


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

Head of Department	Mr G Cook	
Head of Department email	gco@westfield.academy	
Lessons per 2 week cycle	5	
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
<p>Yr 10 - Component 1 Learning aim 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. Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity. B1 Different types of sports clothing and</p>	<p>Yr 10 - Component 1 Learning outcome 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</p> <p>Yr 11 - Component 3, C1- Requirements for each of the following fitness training methods. C2 - Fitness training methods for physical components of fitness. C3- Fitness training methods for skill-related components of fitness. C5 - Provision for taking part in fitness training methods. C6 - The</p>	<p>Yr 10 - 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</p> <p>Yr 11 - C1- Requirements for each of the following fitness training methods. C2 - Fitness training methods for physical components of fitness C3- Fitness training methods for skill-related components of</p>

<p>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.</p> <p>Yr 11 - 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.</p>	<p>effects of long-term fitness training on the body systems.</p>	<p>fitness. C5 - Provision for taking part in fitness training methods. C6 - The effects of long-term fitness training on the body systems</p>
Spring 2	Summer 1	Summer 2
<p>Yr 10 - Comp 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</p> <p>Yr 11 - D1 - Personal information to aid training fitness programme design D2 - Fitness programme design D3 - Motivational techniques for fitness programming</p>	<p>Yr 10 - B2 - Officials in Sport B3 - Rules and regulations in sports C2 - Drills to improve sporting performance</p> <p>Yr 11 - Revision for component 3 exam</p>	<p>Yr 10 - Assessment of Component 2</p> <p>Yr 11 - Study Leave</p>
Key Skills developed	<p>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.</p>	
Useful Websites		
Reading/Literacy requirements /Key Words	<p>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,</p>	

	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
Trips/Visits (If applicable)	Football and Basketball trips to watch professionals in their environment, Awards Evening to celebrate success with Professional guests, District competitions