

Westfield Academy - Curriculum Information

What your child will learn in PE - Our KS3 curriculum is sequential in nature and designed to build the fundamental skills that underpin performance and success in physical activity and sport. Students are taught a range of concepts that progress in difficulty as they move through the key stage.

The students start by gaining an understanding of some of the core components of fitness and the importance of controlling their bodies whilst being adaptable to various situations within performance.

In Year 8 and 9, the students are then able to practice then apply these fundamental skills to more varied and challenging situations, both in skill isolation as well as competitive environments. The importance of physical health and well-being is our main focus of our curriculum.

By the end of Year 9 students begin the BTEC Tech Award in Sport firstly learning about the 3 components of a warm up, how to plan and then deliver to their peers to begin to develop student leadership and learn to apply knowledge to a sporting context.

Physical Education - KS3

Head of Department	Miss E Coombs	
Head of Department email	eco@westfield.academy	
Lessons per 2 week cycle	4	
Specification/Board details/Key stage	Core PE Key Stage 3	

Term by term

Autumn 1	Autumn 2	Spring 1
Due to groupings, facilities and time of the year, these Concepts can rotate Yr 7 - Use a range of tactics and strategies to overcome opponents in direct competition through team and individual winter games Yr 8 - Understand and apply the long-term health benefits of physical activity. Through Health Related Fitness	Due to groupings, facilities and time of the year, these Concepts can rotate Yr 7 - Take part in outdoor & adventurous activities, which present intellectual and physical challenges, and are encouraged to work in a team, building on trust & developing skills to solve problems, either individually or as a group, as well as develop their technique and improve their performance in athletics	Due to groupings, facilities and time of the year, these Concepts can rotate Yr 7 - Understand and apply the long-term health benefits of physical activity. Through Health Related Fitness Yr 8 - Take part in outdoor & adventurous activities, which present intellectual and physical challenges, and are encouraged to work in a

Yr 9 - Understand and apply the long-term health benefits of physical activity. Through Health Related Fitness	Yr 8 - Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Yr 9 - Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	team, building on trust & developing skills to solve problems, either individually or as a group, as well as develop their technique and improve their performance in athletics Yr 9 - Take part in outdoor & adventurous activities, which present intellectual and physical challenges, and are encouraged to work in a team, building on trust & developing skills to solve problems, either individually or as a group, as well as develop their technique and improve their performance in athletics
Spring 2	Summer 1	Summer 2
Due to groupings, facilities and time of the year, these Concepts can rotate Yr 7 - Develop their technique and improve their performance in individual competitive sports Yr 8 - Develop their technique and improve their performance in individual competitive sports Yr 9 - Develop their technique and improve their performance in individual competitive sports	Due to groupings, facilities and time of the year, these Concepts can rotate Yr 7 - Use a range of tactics and strategies to overcome opponents in direct competition through team and individual summer sports. Yr 8 - Use a range of tactics and strategies to overcome opponents in direct competition through team and individual summer sports. Yr 9 - Use a range of tactics and strategies to overcome opponents in direct competition through team and individual summer sports.	Due to groupings, facilities and time of the year, these Concepts can rotate Yr 7 - Use a range of tactics and strategies to overcome opponents in direct competition through team and individual summer sports. Yr 8 - Sport Education: They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life Yr 9 Start BTEC Tech Award in Sport theory lessons Component 1 - C1 Being able to prepare participants to take part in physical activity. C2 Adapting a warm up for different categories of participants. C3 Delivering a warm up to prepare participants for physical

		activity. Sport Education in practical lessons.
Key Skills developed	Physical (Hands) - Coordination, Endurance, Speed, Agility, Balance, Reaction time, Flexibility, Power and ability to apply skills and techniques across a number of sports Mental (Head) - Resilience, Problem solving, Knowledge of techniques, Understanding of tactics, role in a team and rules, Reflection, Leadership Social (Heart) - Teamwork, Communication, Supporting each other, Compassion, Sportsmanship	
Useful Websites	https://www.bbc.co.uk/bitesize/examspecs/zxbg39g , https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html ,	
Reading/Literacy requirements /Key Words	Coordination, Endurance, Speed, Agility, Balance, Reaction time, Flexibility, Power and ability to apply skills and techniques across a number of sports Resilience, Problem solving, Knowledge of techniques, Understanding of tactics, role in a team and rules, Reflection, Leadership Teamwork, Communication, Supporting each other, Compassion, Sportsmanship	
Homework requirements	Mastery Knowledge Booklets (3 key questions per week)	
Personal Development Links	Extra-Curricular activities including specialist coaching in Basketball, Football and Cricket.	
Trips/Visits (If applicable)	Football, Netball & Basketball trips to watch professionals in their environment, Sports Awards Evening to celebrate success with Professional guests, District Sports Day, and bi-annual PGL.	