

SPORT SPECIALISATION	Description of the activity	Required level of <u>practice</u>	Types of <u>practical</u> assessments
ATHLETICS	Flat races from 100m to marathon, relays and jumps (in L2: hurdles and throwing sports).	Membership of a club compulsory, minimum county (<i>département</i>) level, road races possible.	Performance: average over 100m: G14'3 B12'7 1,500m: G5'40 B4'52 Long jump: G4.21m B5.23m - bonus with an FFSU or FFA performance in the activity of your choice.
BADMINTON	Badminton singles, doubles and mixed doubles.	Any level provided you are a licenced member of a club in the first year of practice.	Classification match against ranked players serving as a reference.
BASKETBALL	Individual and team approach.	Licenced or recently licenced member of a club.	Themed game sequences in small 3-aside and 4-aside teams.
CANOEING AND KAYAKING*	Kayaking and canoeing practice. Introduction to associated disciplines.	Any level, provided you are committed and join a CK club or other structure as a licenced member.	Free navigation test and slalom on St Pierre de Bœuf.
DANCE AND EXPRESSIVE ACTIVITIES	Contemporary dance: improvisation, group composition, interpretation.	Regular practice of an expressive physical activity to a good technical and choreographic level. Be able to improvise, create and interpret a choreography.	Contemporary dance: creative activity for a choreographic scenario.
CLIMBING*	Rock climbing outdoors on routes from 1 to 4 bolted pitches, artificial structures and bouldering.	5b (G), 5c (B) on-sight on artificial climbing structures and cliffs at the start of the course, regular practice with the climbing association (AS escalade) in addition to classes; at least 6a (G), 6b (B) by the end of the 1st semester.	Performance + safety: outdoor routes from 1 to 3 pitches, difficulty on artificial structures and bouldering. Course in club + participation in competitions.
FOOTBALL	Individual and team performance.	Licenced club members (recommended) or those having played in a club for several years. E.g. CFA (Amateur French Championship) = 16 to 20. District excellence: 10 to 12.	Full-sized 11-aside and smaller (7-aside and 4-aside) matches.
GYMNASTICS	Apparatus, trampoline and acrobatics.	Students should be members of a club or have practised at regional level for a number of years.	E.g. Apparatus dismount, 1 series floor work (the most difficult movement being the twist).
HANDBALL	Individual and team approach to the game. Basic techniques and tactics. Work placement as handball activity leader during the year.	Participation in federal competitions or at least regular practice in school.	Individual assessment in a full-sized or reduced-size team game. Refereeing and teaching the activity.
SWIMMING	Competitive swimming and life-saving.	Licenced or recently licenced members of a club. Mastery of the 4 strokes.	100m medley and 100m specialised stroke + life-saving.
RUGBY	15-aside rugby. Strategic and tactical approach. Individual and team performance.	Students should be licenced members of a club. Otherwise, it is essential that students have several previous years of experience playing rugby in a club.	7-aside and 15-aside matches. Game of positions. Individual technique. Compulsory participation in the sports association (necessary for the final assessment).
HIGH-LEVEL ATHLETES	Specialisation reserved for high-level athletes on the lists of the Ministry for Sport and whose activity is not included on this list.		
STRIKING COMBAT SPORTS	All STRIKING sports are practiced by all (karate, boxing, taekwondo, full contact, etc.).	Regular participation in a STRIKING sport in combat or technical competitions.	Fights, technical abilities, teaching a session in the chosen activity.
GRAPPLING COMBAT SPORTS	All GRAPPLING sports are practiced by all (judo, sambo, wrestling, etc.).	Regular participation in a GRAPPLING sport in combat or technical competitions.	Fights, technical abilities, teaching a session in the chosen activity.
TENNIS	FFT-type competitions.	Minimum level required: be or have recently been ranked in the 4th series (France). Be a licenced member of the FFT.	Singles and doubles matches + FFT score / ranking. Demonstration of technique with sparring.
VOLLEY BALL	The notion of balance of power at both individual and team level will serve as the basis for understanding and analysing the sport.	Students should be licenced members of a club. Otherwise, it is essential that students have several previous years of experience playing volley ball in a club.	Themed game sequences with reduced-size teams.
MOUNTAIN BIKING - CYCLING*	Performance in connection with the competitive disciplines of the FFC. Cycling versatility.	Regular participation in competitions in one of the cycling disciplines. Recommended versatility in the different cycling disciplines. Be or have previously been a licenced member of a club and/or the UNSS (National Union of School Sports). Students must possess their own mountain bike.	Physical performance in cross country mountain biking only, with technical ability. Teaching and leadership of a mountain bike session.

NB: if no activity proposed corresponds to the student's specialist sport, he or she must select a sport from the above list regardless.

All proposed sports are mixed.

* These specialisations may not be proposed if the number of students is insufficient. In this case, students must select another specialisation from the above list.