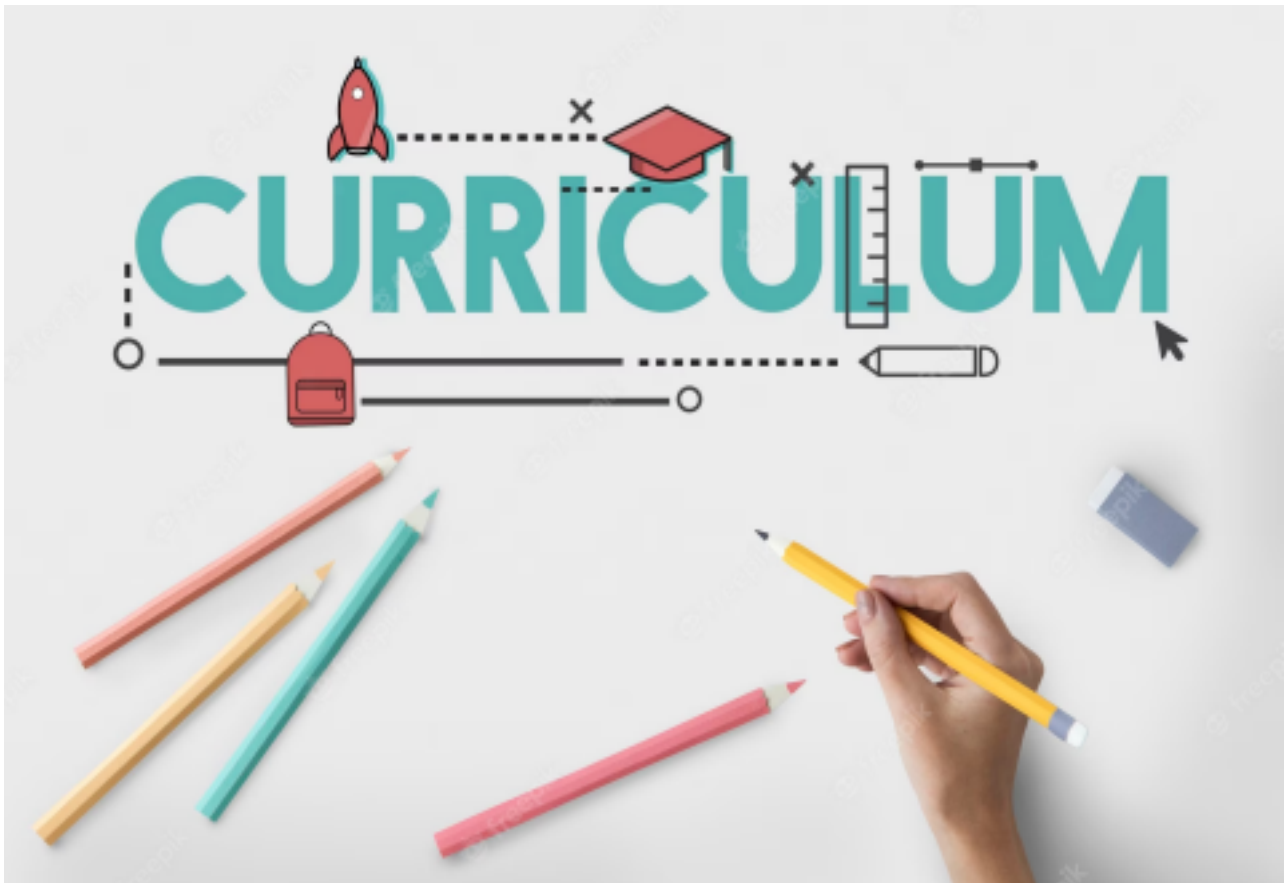


YEAR 7



Welcome to our Summer Term Curriculum Newsletter.
In it you will find:

- An introduction to our progress team
- What is being studied in each subject this term

I hope you find this helpful. Even more information can be found on our website including our 5 or 7 year learning journeys.



BROOKVALE GROBY LEARNING CAMPUS

Valuing Everyone, Achieving Excellence

Will Teece, Headteacher

Telephone: 0116 287 9921

Website: www.brookvalegroby.com

Progress at Brookvale Groby Learning Campus

We would like to thank you in advance for all the hard work and support you will be offering your child as they embrace this year's academic studies.

