Programmation et Progressions Cycle 2

**EPS**

2016-2017

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| **Objectifs** | **Activités supports** | **Année 1** | **Année 2** | **Année 3** |
| **P1** | **P2** | **P3** | **P4** | **P5** | **P1** | **P2** | **P3** | **P4** | **P5** | **P1** | **P2** | **P3** | **P4** | **P5** |
| **Produire une****performance****optimale,****mesurable à****une échéance****donnée**-*Activités athlétiques aménagées* | Lancer loin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lancer précis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sauter loin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sauter haut |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Courir vite |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Courir longtemps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Course de relais |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Course d’obstacles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Adapter ses****déplacements à des****environnements variés**-*Natation, parcours**d’orientation, activités de roule et de glisse*  | Natation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Course d’orientation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vélo... |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Escalade |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **S’exprimer****devant les autres par une****prestation****artistique et/ou****acrobatique**-*Danse, activités gymniques, arts du cirque*  | Danse |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mime / Expression |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cirque |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Acrosport |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gymnastique |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Conduire et****maitriser un****affrontement****collectif ou****interindividuel**-*Jeux collectifs, de lutte* | Jeux de lutte |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux collectifs sans ballons |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux collectifs avec ballons |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Handball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ultimate |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Basketball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Football |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Indiaka |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Indiaka |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux de crosses |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux de raquettes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |