


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 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.

Physical Education

Head of Department	Mr G Cook	
Head of Department email	gco@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
Understand and apply the long-term health benefits of physical activity. Through Health Related Fitness	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	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
Develop their technique and improve their performance in	Use a range of tactics and strategies to overcome opponents	Sport Education: They should develop the confidence and interest to get

other competitive sports [gymnastics , athletics]	in direct competition through team and individual games	involved in exercise, sports and activities out of school and in later life
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		
Reading/Literacy requirements /Key Words		
Homework requirements		
Personal Development Links	Extra-Curricular activities including specialist coaching	
Trips/Visits (If applicable)	Football and Basketball trips to watch professionals in their environment, Awards Evening to celebrate success with Professional guests, District competitions	