At school, your child's form tutor, teachers and the year heads will offer support. We also have a whole school progress team which includes:

Ms Dina Gajjar - KS3 Progress lead (years 7-9)

dgajjar@brookvalegroby.com

Mr Jack Brownnett - KS4 Progress Leader (Years 10 and 11)

jbrownnett@brookvalegroby.com

Miss Taz Johal - Assistant Headteacher, Raising Standards Leader

tjohal@brookvalegroby.com

Ms Carol Hubbard - Deputy Headteacher, Progress and Curriculum

chubbard@brookvalegroby.com

Year Head information:

Year 7 - Mrs Tina Rumming

trumming@brookvalegroby.com

Year 8 - Mrs Donna Bee

dbee@brookvalegroby.com

Year 9 - Mrs Lucy Driver

ldriver@brookvalegroby.com

Year 10 - Mrs Jo Clarke

jclarke@brookvalegroby.com

Year 11 - Mrs Jayne Jordan

jjordan@brookvalegroby.com

All tutor and teacher contacts can be found on the website.

As a team, we will be working with your child to help them make the best possible progress, develop their character and help them understand the importance of kindness and respect.



ART - Year 7 - Animals in Art (Summer Term)

Useful contacts / information

dlaw@brookvalegroby.com

(Subject Lead and
Assistant Faculty Lead)

Smamo-curtis@brookvalegroby.com

(Subject Teacher)

If you have any questions, please do not hesitate to contact your son/daughter's subject teacher or the Subject Lead



What are we learning this term?

Rotations 3 & 4 (Weeks 30-39):

Students will engage in a project based around the theme 'Animals in Art' and produce a clay animal head towards the end of the rotation. They will explore the artwork of Henry Moore and Donna Sharman and create transcriptions based on the artists' work. They will have the opportunity to create their own independent research on an animal of their choice and create a moodboard on this to support their design work. Students will create a design idea of an animal head, in preparation for clay work. Each individual will make their own unique design in clay learning about how to use clay safely and effectively. Once the clay has been fired, students will have the opportunity to paint their animal head based on their designs influenced by the bright colourful work of Donna Sharman and the mark making techniques of Henry Moore.



Enrichment

Live Competitions posted on the Schools Social Media website for all students to get involved in.

ADT Enrichment Google Classroom created for students to experiment and create additional pieces of work for fun. There are lots of choices for art students to be able to experiment with materials and techniques at home.

Other Enrichment opportunities will be advertised to the students in the first term as these are planned by ADT teachers.



Homework

Students will be given knowledge organiser homework alongside research activities to support the project and design work.

Students have access to Knowledge Organisers to support them with home learning (20:20:20).

A subject drive has been created for all students so that they have access to all materials to help them at home. This is shared with students in lessons.



Assessments

1. Mid point of unit
2. End point of unit

Please note that students have one 2 hour lesson per week and are given a week to complete independent homeworks. This is why the students are assessed mid way and at the end of the rotations so that they can make progress over a series of 2 hour lessons in the unit of work. Students are marked in relation to the unit checklist (personalised learning checklist). It is communicated if they are Exceeding, Meeting or are Developing within the subject.



'Every child is an artist. The problem is how to remain an artist once we grow up.'
- Pablo Picasso



BCI - Year 7 - Computing (Summer Term)

Useful contacts / information

Mrs H Knight

hknight@brookvalegroby.com

(BCI - Faculty Leader)

Mr I King

iking@brookvalegroby.com

(KS3 Computing Lead Teacher)

If you have any questions, please do not hesitate to contact your child's Computing Teacher, Subject Lead Teacher or Faculty Leader



What are we learning this term?

Topic 4: Block-Based Coding

[Topic 4 - Scratch Coding KO](#)

- Using Scratch to create a moving character
- Designing a collecting game using Scratch
- Evaluating your game
- Acting on Improvement Points

Topic 5: Data representation

[Topic 5 - Data representation KO](#)

- Converting from binary to denary
- Converting from denary to binary
- Converting binary images in black and white
- Converting binary images in colour
- Looking at metadata and examples

Year 7 Computing Personalised Learning Checklist:

[Year 7 Computing PLC.pdf](#)



Enrichment

Warhammer Club will run on a Friday after school and is being led by Mr King - iking@brookvalegroby.com.

