

Scheme of Work - Progression

PE

Year 9 / 4ème

Period 1	<p>4ème 1 : Boxing:</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. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger. <p>4ème 2 : Cross fitness:</p> <ul style="list-style-type: none"> - Acquire specific techniques to improve efficiency. - Verbalize the emotions and sensations felt. - Build and implement individual or collective learning projects. - Know the effects of regular physical practice on your state of well-being and health. <p>4ème 3 :Relay:</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). - Respect, build and enforce rules and regulations.
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Autumn – Mid-Term Holiday

Period 2	<p>4ème 1 Acrosport:</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. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (choice of pyramids). <p>4ème 2 : Relay:</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). - Respect, build and enforce rules and regulations. <p>4ème 3 Cross fitness:</p> <ul style="list-style-type: none"> - Acquire specific techniques to improve efficiency. - Verbalize the emotions and sensations felt. - Build and implement individual or collective learning projects. - Know the effects of regular physical practice on your state of well-being and health.
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Winter Holiday

Period 3	<p>4ème 1 : Football:</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. - Accept defeat and win with modesty and simplicity. <p>4ème 2 Acrosport:</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. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (choice of pyramids). <p>4ème 3 Boxing:</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. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger.
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Winter – Mid-Term Holiday

Period 4	<p>4ème 1 Relay:</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). - Respect, build and enforce rules and regulations. <p>4ème 2 Boxing:</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. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger. <p>4ème 3 Acrosport:</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. - Adapt the intensity of your physical engagement to your possibilities so as not to put yourself in danger (choice of pyramids).
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Spring Holiday

Period 5	<p>4ème 1 Cross fitness:</p> <ul style="list-style-type: none"> - Acquire specific techniques to improve efficiency. - Verbalize the emotions and sensations felt. - Build and implement individual or collective learning projects. - Know the effects of regular physical practice on your state of well-being and health. <p>4ème 2 & 3 Football:</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. - Accept defeat and win with modesty and simplicity.
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