

Composite : Mastery **Belong** **Achieve** **Thrive**
Year 7

Throw/ Catch/ Kick

All students develop core skills in isolation before applying them in conditioned and competitive situations. By securing early success through scaffolded tasks and adaptive equipment, every learner, including SEND, PP and vulnerable students, can participate confidently and feel part of the group. Students master the mechanics of throwing, catching and kicking, developing control, coordination and tactical awareness. Clear modelling, chunked instruction and frequent feedback ensure progress from basic execution to performance under pressure. By building physical literacy and confidence early in KS3, students develop the competence and resilience needed to engage in sport long term, supporting both physical health and social development.

Running/Jumping

Students compete against personal benchmarks as well as peers, ensuring that progress, not just outcome, is celebrated. Adapted distances, differentiated challenges and structured roles ensure accessibility for all learners. Students learn correct technique, pacing and performance analysis, applying these within indoor athletics and competitive challenges. Cognitive understanding of technique supports sustained improvement. Students begin to understand how fitness impacts performance and wellbeing, building habits of effort, resilience and self-improvement.

Striking/Fielding/Racket

Progressive skill development and modified equipment remove barriers to learning. All students experience success through differentiated pitching, striking and fielding tasks. Students refine striking consistency and tactical positioning in game situations. Knowledge of technique supports independent improvement. Students develop coordination and game awareness, encouraging lifelong engagement in recreational sport.

Composite : Netball **Belong** **Achieve** **Thrive**
Year 7

Why do we deliver this?

In this composite we are going to focus on the mastery of core skills that ALL students will be required to perform within Netball, such as passing, receiving, movement skills and shooting. These skills will be spiralled from previous mastery composites. These are the fundamental skills that will allow students to access a wide variety of specific sports, allowing them to develop more advanced sports specific skills as they progress through KS3/4. This will allow them to perform skills in isolation, conditioned and under pressure competitively. Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. Students develop coordination and game awareness, encouraging lifelong engagement in recreational sport.

Composite : Football **Belong** **Achieve** **Thrive**

Year 7

Why do we deliver this?

In this composite we are going to focus on the mastery of core skills that ALL students will be required to perform within Football, such as passing, receiving, movement skills with and without the ball and shooting. These skills will be spiralled from previous mastery composites. These are the fundamental skills that will allow students to access a wide variety of specific sports, allowing them to develop more advanced sports specific skills as they progress through KS3/4. **This will allow them to perform skills in isolation, conditioned and under pressure competitively.** **Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others.** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students develop coordination and game awareness, encouraging lifelong engagement in recreational sport.**

Composite : Rugby

Belong

Achieve

Thrive

Year 7

Why do we deliver this?

In this composite we are going to focus on the mastery of core skills that ALL students will be required to perform within Rugby, such as passing, receiving and movement skills with and without the ball. These skills will be spiralled from previous mastery composites. These are the fundamental skills that will allow students to access a wide variety of specific sports, allowing them to develop more advanced sports specific skills as they progress through KS3/4. **This will allow them to perform skills in isolation, conditioned and under pressure competitively.** **Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others.** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students develop coordination and game awareness, encouraging lifelong engagement in recreational sport.**

Composite : Badminton/Pickleball

Belong

Achieve

Thrive

Year 7

Why do we deliver this?

This composite is designed to ensure that all students know, understand the correct techniques to be able to perform the basic core skills of striking linked to Badminton/Pickle ball. **Students will develop their hand eye coordination to be able to use a variety of bats/rackets to strike consistently and effectively in a game situation.** **Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others.** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons.

Composite: Fitness	Belong	Achieve	Thrive
Year 7			
Why do we deliver this? This composite is designed to develop a students' ability to run and jump effectively, looking at different types of running and jumping and how these can be applied into fitness activities. Students will have the opportunity to apply these skills in Indoor athletic events and other running and skipping activities. If students have the knowledge to understand correct technique and can apply these in performance in competitive situations in specific sports as they progress through KS3/4. Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress in their fitness as well as leading, encouraging and supporting others. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. In this composite student will experience using a wide range of equipment and teaching spaces.			

Composite : Cheer/Gym	Belong	Achieve	Thrive
Year 7			
Why do we deliver this? This composite is designed to develop a students' ability to think creatively, planning and designing and performing routines and motifs. Students will have the opportunity to apply these skills in Gymnastic and Dance, developing core skills promoting the application of body tension, extension, flexion and control. If students have the knowledge to understand how to think creatively, plan effectively and work collaboratively as a member of a group/team, each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons.			

Composite : OAA/Problem Solving	Belong	Achieve	Thrive
Year 7			
Why do we deliver this? This composite is designed to develop a student's team building skills in order to solve problems, develop levels of communication and complete tasks effectively to achieve a common goal. Students will have the opportunity to apply these skills in Outdoor adventurous activities and problem-solving team games. If students have the knowledge to understand how to think creatively, plan effectively and work collaboratively as a member of a group/team, each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. In this composite student will experience using a wide range of equipment and teaching spaces.			

Composite : Cricket/Rounders **Belong** **Achieve** **Thrive**
Year 7

Why do we deliver this?

This composite is designed to ensure that all students know, understand the correct techniques to be able to perform the basic core skills of striking and fielding. **Students will develop their hand eye coordination to be able to use a variety of bats/rackets to strike consistently and effectively in a game situation.** **Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others.** **Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons.**

Composite : Athletics **Belong** **Achieve** **Thrive**
Year 7

Why do we deliver this?

In this composite, students will apply all the core skills they have been developing over the year into specific competitive events requiring the effective performance of running, throwing and jumping. **Each event will allow students to demonstrate their physical and cognitive understanding of core skills as well as giving them the opportunity to take on a variety of different roles such as performer, recorder and measurer/timekeeper.** **Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others.** **Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons.**

Composite: Roll Over **Belong** **Achieve** **Thrive**
Year 7

Why do we deliver this?

Students will have the opportunity to apply and demonstrate all the core skills they have developed over the course of Y7. **Students will perform in a variety of competitive situations, as an individual and as a member of a team, which will allow them to select and apply core skills effectively in order to produce their best personal performance.** **Knowledge of each of these core skills will allow students to develop the ability to modify their own performance to promote progress as well as leading, encouraging and supporting others.** **Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons.**