

**Composite: Netball****Belong****Achieve****Thrive**

Year 8

Why do we deliver this?

In this component we are going to focus on the application of core skills that ALL students will be required to perform within Netball such as, passing and receiving, movement skills and footwork, marking and shooting. These skills will allow students to develop more advanced sports specific skills as they progress through KS3/4. **This will allow them to perform skills more accurately and consistently in isolation, conditioned practices and under pressure competitively.** Alongside, student's cognitive ability will be promoted through demonstrating their knowledge and understanding of the rules and relevant components of fitness. **Clear routines, progressive drills and alternative roles (coach, referee, scorer) ensure inclusion. Tactical understanding supports students who may lack confidence in performance.** Their personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students build resilience under pressure, leadership capacity and deeper knowledge of fitness components linked to performance.**

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

Year 8

Why do we deliver this?

In this component we are going to focus on the mastery of core skills that ALL students will be required to perform within football, such as moving with the ball at their feet, keeping the ball under control, passing the ball and defensive skills. These are the fundamental skills that will allow students to improve and develop more advanced 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 encouraging and supporting others. **Clear routines, progressive drills and alternative roles (coach, referee, scorer) ensure inclusion. Tactical understanding supports students who may lack confidence in performance.** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students build resilience under pressure, leadership capacity and deeper knowledge of fitness components linked to performance.**

**Composite: Badminton/Pickleball**      **Belong**      **Achieve**      **Thrive**  
Year 8

Why do we deliver this?

In this component we are going to focus on the application of core skills that ALL students will be required to perform within Badminton/Pickleball such as, serving, movement skills and court markings, forehand and backhand shots and overhead shots. These skills will allow students to develop more advanced sports specific skills as they progress through KS3/4. **This will allow them to perform skills more accurately and consistently in isolation, conditioned practices and under pressure competitively.** Students will be encouraged to participate in a variety of roles such as, scoring and officiating. **Clear routines, progressive drills and alternative roles (coach, referee, scorer) ensure inclusion. Tactical understanding supports students who may lack confidence in performance.** Alongside, student's cognitive ability will be promoted through demonstrating their knowledge and understanding of the rules and relevant components of fitness. Their personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students build resilience under pressure, leadership capacity and deeper knowledge of fitness components linked to performance.**

**Composite: OAA/Problem Solving/Fitness**      **Belong**      **Achieve**      **Thrive**  
Year 8

Why do we deliver this?

This component has a large focus on the 'Fitness' aspect alongside developing Orienteering map skills and problem-solving resilience. Students look to develop knowledge and understanding of their own fitness, how fitness can be improved and how fitness impacts on their practical performance, personal health and how that links to their lifestyle choices. **Students will be asked to test their resilience through challenging activities that will require high levels of engagement and self-motivation. Students develop resilience, independence and appreciation of physical activity for wellbeing. Independence will be developed alongside teamwork and student ability to not only motivate themselves but also motivate others to be resilient. Problem-solving tasks require teamwork and communication, ensuring every student contributes.** Students' knowledge and understanding of fitness will be developed through introduction of key components of fitness. **Students will be given the opportunity to demonstrate their learning through their practical performance of these core skills within a variety of activities as well as demonstrating their understanding through participation in oracy challenges and problem-solving tasks.**

**Composite: Gymnastics/Cheer**  
Year 8

**Belong**

**Achieve**

**Thrive**

Why do we deliver this?

This component focuses on students' ability to think creatively and develop the confidence to perform. **Students will develop their gymnastics, dance and cheer personal performance, developing new skills in isolation and in sequences and performances, considering formations, skill transition and application to different music genres. Group choreography and structured creativity foster inclusion. As well as developing their individual performance and confidence, we will seek to develop their teamwork and communication skills to be able to work effectively as part of a group, offering creative ideas, performing as a group and being able to evaluate their own and others' performance to support progress.** Alongside, student's cognitive ability will be promoted through demonstrating their knowledge and understanding of specific techniques and relevant components of fitness. **Their personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. Students grow in confidence, expression and collaborative skills.**

**Composite: Rugby**  
Year 8

**Belong**

**Achieve**

**Thrive**

Why do we deliver this?

In this component we are going to focus on the mastery of core skills that ALL students will be required to perform within Rugby, such as passing and receiving the ball, keeping the ball under control when running as well as defensive skills. These are the fundamental skills that will allow students to improve to more advanced skills as they progress through KS3. **This will allow them to perform skills in isolation, in conditioned practises 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 encouraging and supporting others. **Clear routines, progressive drills and alternative roles (coach, referee, scorer) ensure inclusion. Tactical understanding supports students who may lack confidence in performance** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students build resilience under pressure, leadership capacity and deeper knowledge of fitness components linked to performance.**

**Composite: Rounders/Cricket/Softball** **Belong** **Achieve** **Thrive**  
Year 8

Why do we deliver this?

In this component we are going to focus on the mastery of core skills that ALL students will be required to perform within Striking and fielding, such as throwing and catching, as well as striking the ball with correct technique. These are the fundamental skills that will allow students to improve to more advanced skills as they progress through KS3. **This will allow them to perform skills in isolation, in conditioned practises 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 encouraging and supporting others. **Clear routines, progressive drills and alternative roles (coach, referee, scorer) ensure inclusion. Tactical understanding supports students who may lack confidence in performance** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students build resilience under pressure, leadership capacity and deeper knowledge of fitness components linked to performance.**

**Composite: Athletics** **Belong** **Achieve** **Thrive**  
Year 8

Why do we deliver this?

In this component we are going to focus on the mastery of core skills that ALL students will be required to perform within Athletics, such as running, jumping and throwing, linked to identified athletic events. **Development of specific techniques will allow students to improve to more advanced skills as they progress through KS3. This will allow them to perform skills under pressure competitively.** Knowledge of each of these core skills and techniques will allow students to develop the ability to modify their own performance to promote progress as well as encouraging and supporting others. **Clear routines, progressive drills and alternative roles (coach, referee, scorer) ensure inclusion. Tactical understanding supports students who may lack confidence in performance** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students build resilience under pressure, leadership capacity and deeper knowledge of fitness components linked to performance.**