Westfield Middle School
Physical Education Scheme of Work Overview 13/14

YEAR	Autumn	Spring	Summer
5	**Boys:** Rugby, Football, Hockey, Gymnastics **Girls**: Netball, Football, Hockey, Gymnastics	**Boys**: Rugby, Dance, Gymnastics 2, Health Related Fitness (HRF) **Girls**: Netball, Dance, Gymnastics 2, Health Related Fitness (HRF)	**Boys**: Cricket, Tennis, Athletics, Athletics 2 **Girls**: Rounders, Tennis, Athletics, Athletics 2
6	**Boys:** Rugby, Hockey, Gymnastics, Football **Girls**: Netball, Hockey, Gymnastics, Netball	**Boys**: Football, Dance, Gymnastics 2, Adventure & Challenge **Girls**: Football, Dance, Gymnastics 2, Adventure & Challenge	**Boys**: Cricket, Tennis, Athletics, Athletics 2 **Girls**: Rounders, Tennis, Athletics, Athletics 2
7	**Boys:** Rugby, Football, Basketball, Gymnastics **Girls**: Netball, Hockey, Basketball, Gymnastics	**Boys:** HRF, Badminton, Hockey, Football **Girls**: HRF, Badminton, Volleyball, Netball	**Boys:** Cricket, Tennis, Rounders, Athletics **Girls**: Rounders, Tennis, Cricket, Athletics
8	**Boys:** Rugby, Football, Hockey Gymnastics **Girls**: Netball, Netball 2, Hockey, Gymnastics	**Boys:** Rugby, Basketball, Volleyball, Adventure & Challenge **Girls**: Football, Basketball, Volleyball, Adventure & Challenge	**Boys:** Cricket, Tennis, Rounders, Athletics **Girls**: Rounders, Tennis, Cricket, Athletics

PHYSICAL EDUCATION

We hope to encourage a healthy attitude to sport, which will continue into their adult lives. We are officially credited with Sports College Status, which means we have very strong links with the Youth Sport Trust. Westfield is fortunate in having specialist PE staff and very good facilities: a large gymnasium and changing rooms with showers, netball and tennis courts, extensive playing fields, use of the 'all weather' hockey pitches at the Hockey Centre and the 'all weather' tennis courts at Bedford Lawn Tennis Club.

Pupils participate in National Curriculum activities such as gymnastics, dance, games, athletics and outdoor adventure activities. Pupils are taught by specialist staff as well as qualified coaches after school, from 3pm to 4.15pm, covering a wide range of sporting activities and attending fixtures.

Westfield is working very closely with Biddenham Upper School and other Middle and Lower Schools to further extend the physical activity programmes on offer to our pupils.

STAFFING

At present the Physical Education Department consists of five staff: three specialists at KS2/3 and three non-specialists as outlined below:

Staff	**Subjects/Responsibilities**	**Year Group PE is Taught**
Mr C Clark	PE Co-ordinator/School Games Co-ordinator	Years 5/6/7/8
Mrs D Cook	PE	Years 5/6/7/8
Mr Fisher	PE, Music Co-ordinator	Years 5/6/7
Mr L Hall	PE, ICT Co-ordinator	Years 5/7
Mr B Temperley	PE, KS2 and KS3 Teacher	Year 6
Miss Fensome	PE Technician and Extra- Curricular Provider	Years 5/6/7/8

Curriculum Organisation

The curriculum covers the six areas set by the National Curriculum.

- Games
- Athletics
- Outdoor and Adventurous Activities

- Dance
- Gymnastics
- Swimming (Key Stage 2 only). The Physical Education Department is currently unable to provide swimming as part of the curriculum, but advises pupils where to attend clubs/facilities in the community.

Each year group is allocated two areas of Physical Education per half term. Each area is then allocated a relevant theme. Each area is planned and matched against the Attainment Target for Physical Education and Programmes of Study to ensure suitable progression, an full coverage of the National Curriculum throughout the school.

Planning at a year group level ensures that classes within a year group cover the same areas of work. Planning at a Key Stage and whole school level ensures continuity and progression within the subject and avoids unnecessary duplication or omission.

Detailed curriculum content and progression can be found in the schemes of work for Physical Education.

Physical Education has a curriculum team consisting of five specialists, and many others whom contribute to curricular and extra-curricular activities under the guidance of the specialist teachers. The head of department receives all information/resources which arrive in the school but decisions regarding Physical Education work and the development of the Physical Education curriculum involve all members of the team.