KS3 Scratch Coding Club is being led by Mr King iking@brookvalegroby.com and is running on alternate Thursday lunchtimes throughout the year.

Other Enrichment opportunities will be advertised to the students in the first term as these are planned by BCI teachers.



Homework

A weekly knowledge organiser quiz will take place in class. Therefore, students must use their knowledge organisers to focus on subject specific terminology that links to the current unit of study. Students should practise learning key computing words with self-quizzing and writing them in sentences (evidenced in their student planner).

Revision for each end of unit assessment with use of the knowledge organiser for the unit and BBC Bitesize Computing resources.



Assessments

1. Topic 4: Scratch Coding - end of topic project

2. Topic 5: Data representation end of unit google form assessment

Students are marked in relation to the unit checklist (personalised learning checklist). It is communicated if they are Exceeding, Meeting or are Developing within the subject during the term 2 reporting round.



DRAMA



Subject Newsletter - Year 7 - Roald Dahl

Useful contacts / information

Laura Smith - Faculty Leader
lsmith@brookvalegroby.com

Adam Goodger - Assistant
Faculty Leader
agoodger@brookvalegroby.com

Ruth Smith - Drama Teacher
rsmith@brookvalegroby.com



What are we learning this term?

Students have begun a unit of work around Roald Dahl. This takes elements of his stories, poems and helps students explore ideas such as character, reconstructions, role play, narration, mime, script work and the use of Flashback as a storytelling technique. Students will explore several of his Revolting Rhymes, The BFG, Charlie and the Chocolate Factory and Matilda as part of the unit.



Enrichment

Junior Drama Club - Monday
lunchtime (Groby Theatre)



Homework

Using the knowledge
organiser to understand key
terms

Watch live or recorded
performance when they get
the opportunity



Assessments

Students are assessed throughout the 5 basic skills plus their use of teamwork and effort. In the Darkwood Manor unit, Students will create a multi scene piece of theatre that tells their version of the Darkwood Manor story.

During the Roald Dahl unit, students will begin to develop a piece of performance that takes inspiration from the world of Willy Wonka and incorporate new characters and stories linked to what we already know from the original story.



“Great theatre is about challenging how we think and encouraging us to fantasise about a world we aspire to.” – Willem Dafoe



TEXTILES - Year 7 - (All Rotations)

Useful contacts / information

hdepledge@brookvalegroby.com

(Subject Lead (textiles) and
Assistant Faculty Lead)

If you have any questions,
please do not hesitate to
contact your son/daughter's
subject teacher or the Subject
Lead



What are we learning this year?

In year 7 we undertake an Illuminated Manuscript inspired project where students look at the work of Ben Eine.

Students will complete the following tasks;

- Understanding the importance of Health and Safety
- Researching information around a topic
- Designing products to suit a theme
- Learning how to use a sewing machine
- Learning skills through the use of a sewing machine
- Producing a product to meet a given theme
- Trying to be independent in their learning
- Use of knowledge organiser and subsequent testing of their understanding



Enrichment

Live Competitions posted on the
Schools Social Media website for all
students to get involved in.

ADT Enrichment Google Classroom
created for students to experiment
and create additional pieces of work
for fun (these could be added into the
Coursework Portfolio for additional
marks/experimentation).

Extended Support available to support
our students outside of lesson time
with their design work so
that they succeed in the
subject.



Homework

For homework, students are expected
to complete revision of their
knowledge organisers by revising the
relevant section for the week and self
testing in their planners. The sections
expected to be learnt are posted in
the Google Classroom. In the following
lesson students will be quizzed using
their Do Now sheets in lessons.
Students have access to their
Knowledge Organisers on the Google
Classroom and if required can have a
copy printed for them.
A subject drive has been created for
all students so that they have access
to all materials to help
them at home.



Assessments

Students will be assessed in two areas
in year 7, their written work and their
practical work.

