

Westfield Academy - Curriculum Information

What your child will learn in PE - Students are given the chance to study academic qualifications in Sport through the BTEC Tech Award. This covers three units aimed at further developing the students' understanding through the following content:

1. Investigating provisions for sport, including equipment and facilities to enhance sport.
2. Planning and delivery of sport drills and sessions.
3. Fitness for sport including fitness testing and methodology.

In Core PE Key Stage 4 students are expected to tackle more complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle.

Physical Education - KS4

Head of Department	Miss E Coombs	
Head of Department email	eco@westfield.academy	
Lessons per 2 week cycle	5 (1 x core PE, 3 x theory)	
Specification/Board details/Key stage	Pearson BTEC Tech Award in Sport Level 2 Core PE Key Stage 4	

Term by term

Autumn 1	Autumn 2	Spring 1
Yr 10 - Component 1 L.O. A A1: Types and providers of sport and physical activity. A2 Types and needs of sport and physical activity participants. A3 Barriers to participation in sport and physical activity for different types of participant. A4 Methods to address barriers to participation in sport and physical activity for different types of participants. Yr 11 - Component 3 C1- Requirements for each of the following fitness training methods. C2 - Fitness training methods for physical	Yr 10 - Component 1 L.O. B B1 Different types of sports clothing and equipment required for participation in sport and physical activity. B2 Different types of technology and their benefits to improve sport and physical activity Participation and performance. B3 The limitations of using technology in sport and physical activity. Yr 11 - D1 - Personal information to aid training fitness programme design D2 - Fitness programme design D3 - Motivational techniques for fitness programming	Yr 10 - Component 2 L.O. A Understand how different components of fitness are used in different physical activities A1 - Components of Fitness. A2 - Components of Skill related Fitness. B1 - Techniques, strategies and fitness required for different sports Yr 11 - KS4 options for practical lessons only

components of fitness. C3 - Fitness training methods for skill-related components of fitness. C5 - Provision for taking part in fitness training methods. C6 - The effects of long-term fitness training on the body systems.	Revision for Component 3 exam	
Spring 2	Summer 1	Summer 2
Yr 10 - B2 - Officials in Sport B3 - Rules and regulations in sports C2 - Drills to improve sporting performance. Assessment of Component 2 Yr 11 - KS4 options for practical lessons only	Yr 10 - Component 3 A1 - The importance of fitness for successful participation in sport. A2 - Fitness training principles. A3 - Exercise intensity and how it can be determined. Yr 11 - Revision for component 3 resit exam	Yr 10 - B1 - Importance of fitness testing and requirements for administration of each fitness test. B2 - Fitness test methods for components of physical fitness. B3 - Fitness test methods for components of skill-related fitness. B4 - Interpretation of fitness test results. Yr 11 - Study Leave
Key Skills developed	Knowledge - Types of physical activities, Provision, Barriers in sport and how to overcome these, Components of fitness, Roles and Responsibilities of Officials, Planning a coaching session, Methods and Principles of training. Physical - Coaching and Officiating opportunities. Performing in isolated and competitive situations. Carrying out different fitness tests.	
Useful Websites	https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html , https://www.bbc.co.uk/bitesize/examspecs/zxbg39q ,	
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	1 homework per week set on google classroom	
Personal Development Links	Extra-Curricular activities including specialist coaching, involvement in the Junior Football Academy, Duke of Edinburgh Bronze Award	
Trips/Visits (If applicable)	Football, Netball or Basketball trips to watch professionals in their environment, Sports Awards Evening to celebrate success with Professional guests, District Sports competitions	