

#### 10

# **FURTHERING SKILLS & EMBEDDING KNOWLEDGE**

Year 9

Performance - Further develop your jumping, rotating and landing skills in activities such Trampolining and Gymnastics, whilst adding compositional elements.

Mind Set: Be positive about your own body and willingness to improve

**Decision Making– Continue** developing skills such as communication and trust in more adventurous scenarios. Performance, start to learn more advanced techniques

Leadership- Develop Communication skills and confidence in leading others.

Knowledge- Take part in a range of fitness tests to understand your own level of fitness.

# **DEVELOPING SPORTING EXCELLENCE**

Performance - Focus on skill development in games plus how to outwit an opponent using simple tactics.

Performance Outwitting Opponents - Develop basic skills as a Performer in games such Football, Netball and Basketball.

Mind Set: Continue to compete in sport events and fixtures, whilst experiencing new opportunities outside of school such as sporting trips.

> Leadership: Develop the ability to work with others and help others improve

Performance - In Athletics, focus on performance enhancing techniques in order to gain personal bests in each discipline.

Mind Set Compete and participate in sport events and fixtures by planning what you are going to get involved in as part of the Extra-Curricular programmer.

> Year 7 Getting to know our students

## **Developing Skills and Encouraging Teamwork**

Knowledge - Develop a love of being active in lessons that focus on the principles of Health-Related Fitness.

Year 8

Mind set: Develop a positive attitude to sport and fitness

Performance: Gain a basic awareness of how to control your body in sports such as Athletics when throwing, jumping and running.

Performance: Developing personal Skills and confidence in your own ability.

## Show your PRIDE – Personal Excellence, Respect, Individuality, Determination and Equality