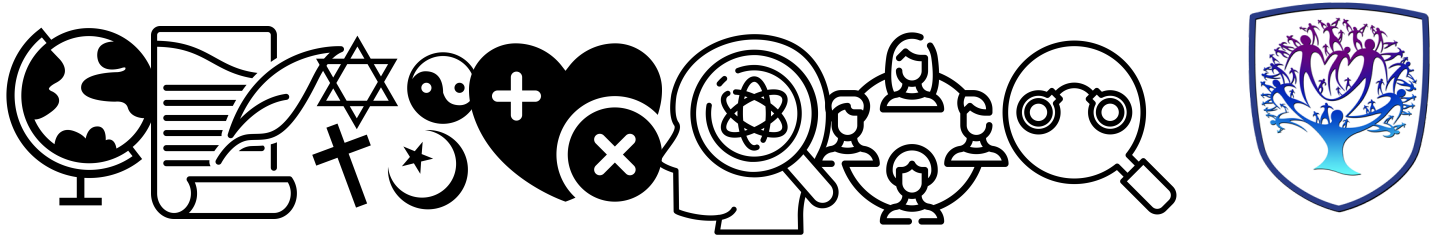
Written work consists of research,
designing and evaluating throughout
the project.

Practical work consists of any
experimentation work they produce as
well as the manufacture of their final
product.

Students will be assessed as either
exceeding, meeting or developing in
relation to their work.



'Creativity is intelligence having fun' - Albert Einstein



Geography Newsletter - Year 7 - Summer term

Useful contacts / information

Rachael Gowdridge

Head of Faculty - Humanities

rgowdridge@brookvalegroby.com

Laura Seaton

Head of Geography and RS

lseaton@brookvalegroby.com



Year 7 are learning this term:

The geography of **Africa**

- 1) Where is Africa?
- 2) History of Africa
- 3) Africa's countries
- 4) Development within Africa
- 5) Case study - Kenya
- 6) Fair trade and the chocolate industry in Africa

Fieldwork - data collection on the school site



Africa [knowledge organiser](#)

Humanities Enrichment

- Year 7 religious buildings trip.
- Year 12 Geography 2 night residential to the Peak District
- Fieldwork opportunities for all years.
- Transition events with year 6/7.



Homework

Students should complete homework in the booklet provided.
All work to be recorded in their booklet or in their planner.
Teacher will check/reward/sanction geography homework weekly

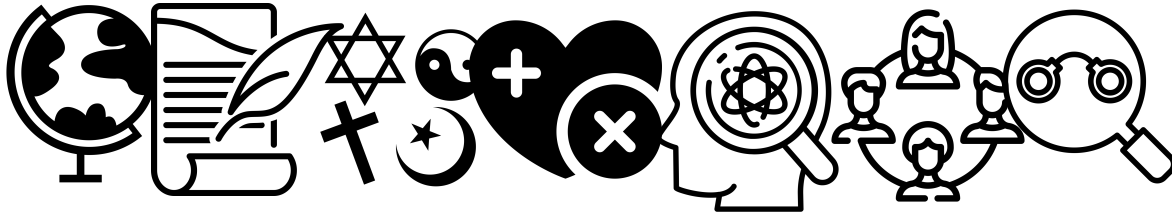
Please ensure your children are meeting deadlines.



Assessments

- 1) Baseline and knowledge quiz on Africa
- 2) Africa formal assessment
- 3) Fieldwork assessment
- 4) End of year assessment





History Newsletter - Year 7 (Summer Term)

Useful contacts / information

Rachael Gowdridge
Head of Faculty - Humanities
rgowdridge@brookvalegroby.com

Ana Hall
Head of History
ahall@brookvalegroby.com

Chloe Smith
Lead Teacher KS3- History
csmith6@brookvalegroby.com



Year 7 are learning this term:

The Invaders: Students have already started their British Empire module, looking at causes, consequences and then some of the significant events with the British Empire (Opposition to the Empire and the Creation of America). After this they will be focussing on 20th Century Empire (The Empire during both World Wars, Windrush, Decolonisation and the Partition of India).

Key Skills: Students will learn about causes and consequences, chronology, and how to describe well in History.