YEAR 5	***YEAR 6***
ATHLETICS Pupils will experience two units of work which will incorporate running, jumping and throwing techniques. **Theme:** Introduction to basic skills – this will involve pupils under taking activities of jumping for height & distance, running for speed & endurance and throwing.	Pupils will experience two units of work which will incorporate running, jumping and throwing techniques. **Theme:** Improved skill acquisition – this will involve pupils understanding the importance of pacing and precision.
DANCE Pupils will experience one unit of work which will require the pupils to create and perform movement patterens by responding to a range of stimuli. **Theme:** Disney character dance / Country dancing	Pupils will experience one unit of work which will require the pupils to create and perform movement patterns by responding to a range of stimuli. **Theme:** Sports Theme dance – topical.
GYMNASTICS Pupils will experience two units of work which will incorporate floor work only and apparatus work. **Themes:** Floor work – basic skills & locomotion. Apparatus work – safety of apparatus, symmetry and asymmetry.	Pupils will experience two units of work which will incorporate floor work and apparatus work. **Theme:** Floor work – basic skills, matching and mirroring. Apparatus work – Partner work, matching & mirroring.
ADVENTURE & CHALLENGE (H.B.P.E) Pupils will experience one unit of work which will incorporate health related fitness activities. **Theme:** How do we stay fit and healthy – this involves the pupils under taking various different fitness activities to understand the benefits of exercise.	Pupils will experience one unit of work which will incorporate outdoor and adventurous activities **Theme:** Orienteering and problem solving – this will involve group work and team exercises to follow trails and solve problems.
GAMES	
INVASION Pupils will experience four units of work which will incorporate netball, football, rugby and hockey. **Theme:** Introduction to the games, basic skills and rules.	Pupils will experience four units of work which will incorporate netball, football, rugby and hockey. **Theme:** Understand the game principles through small sided games.
NET Pupils will experience one unit of work which will incorporate tennis. **Theme:** Introduction the game, basic skills and rules. Adapting, developing and applying new skills.	Pupils will experience one unit of work which will incorporate tennis. **Theme:** Development of basic skills leading to short tennis games.
STRIKING & FIELDING Pupils will experience one unit of work which will incorporate cricket and rounders. **Theme:** Introduction the games, basic skills and rules.	Pupils will experience one unit of work which will incorporate cricket and rounders. **Theme:** Developing defending skills and principles.

YEAR 7	***YEAR 8***
ATHLETICS Pupils will experience one unit of work which will incorporate running, jumping and throwing techniques. **Theme:** Target setting – this will involve pupils setting and meeting personal and group targets through challenges and competitions.	Pupils will experience one unit of work which will incorporate running, jumping and throwing techniques. **Theme:** Improved skill acquisition – this will involve pupils improving on their personal best performances using precision, speed, power and stamina.
DANCE Pupils will experience two units of work through expressive arts lessons. These units will incorporate composing, performing and appreciating. **Theme:** Different styles of dance – contemporary, cheerleading, cultural dances.	Pupils will experience two units of work through expressive arts lessons. These units will incorporate composing, performing and appreciating. **Theme:** Ballet, contemporary, street based dance
GYMNASTICS Pupils will experience one unit of work which will incorporate floor work only. **Theme:** Flight – this can include flight onto, off of and over apparatus and partner assisted flight.	Pupils will experience one unit of work which will incorporate floor work and apparatus work. **Theme**: Sports acrobatic gymnastics – this will involve sequence composition using partners to achieve counter balance and counter tension.
ADVENTURE & CHALLENGE (H.B.P.E) Pupils will experience one unit of work which will incorporate health related fitness activities. **Theme:** SAQ fitness activity circuit – this will involve the pupils preparing and recovering from exercise and recording and improving their personal fitness.	Pupils will experience two units of work which will incorporate outdoor and adventurous activities **Theme:** Leadership skills and problem solving – this will involve group work and team exercises to solve problems and develop leadership.
GAMES	
INVASION Pupils will experience four units of work which will incorporate Netball, football, rugby, hockey and basketball. **Theme:** The principles of attack and defence	Pupils will experience five units of work which will incorporate Netball, football, rugby, hockey and basketball. **Theme:** Set plays & responding to changing situations.
NET Pupils will experience three units of work which will incorporate badminton, tennis and volleyball. **Theme:** Adapting, developing and applying new skills.	Pupils will experience two units of work which will incorporate tennis and volleyball. **Theme:** The principles of attack and defence.
TRIKING & FIELDING Pupils will experience two units of work which will incorporate cricket and rounders. **Theme:** Development of attacking skills and principles.	Pupils will experience two units of work which will incorporate cricket and rounders. **Theme:** Tactical awareness throughout the game.