

**Transition to Year 8**

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Take part in competitive sports and activities outside school through community links or sports clubs

Key Stage 3 Sports day

Analyse their performance compared to previous ones and demonstrate improvement to achieve their personal best

Key Stage 3 Sports Careers advice

Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems

Focus of skills  
Emphasis is on developing team actions in order to overcome an opponent as part of a group or squad

Summer Striking and fielding games  
Cricket, Rounders, Kick-Rounders, French Cricket, baseball

Spring Challenge games  
Rock Climbing, Cross country running, Circuit training, Gym, Bowling, Athletics

Spring Target games  
Archery, Shooting, Bowling, Snooker, Basketball

Focus of skills  
Develop strategies for success in the given sport with emphasis of personal achievements

Summer Term

Summer Net/wall games  
Badminton, Tennis, Squash, Volleyball, spot football, table tennis

Aim: Ensure that pupils engage in competitive sport and activities

Aim: To ensure that pupils are active for sustained periods of time and lead healthy, active lives

Aim: Develop competence to excel in a broad range of physical activities

Spring Term

Focus of skills  
Learn the basic objectives of a game and participate in group activities

Autumn Cooperative games  
Badminton, Tennis, 2-on-2 basketball, volleyball, Dodgeball

Autumn Invasion games  
Basketball, Football, Rugby or Hockey

Autumn Term

Year 7

**Key Stage 3 P.E Year 7**

Perform dances using advanced dance techniques within a range of dance styles and forms

Develop their technique and improve their performance in other competitive sports

Use a range of tactics and strategies to overcome opponent in direct competition through team and individual games