Enrichment

- Year 11 Final field trip - Leicester city centre (April)
- Year 12 Geography field trip to Cromer and Peak District - June
- Year 7 - Places of worship trip to Leicester
- Year 8 - Underrepresented peoples in History competition.



Homework

Students should complete all homework in their booklet or in their planner.
Teacher will check/reward/sanction History homework weekly

Please ensure your children are meeting deadlines.

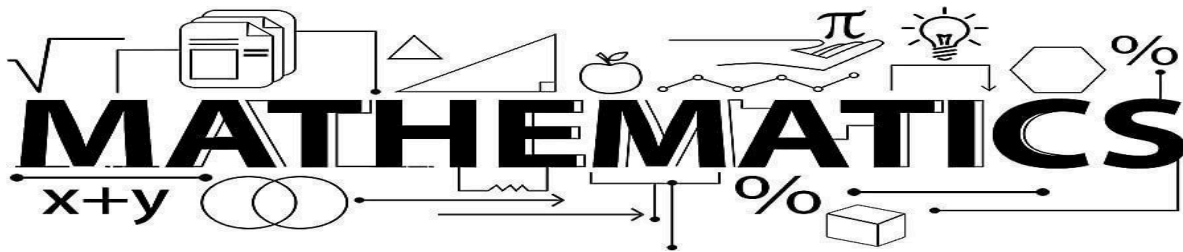


Assessments

Students have just completed Assessment 4 so soon they will be working towards Assessment 5 on the 20th Century British Empire.

This assessment will include source work, which we have done a lot of work on in lessons.





Mathematics Newsletter - Year 7 (Summer Term)

Useful contacts / information

Paul McPherson - Faculty Leader
pmcpherson@brookvalegroby.com

Stephen Taylor-Fox - Assistant
Faculty Leader (Lead Teacher for
Key Stage 3)
staylor-fox@brookvalegroby.com



What are we learning this term?

During the Autumn term we will be covering the following topics:

- Developing number sense
- Sets & probability
- Prime numbers and proof
- Ratio & scale



Setting in Mathematics

Students have initially been set using their Key Stage 2 Mathematics scores. There are two sets for the most able (7S1/Ma and 7S2/Ma) and a set for those students requiring additional support (7R5/Ma). All other groups are mixed, middle ability groups.

Enrichment

Sparx Maths help club runs every Tuesday-Thursday lunchtime (1:30pm-1:50pm) in G03



Homework

Homework is set every Tuesday on [Sparx Maths](#)



Assessments

The Spring assessment will take place during the week commencing Monday 9th June



**“Pure mathematics is, in its way, the poetry of logical ideas.”
– Albert Einstein**



Music - Year 7 - Summer Term

Useful contacts / information

To find out any information about our Music Curriculum or enrichment please contact

Laura Smith- Head of Performing Arts and Music subject Lead
lsmith@brookvalegroby.com



What are we learning this term?

This term year 7 will be covering two topics.

We are starting the term looking at how to use Music technology to compose a popular song. Students will be using loops to compose a song with a strong structure as well as looking at how to layer different instrument sounds together. We will also look at voice recording if students would like this extra challenge!

Finally-We are hoping to spend the last few weeks looking at polyrhythms where students will be learning to play either the djembe from west Africa or percussion instruments from Brazil to play some samba. Students will be looking at how to play in time with other as well as improvising and creating exciting rhythms



Enrichment

Music Ensemble- Thursday lunchtime GMR
Vocalise with Mrs Woodall - Thursday 3.30-4.30 GDR
Keyboard Club with Mrs Evans Friday Lunchtime-BMU

