

Year 7	Autumn term			Spring term			Summer term		
PE (mixed)	Hockey	Marathon Kids	Badminton	Fitness	Indoor Athletics	Tchoukball	Athletics	Rounders	Tennis
Boys games	Rugby	Flag football	Basketball	Football		Lacrosse	Athletics	Cricket	Rounders
Girls games	Football	Netball	Rugby	Gymnastics/ Dance		Basketball	Athletics	Cricket	Rounders
Wet weather	Bench ball/ Sit down volleyball			Table tennis/ Bench ball/ Indoor Cricket/ Badminton			Indoor Cricket/ Indoor Athletics		

Invasion games	Net and wall games	MK/ Athletics	Strike and field	Gymnastics/ Dance
<p>Understanding strengths and weaknesses of own performance</p> <p>Promoting leadership/ officiating</p> <p>Focus on competition: resilience/ outwitting opponents/ following rules</p>	<p>Scoring/ umpiring own game</p> <p>Outwitting opponents: applying simple tactics to beat an opponent</p> <p>Develop different types of shots</p> <p>Doubles play</p>	<p>Sustained running - MK</p> <p>Understanding of the long term benefits of health and fitness</p> <p>Introduction to age appropriate track and field events</p>	<p>Develop over arm bowling</p> <p>Pairs cricket focus</p> <p>Introduce a change of Rounders equipment</p>	<p>Flight</p> <p>Reflecting on the performance of others as well as themselves</p>