

# PHYSICAL

# EDUCATION

YEAR 13

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

Rules, Regulations and Officiating in Sport

Professional Development in the Sports Industry

Coaching for Performance

Sports Event Organisation

Research Methods in Sport

Development and Provision of Sport and Physical Activity

Sports Psychology

Anatomy and Physiology - Exam

Leisure Centre Operations

Sign up for the DofE Silver Award

Business in Sport

YEAR 12

Continue your Learning Journey at college or on an apprenticeship

Apply for Level 3 BTEC Sport for sixth form

Final Exam!

D: Fitness programme design.

C: Fitness training methods & interpreting data.

B: Exercise intensity and how it can be determined.

A: Fitness training principles

Practical Sports Performance

Sports Leadership

Skill Acquisition in Sport

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

B: Rules & Officials in sport

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

YEAR 11

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

Understand the advantages and disadvantages of each Method of Training.

Component 2: Taking Part and improving other participants sporting performance

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

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

B. Equipment and Technology used in sport.

YEAR 10

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

Learn life-saving first aid skills in PE lessons

Key Concepts: Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life

Start BTEC Sport qualification. Yr10 = Coursework Yr11 = Exam

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

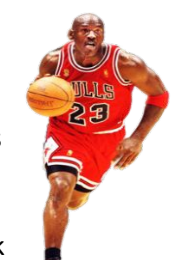
Key Concepts: Social benefits of leadership, working with others. Moral benefits of dealing with rules, authority, dealing with competition, dealing with conflict.

YEAR 9

Key Concepts: Knowing how to share ideas to solve problems

Communicate effectively; management of group roles are understood.

Students know how to work in a team to plan ways of overcoming issues.



Key Concepts: Demonstrate & Describe Advanced Sport Specific Skills, Officiating Competitive Games, Encourage Extra Curricular Participation, Understand importance of exercise



Tennis

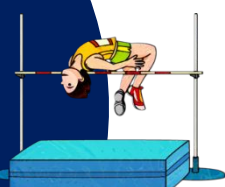
OAA

Key Concepts: Organise and officiate matches



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

Trials for next years teams!



Netball

Autumn

YEAR 8

Participate in a regular extra-curricular activity

Gymnastics

Key Concepts: Have awareness of different attacking and defensive structures within the games/sports



OAA

Cricket

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

Football



Key Concepts: Managing risk within an activity. Delegating / sharing responsibility / ownership of specific tasks

Athletics

Represent your form group at your first Westfield Sports Day

Meet the PE team during Open Evening

Visit Westfield Academy during Transition Day

YEAR 7

Key Concepts: Knowing how to overcome opponents within team and individual sports.

Choose your extra-curricular activities

Netball



Develop a lifelong love of sport and games

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