Summer Showcase- Thursday 19th June



Homework

Students complete a weekly quiz using teaching gadget

Login details are on the Google Classroom



Assessments

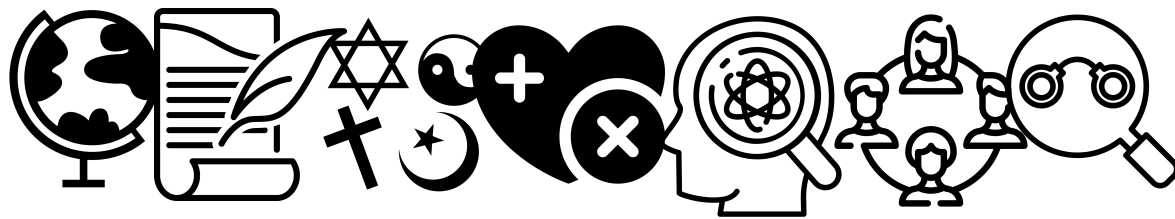
Bandlab song structure compositions

Ensemble Performances
End of year knowledge test



Music is a world within itself with a language we all understand

Stevie Wonder- Sir duke



Year 7 CaRE

Citizenships and Religious Education Newsletter

Useful contacts / information

Rachael Gowdridge
Head of Faculty - Humanities
rgowdridge@brookvalegroby.com

Laura Seaton
Head of Geography and RS
Lseaton@brookvalegroby.com

Dan Tagg
Head of KS3 History and Citizenship
Dtagg@brookvalegroby.com



Year 7 are learning this term:

Completion of the Citizenship unit on 'British Values'

Unit 3 - Religious Buildings:

- What are special places
- How do Christians, Buddhists and Hindus worship?
- What items and objects are important in worship?
- Why are religious buildings important?
- What work goes on in religious buildings?



Humanities Enrichment

- Year 7 religious buildings trip.
- Year 12 Geography 2 night residential to the Peak District
- Fieldwork opportunities for all years.
- Transition events with year 6/7.



Homework

Homework is posted weekly on the google classroom and all work is to be recorded in their planner. Teacher will check/reward/sanction homework weekly.

Please ensure your children are meeting deadlines.



Assessments

- 1) Baseline and Knowledge quiz on Religious buildings
- 2) 'Religious buildings' formal assessment





Food - Year 7 - Health and Hygiene

Useful contacts / information

ebayne@brookvalegroby.com

Subject lead

grimington@brookvalegroby.com

If you have any questions, please do not hesitate to contact your son/daughter's subject teacher or the Subject Lead



What are we learning this term?

Students start learning about health and safety in the kitchen.

This covers food, the kitchen environment, how to store food, food poisoning and personal hygiene.

Do-Now general knowledge is included in written lessons.

They learn about the Eatwell guide - healthy food choices.

Students complete various food planning activities and sensory analysis tasks.

Homemade v Bought scones, seasonal crumble sensory analysis.

Do-Now general knowledge is included in written lessons.

Students learn how to use basic knife skills and make a Fruit salad.

Students then move onto making scones, developing their cooking skills and understanding of the function of ingredients.

Making white sauce is next, which teaches students how to use the hob and how to thicken a sauce to boil and vegetables safely.



Enrichment

An ADT Enrichment Google Classroom is created for students to use.

Students can adapt recipes to suit the needs of people at home.

Research new recipes and cook at home, bringing in pictures to display in school and gain rewards.

Competitions at various times of the year are held.



Homework

Students are responsible for making sure they have the correct ingredients and containers organised ready for practical food lessons. Recipe sheets are given out to students at the start of their rotation and are posted on the Google classroom. Recipes may be adapted to suit dietary needs. Students have access to Knowledge Organisers to support them with home learning (20:20:20)

A subject drive has been created for all students so that they have access to all materials to help them at home. This is shared with students in lessons.



Assessments

A Mid point assessment is made after week 3 and at the end of the rotation weeks.

Practical lessons are reviewed during each practical lesson and feedback given.

Students are marked in relation to the unit checklist (personalised learning checklist). It is communicated if they are Exceeding, Meeting or are Developing within the subject.



"No one is born a great cook, one learns by doing" - Julia Child



Design - Year 7 - Slottable Toy Project

Useful contacts / information

ctowers@brookvalegroby.com

cwright2@brookvalegroby.com

If you have any questions, please do not hesitate to contact your son/daughter's subject teacher or the Subject Lead



What are we learning this term?

Year 7 complete a 9/ 10 week project which results in students making a wooden slottable toy from plywood. All lessons and supporting material are available on your child's Google classroom.

