

### The purpose of the WES PE curriculum:

- To enable pupils to become more competent, confident and expert in their techniques, to apply them across a range of activities.
- Pupils will develop an understanding of what makes a performance effective and be able to apply this to their own and others work.
- Deliver a holistic approach to understanding the health benefits of physical activity and promote lifelong involvement.
- We assess our pupils through a Head, Heart, Hand model;
- Head – Knowledge links
- Heart – Emotional links
- Hand – Physical links

**Golden Threads that run throughout the course:**  
 Literacy, Numeracy, Problem solving + Scientific enquiry, Creative Expression, Understanding of the World around us.  
 Head – Knowing  
 Hand – Doing  
 Heart - Understanding

PE Teacher  
 Coach  
 Personal Trainer  
 Nutritionist  
 Physiotherapist  
 Sports Agent  
 Strength & Conditioning Coach  
 Sports Psychologist  
 Apprenticeships

L1-5 Coaching Qualifications

PE & SPORT  
 Sports Science  
 Sport & Business

Lifeguard Qualification  
 Umpire/Refing Courses  
 Fitness Apprenticeship  
 Youth Worker  
 Apprenticeship

Alternative L3  
 Sport  
 Qualifications

**Revision & Exam Prep**

- Paper 1
- Paper 2
- Practical Moderation



Life long participation in physical activity or sport.

Careers

University

A Level/  
 BTEC/  
 Apprenticeship

KS5

**Socio-Cultural Issues**

- Engagement
- Commercialisation
- Ethical Socio-cultural Issues

**Healthy/Fitness/Wellbeing**

- Physical, Emotional, Social Health
- Sedentary Life
- Energy Usage

Year 11

**Physical Training**

- Relationship between health & Fitness
- Components of Fitness
- Principles of Training
- Long Term Effects of Exercise
- Optimising Training
- Warm up/Cool down

**Applied Anatomy & Physiology**

- Structure & Function of the Muscular Skeletal System
- Structure & Function of the Cardio-respiratory System
- Aerobic/Anaerobic Exercise
- Long/Short Term Effects of Exercise

**KS4 Core PE**  
 Pupils continue to build on the skills and knowledge from KS3 in both team and individual sports. Increased focus on participation and healthy active lifestyle to support physical and mental well-being.

Later Life

### Exam Courses

**KS4 Exam Courses**  
 Build on the theory elements and topics introduced in KS3

**Movement Analysis**

- Lever Systems
- Planes/Axis of Movement



**Psychology**

- Skill Classification
- Goal Setting
- Guidance & Feedback

Year 11

**Health/Fitness/Wellbeing**

- Physical, Emotional, Social Health
- Sedentary Life
- Energy Usage

**Socio-Cultural Issues**

- Engagement
- Commercialisation
- Ethical Socio-cultural Issues



### Core PE

Year 10

HT6  
 Skeletal System

**Individual / OAA**  
 Pupils will have regular and developed involvement in exercise, sports and outdoor adventurous activities (both in school and outside).

**Fitness**  
 Pupils will reflect on their previous fitness programmes and develop future sessions to develop different outcomes.

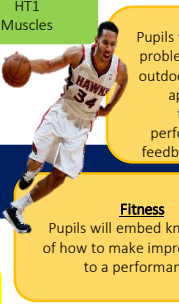
**Athletics**  
 Pupils will move towards applying advanced techniques in a range of events.

**Games**  
 Pupils will apply advanced techniques across a range of games, thinking common ideas.

Year 9

HT6  
 Skeletal System

**Individual / OAA**  
 Pupils will further develop their problem solving skills, through outdoor adventurous activities apply more advanced techniques in their performances, and provide feedback in order to improve.



**Fitness**  
 Pupils will embed knowledge of how to make improvements to a performance.

HT5  
 Cardiovascular System

HT3  
 Respiratory System

HT3  
 Respiratory System

**Athletics**  
 Pupils will demonstrate confidence in developing their skills and techniques used across a range of events.

**Games**  
 Pupils will develop knowledge of tactics and strategies to outwit opponents in both isolation and competitive environments.

HT1  
 Muscles



Year 8

**Individual / OAA**  
 Pupils will take part in a variety of outdoor adventurous activities that will focus on a range of skills; trust, teamwork, communication, respect. And will embed an appreciation for sport.

HT6  
 Skeletal System

**Fitness**  
 Pupils will develop a fundamental understanding of the long term health benefits of engaging in physical activity.

HT5  
 Cardiovascular System

HT4  
 Health, Wellbeing & Fitness

**Athletics**  
 Pupils will develop confidence in underpinning key skills to the application of technique.

**Games**  
 Pupils will build on prior knowledge to be able to apply simple tactics to beat an opponent in a competitive situation.

HT1  
 Muscles

Year 7

As pupils move into KS3, they will build on the skills and knowledge from KS2 and continue to develop all 3 areas of the HHH model.

Pupils perform dances and take part in team and individual outdoor adventurous activities. Dance is delivered as a separate subject in KS3.

Pupils have developed basic skills, such as; running, jumping, throwing and catching.

KS2

Pupils have learnt to compare performances and demonstrate improvements.

**KS3 Assessment**  
 Pupils are assessed without levels using HHH criteria:  
**Developing**  
**Mastery**  
**Greater**  
**Depth**

HT4  
 Health, Wellbeing & Fitness

**Curriculum ambition and intent**  
 To develop and embed the HHH model, to move towards a "Mastery" Curriculum and to provide pupils with knowledge to allow them to make outstanding progress at KS4

- Our Curriculum is delivered via the following sports**
- Fitness Suite (Fitness)
  - Outdoor Adventurous Activities (Individual)
  - Athletics
  - Football (Games)
  - Handball (Games)
  - Hockey (Games)
  - Badminton (Individual)
  - Table Tennis (Individual)
  - Cricket (Games)
  - Rounders (Games)
  - Trampoline (Individual)
  - Dance (Individual)
  - Healthy Active Lifestyle (Fitness)

HT3  
 Respiratory System

HT2  
 Components of Fitness and Training