and converting it into graphical representations. - Assuming the roles of timekeeper and observer.
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Winter Holiday

Period 3	<p>5°2 & 5°4: Step :</p> <ul style="list-style-type: none"> -Communicate intentions and emotions with your body in front of a group. -Repeat a sporting or artistic gesture to stabilize it and make it more effective. -Act with and for others, taking into account differences. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract. <p>5°1 & 5°3: Gym:</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Repeat a sporting or artistic gesture to stabilize it and make it more effective. -Use digital tools to analyze and evaluate your actions and those of others (ipads) -Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (warm up). -To appropriate, exploit and know how to explain the principles of effectiveness of a technical gesture.
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Winter – Mid-Term Holiday

Period 4	<p>5°1 & 5°3 Ultimate :</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Repeat a sporting or artistic gesture to stabilize it and make it more effective. -Respect, build and enforce rules and regulations. -Take and assume responsibilities within a collective to carry out a project or fulfill a contract. <p>5°2 & 5°4 Wrestling:</p> <ul style="list-style-type: none"> -Take decisive action when the situation is favourable in order to tip the balance of power in your favour. -Adapt your level of commitment according to your physical condition and the balance of power. - Be respectful of your opponent(s) and the referee. - Observe and co-referee. - Accept the result of the match and be able to analyse it objectively.
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Spring Holiday

Period 5	<p>5°1 & 5°3 Wrestling:</p> <ul style="list-style-type: none"> -Take decisive action when the situation is favourable in order to tip the balance of power in your favour. -Adapt your level of commitment according to your physical condition and the balance of power. - Be respectful of your opponent(s) and the referee. - Observe and co-referee. - Accept the result of the match and be able to analyse it objectively. <p>5°2 & 5°4 Endurance:</p> <ul style="list-style-type: none"> -Acquire specific techniques to improve efficiency. -Build and implement individual or collective learning projects (project). -take and assume responsibilities within a collective to carry out a project or fulfill a contract (observe). -Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (warm up).
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