Students learn how to:

Research wooden toys, produce moodboards and mindmaps, they analyse existing slottable toys, develop drawing skills, design and cardboard model their final idea, learn health and safety in the workshop, how to use tools and machinery correctly and how to evaluate their work. Students are usually in the workshop completing practical work for approx 5 weeks until the project is finished.



Enrichment

Live Competitions posted on the Schools Social Media website for all students to get involved in.

ADT Enrichment Google Classroom created for students to experiment and create additional pieces of work for fun (these could be added into the Coursework Portfolio for additional marks/experimentation).

Extended Support available to support our students outside of lesson time with their design work so that they succeed in the subject.



Homework

For homework, students are expected to complete lesson tasks. These are posted in the Google Classroom. Each homework for our topics are different but it is expected that all students are staying in line with our academic year calendar.

Students have access to Knowledge Organisers to support them with home learning which we use for the Do Now tasks at the start of each lesson.

A subject drive has been created for all students so that they have access to all materials to help them at home.



Assessments

Students' work is assessed half way through the project and then at the end. Students are given 'STAR TIME' to read through their teachers feedback, understand the targets set and then improve their existing work.

At the end of the project both the practical work and the design folder and marks and targets are given. These are targets that students should be working on in their next art, design and technology area. Students will be given a summative grading of developing, meeting or exceeding.



"Design is not just what it looks like and feels like. Design is how it works." - Steve Jobs, co-founder of Apple, Inc



GRAPHICS - Year 7 - Aboriginal Book Cover

Useful contacts / information

Sdixon@brookvalegroby.com
(Subject Lead and Faculty Lead)
Grimington@brookvalegroby.com
Jsheerin@brookvalegroby.com
Smamo-curtis@brookvalegroby.com
CDepledge@brookvalegroby.com
Agoodger@brookvalegroby.com

If you have any questions, please do not hesitate to contact your son/daughter's subject teacher or the Subject Lead



What are we learning this term?

Rotation 1 (Weeks 1-9) / Rotation 2 (Weeks 10-16) / Rotation 3 (Weeks 17-23) / Rotation 4 (Weeks 24-30) / Rotation 5 (Weeks 31-39)

In this skills building unit the students will look at traditional Aboriginal Art from a Graphic Design perspective. They will choose a 'dreamtime' story and produce a modern day book cover. In the first rotation, our learners start the project by producing a moodboard in Photoshop, selecting a dreamtime story, analysing existing book cover designs and producing a digital dot piece of work in Photoshop. Students will also have a practical homework in this rotation to produce some drawn design ideas to communicate their book cover ideas.

In the second half of the project we will work on producing the Digital Book cover design for the 'dreamtime' story chosen. Students will start to put together their design in Photoshop and then develop this. To develop their book cover design students will look at experimenting with colour, fonts, backgrounds, image, layout, blending options and information. Throughout the process of development our students will arrive at a final book cover design and will finally reflect on the progress that they have made throughout the unit by writing an evaluation.



Enrichment

Live Competitions posted on the Schools Social Media website for all students to get involved in.

ADT Enrichment Google Classroom created for students to experiment and create additional pieces of work for fun. There are lots of choices for Graphics students to be able to experiment with Photoshop at home.

Other Enrichment opportunities will be advertised to the students in the first term as these are planned by ADT teachers.



Homework

Students will be given a practical homework in the first rotation to produce some sketched design ideas for their book cover. This encourages drawing, thought into colour/pattern, idea generation as well as awareness of layout and what book covers consist of. Students have access to Knowledge Organisers to support them with home learning (20:20:20) A subject drive has been created for all students so that they have access to all materials to help them at home. This is shared with students in lessons.



Assessments

1. Mid point of unit
2. End point of unit

Please note that in Graphics students have only single lessons in comparison to other ADT subjects. This is why the students are assessed at the end of the rotations so that they can make progress over a series of single lessons in the unit of work.

Students are marked in relation to the unit checklist (personalised learning checklist). It is communicated if they are Exceeding, Meeting or are Developing within the subject.



'There are three responses to a piece of design - yes, no and WOW! WOW is the one to aim for.' - Milton Glaser



Languages Newsletter – Year 7 – Summer 2025

Welcome to the latest newsletter from the MFL Faculty. We would like to keep you up to date on everything we are learning and doing this half term. If you have any questions, please do not hesitate to contact us via email:

salban@brookvalegroby.com



What are we learning this term?

