

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

Year 9

Why do we deliver this?

In this component we are going to focus on the application of skills and more advanced skills such positioning in play and tactical plays and formations that students will be required to perform within Football, in higher pressure competitive situations. Students will develop tactical knowledge and understanding within games, preparing students for KS4 pathways. **Students' take on advanced roles (coach, official, leader), ensuring engagement beyond participation alone. Differentiation ensures all learners access tactical complexity.** Students will develop their cognitive ability developing their knowledge of rules, regulations and scoring will allow students to take on a variety of roles and responsibilities. These are the fundamental skills that will allow students to improve their skills as they progress into KS4. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students develop autonomy, resilience and leadership key life skills beyond sport.**

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

Year 9

Why do we deliver this?

In this component we are going to focus on the application of skills and more advanced skills such positioning in play and tactical plays and formations that students will be required to perform within Netball, in higher pressure competitive situations. Students will develop tactical knowledge and understanding within games, preparing students for KS4 pathways. **Students' take on advanced roles (coach, official, leader), ensuring engagement beyond participation alone. Differentiation ensures all learners access tactical complexity.** Students will develop tactical knowledge and understanding within games. Students will develop their cognitive ability developing their knowledge of rules, regulations and scoring will allow students to take on a variety of roles and responsibilities. These are the fundamental skills that will allow students to improve their skills as they progress into KS4. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students develop autonomy, resilience and leadership key life skills beyond sport.**

Composite: Basketball
Year 9

Belong

Achieve

Thrive

Why do we deliver this?

In this component we are going to focus on the application of skills such as dribbling and shooting techniques alongside more advanced skills such as positioning in play and tactical plays and formations that students will be required to perform within Basketball, in higher pressure competitive situations. Students will develop tactical knowledge and understanding within games, preparing students for KS4 pathways. Students' take on advanced roles (coach, official, leader), ensuring engagement beyond participation alone. Differentiation ensures all learners access tactical complexity. Students will develop tactical knowledge and understanding within games. Students will develop their cognitive ability developing their knowledge of rules, regulations and scoring will allow students to take on a variety of roles and responsibilities in lessons. These are the fundamental skills that will allow students to improve their skills as they progress into KS4. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. Students develop autonomy, resilience and leadership key life skills beyond sport.

Composite: Badminton
Year 9

Belong

Achieve

Thrive

Why do we deliver this?

In this component we are going to focus on the application of core skills and more advanced skills within Badminton such as, shot variety and selection to outwit an opponent, tactical serving, and formation linked to doubles play. These skills will allow students to develop more advanced sports specific skills, developing tactical knowledge and understanding within games, preparing students for KS4 pathways. Students' take on advanced roles (coach, official, leader), ensuring engagement beyond participation alone. Differentiation ensures all learners access tactical complexity. 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 develop autonomy, resilience and leadership key life skills beyond sport.

Composite: Rugby**Belong****Achieve****Thrive**

Year 9

Why do we deliver this?

In this component we are going to focus on the application of skills and more advanced skills such positioning in play and tactical plays and formations that students will be required to perform within Rugby, in higher pressure competitive situations. Students will develop tactical knowledge and understanding within games, preparing students for KS4 pathways. **Students' take on advanced roles (coach, official, leader), ensuring engagement beyond participation alone.**

Differentiation ensures all learners access tactical complexity. Students will develop tactical knowledge and understanding within games. Students will develop their cognitive ability developing their knowledge of rules, regulations and scoring will allow students to take on a variety of roles and responsibilities in lessons.

These are the fundamental skills that will allow students to improve their skills as they progress into KS4. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students develop autonomy, resilience and leadership key life skills beyond sport.**

Composite: Volleyball**Belong****Achieve****Thrive**

Year 9

Why do we deliver this?

In this component we are going to focus on the application of skills and more advanced skills such positioning in play and tactical plays and formations that students will be required to perform within Volleyball, in higher pressure competitive situations. Students will develop tactical knowledge and understanding within games. **Students will develop their cognitive ability developing their knowledge of rules, regulations and scoring will allow students to take on a variety of roles and responsibilities in lessons, from performer to referee, to coach.** These are the fundamental skills that will allow students to improve their skills as they progress into KS4. Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons.

Students develop autonomy, resilience and leadership key life skills beyond sport.

Composite: OAA/Problem Solving/Fitness **Belong** **Achieve** **Thrive**
Year 9

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 **Belong** **Achieve** **Thrive**
Year 9

Why do we deliver this?

This component focuses on students' ability to think creatively and develop the confidence to perform. **Students will develop more advanced skills in 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: Rounders/Cricket/Softball **Belong** **Achieve** **Thrive**
Year 9

Why do we deliver this?

In this component we are going to focus on the development of more advanced skills that students will be required to perform within Striking and fielding. These are the fundamental skills that will allow students to improve to more complex skills as they progress through KS4. **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. **Students' take on advanced roles (coach, official, leader), ensuring engagement beyond participation alone. Differentiation ensures all learners access tactical complexity.** Alongside, student's personal ability will be promoted through reinforcement of the 3 R's, increasing student independence and responsibility within lessons. **Students develop autonomy, resilience and leadership key life skills beyond sport.**

Composite: Athletics **Belong** **Achieve** **Thrive**
Year 9

Why do we deliver this?

In this component we are going to focus on more advanced techniques that students will be required to perform within Athletics, linked to identified athletic events. **Development of specific techniques will allow students to improve to more advanced skills as they progress through KS4. 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 develop autonomy, resilience and leadership key life skills beyond sport.**