

Aims	Year 7	Year 8	Year 9
Develop competence to excel in OAA	Develop a broad range of skills, learning how to link them to make actions and link sequences of movement Take part in outdoor and adventurous activity challenges both individually and within a team. Apply basic principles. Evaluate and recognise their own success.	Take part in outdoor and adventurous activities, which present mental and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Use a range of strategies to overcome opponents through team and individual games.	Take part in further outdoor and adventurous activities in a range of environments which present mental and physical challenges and which encourage pupils to work as a team, building trust and developing skills to solve problems, either individually or as a group. Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.
Be physically active for sustained periods of time	Develop flexibility, strength, technique, control and balance	Develop techniques to improve performance and apply across different sports and activities.	Develop techniques and improve performance in a range of competitive sports and other physical activities, while developing personal fitness.
Engage in competitive sports and activities	Play competitive games. They should enjoy communicating, collaborating and competing with each other. Compare performances with previous ones to achieve and demonstrate improvement.	Take part in competitive sports outside of school. Analyse performances with previous ones to achieve their personal best. Understand what makes a performance effective and how to apply these principles to their own and others' work.	Take part regularly in competitive sports outside of school through community links or sports clubs Evaluate performances with previous ones to demonstrate improvement across a range of physical activities.
Lead healthy, active lives.	Making informed choices about healthy, active lifestyles both in school and beyond	Take part in competitive sport outside school through community links and sports clubs. (Link to Biology – Nutrition and Digestion: Healthy diet, energy requirements, imbalance of diet. PSHE Asso. – Well Being)	Identify activities and roles they would like to take on within OAA Link OAA to diet, work and rest Continue to take part in competitive sport outside school through community links and sports clubs.