All languages: *Topic: Food and Drink.*

Students will be learning how describe what they like to eat and drink, how to buy quantities of food and how to order food and drink in a restaurant. They will be completing a speaking assessment – a role-play, in a café at the end of the topic.



Duolingo Club: B18 – Key Stage 3 Students

Compete with other students and increase your language knowledge. Bring your lunch and get the chance to beat your peers!



Knowledge Organiser – Retrieval learning

Weekly tests will be set and available to see on the Google Classroom.

French	German	Spanish
The tests are based on the following Knowledge Organiser	The tests are based on the following Knowledge Organiser	The tests are based on the following Knowledge Organiser
Students can also use their Quizlet Classroom to help practise for the weekly quizzes	Students can also use their Quizlet Classroom to help practise for the weekly quizzes.	Students can also use their Quizlet Classroom to help practise for the weekly quizzes

In MFL we are committed to making sure all students make progress. Please click here for details on how we and you can support your child. [SEND](#) [Learning Strategies](#)

Enrichment

Art Competition: Winners! Click here to see the pics of the work that was completed!

We were so proud of the students who really shone in this challenge!



Homework

Homework is set every week in all Languages.

This will be in the form of a vocabulary (spelling test). See **above for the list of words.**

There will also be revision for assessments at key points in the year.



Assessments

Week beginning:

28th April Reading (Fr/Sp)
5th May Universals 2 (Fr/Sp)
9th June Listening (Ge)
23rd June Universals 3 (Fr/Ge/Sp)
23rd June Listening (Fr/Sp)
23rd June Speaking (Ge)
30th June Speaking (Fr/Sp)

All info will be listed on the Google Classroom



“Knowledge of languages is the doorway to wisdom” Roger Bacon



PHYSICAL EDUCATION



PE Curriculum Newsletter: Year 7 - Summer Term

Useful contacts / information

Mr Brownett

jbrownett@brookvalegroby.com

Mr Leonard

jleonard@brookvalegroby.com

Mr Lord - Curriculum Leader

mlord@brookvalegroby.com

Miss Maclachlan

amaclachlan@brookvalegroby.com

Mrs Richardson

mrichardson@brookvalegroby.com

Mr Sharpe

msharpe@brookvalegroby.com

Mrs Wiles - Head of KS3 PE

lwiles@brookvalegroby.com

For updates on Twitter/X:

@bgcl_pe



What are we learning this term?

Over the course of the Summer term students in Year 7 will be covering some of the following activities: badminton rounders, athletics, cricket and tennis. We lose the Sports Hall in May for external exams until the end of term, so students will need to be prepared to have their PE lessons outside. As the weather changes and the temperature increases please ensure that students bring water to their PE lessons and wear sun cream. Students are also able to wear a baseball cap or another sports appropriate hat during PE lessons on particularly sunny days. Students can wear tight fitting shorts, but they need to be mid-thigh length.

Key Dates:

Sports Day - Wednesday 9th July. Students can opt into the athletics during the morning and all students will be involved in the afternoon.

Sports Presentation Evening - Wednesday 2nd July. If your child has represented the school in a sports event this year you should receive an invitation via email.

Enrichment

The following clubs are open to all Year 7 students over the course of the summer term.

Athletics - Thursday after school

Cricket - Wednesday after school.

Rounders - Tuesday after school.

Softball - Tuesday after school.

Tennis - Wednesday after school.

There are area events in all of these activities that we will be entering students into. They need to come to the clubs to be considered.

Homework

Each student will have a rules quiz to complete for homework at the end of each activity block of 6 lessons. These rules quizzes are posted on each group's Google Classroom and are completed digitally using Google Forms. The results from these quizzes allow us to assess students under the 'Know' strand of our assessment policy.

Assessments

We assess students in PE at the end of each activity block. We assess them in three areas:
'Know' - knowledge of rules and regulations.

'Grow' - demonstrating LORIC character values.

'Show' - the ability to perform activity specific skills and tactics under competitive pressure.

'It's all about the journey, not the outcome' Carl Lewis