

PHYSICAL

EDUCATION

Go to university to enhance your studies & gain a degree

Start a degree level apprenticeship

Take a gap year, travel the world & embrace new cultures

Continue your Learning Journey at college or on an apprenticeship

Apply for Level 3 BTEC Sport for sixth form

Final Exam!

Football & Basketball Academy Trials

Key Concepts:

Develop a training activity based on a specific Component of Fitness. (COF)
Understand how different training methods can work for different COF's

Key Concepts:

Communicate effectively; management of group roles are understood.

Head - Knowledge

Heart - Mental/Social skills

Hands - Practical skill levels

Key Concepts:

Participate in a regular extra-curricular activity

Gymnastics

Key Concepts:

- Have awareness of different attacking and defensive structures within the games/sports

Badminton
Using a Fitness Suite Safely

Key Concepts:

- Knowing how to overcome opponents within team and individual sports.

Netball
Choose your extra-curricular activities

Develop a lifelong love of sport and games

YEAR 13

Fitness Training and Programming for Health, Sport and Well-being - Exam

Sports Psychology

Development and Provision of Sport and Physical Activity

Professional Development in the Sports Industry

Rules, Regulations and Officiating in Sport

Sports Event Organisation

Coaching for Performance

Anatomy and Physiology - Exam

Leisure Centre Operations

Sign up for the DofE Silver Award

Business in Sport

Sports Leadership

Skill Acquisition in Sport

B: Rules & Officials in sport

C: Understand how different drills and adapted games can improve sporting techniques and performance.

A: Fitness training principles

Practical Sports Performance

Support the PE department for enrichment opportunities

B: Exercise intensity and how it can be determined.

D: Fitness programme design.

C: Fitness training methods & interpreting data.

YEAR 11

A: Understand how different components of fitness are used in different physical activities.

Component 2: Taking Part and improving other participants sporting performance

C. Demonstrate & explain the importance of a warm up.

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

FREQUENCY INTENSITY TIME TYPE

Sign up for the Duke of Edinburgh Award

A. Provision, barriers and need in sport & physical activity.

VAR

B. Equipment and Technology used in sport.

YEAR 10

Understand the advantages and disadvantages of each Method of Training.

Component 1: Preparing to take part in sport and physical activity

Key Concepts:
☐ Social benefits of leadership, working with others.
☐ Moral benefits of dealing with rules, authority, dealing with competition, dealing with conflict.

Basketball

Gymnastics

Fitness Testing

Netball

YEAR 9

Autumn

OAA

Tennis

Key Concepts:
Organise and officiate matches

Key Concepts:

- Understand and apply the long-term health benefits of physical activity.

Trials for next years teams!

YEAR 8

Visit Westfield Academy during Transition Day

Meet the PE team during Open Evening

Represent your form group at your first Westfield Sports Day

Athletics

Key Concepts:
Monitoring and evaluating Performance
Delegating / sharing responsibility / ownership of specific tasks

Football

Cricket

OAA

Key Concepts:

- Understanding of space on the pitch/court and how to use it effectively within a game.

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Key Concepts:

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