WLA PE Vision

At Westlakes Academy, our vision is to create a PE department that inspires every student to develop a lifelong love of physical activity, sport, and wellbeing. We aim to provide inclusive, high-quality experiences that challenge and support all learners, helping them to grow in confidence, resilience, and teamwork. Through a broad and balanced curriculum, we want students to develop the knowledge, skills, and fitness needed to lead active and healthy lifestyles and experience a wide range of sports and activities, encouraging them to find their passion. Learn the values of respect, fair play, perseverance, and leadership. To recognise the importance of physical, social, and mental wellbeing.

Take pride in representing themselves and the academy in both curricular and extra-curricular sport.

Ultimately, our vision is to empower students at West Lakes Academy to leave school with not only physical competence but also the character, confidence, and motivation to thrive in life.

Year 13 – students demonstrate mastery in both practical performance and theoretical understanding. They engage in extended projects, coaching programs, and research tasks that require critical thinking, advanced tactical application, and personal responsibility. Senior competitive fixtures and enrichment opportunities challenge students to reach their highest potential.

Year 12 – Year 12 students take ownership of their development, applying theoretical knowledge to practice and engaging in independent projects such as fitness programming, performance analysis, and tactical studies. Lessons demand high-level problem-solving, critical thinking, and self-directed learning. Students are challenged to compete at senior levels and push personal performance benchmarks.

Year 11 –
In Year 11, students focus on mastery of skills, consistently applying tactics under pressure and maintaining high levels of fitness. They set ambitious personal performance targets and are expected to monitor and evaluate their progress. Competitive opportunities, including inter-house and regional fixtures, allow students to test themselves against strong opposition and refine resilience and determination.

Year 10 – Year 10 students refine advanced techniques and apply higher-order tactical thinking in complex game scenarios. They are encouraged to specialize in selected activities while maintaining exposure to a broad curriculum. Personalized fitness and performance goals help students push their capabilities, with lessons designed to enhance resilience, problem-solving, and strategic awareness. Competitive fixtures and inter-house tournaments offer further challenging contexts.

Year 9 – in Year 9, students are expected to demonstrate increased independence in applying skills and tactics. Tasks require adaptability, resilience, and higher-level problem-solving. Students push their physical and mental boundaries through more demanding fitness challenges, competitive fixtures, and regional events. Lessons encourage self-assessment and goal-setting to ensure continuous progression toward more advanced competencies.
Students can express individuality through creative activities and performance tasks, such as choreographing routines or designing innovative strategies. Leadership opportunities expand to include mentoring younger students, leading sessions, and officiating. Students also articulate tactical understanding and performance evaluation through structured reflection and peer feedback. Overall, Year 9 PE combines higher-level challenge with advanced expression opportunities, preparing students for the greater demands of Key Stage 4 while fostering independence and leadership.

Year 8 – Year 8 students build upon the skills developed in Year 7, with more complex tasks that require strategic thinking and application of tactics in games. They are encouraged to take ownership of their progression through personal best challenges, fitness tracking, and targeted skill improvement. Competitive scenarios, both within lessons and through inter-house competitions, provide realistic contexts for students to test and extend their abilities. Students are given more freedom to express creativity, for example through choreographing routines in dance or designing strategies in team games. Leadership is further developed, with opportunities to manage small groups and mentor peers. Reflection and discussion activities allow students to articulate tactical thinking and performance evaluations in detail. Overall, Year 8 PE promotes deeper challenge and richer opportunities for self-expression, encouraging students to develop independence, confidence, and creativity.

Year 7 – in Year 7, students are introduced to a wide range of sports and activities that help them develop fundamental skills. They face progressive challenges that build from basic techniques to more structured game situations. Students are encouraged to set personal goals and track improvements in fitness and skill, helping them build confidence and resilience. Inter-house competitions and small-group challenges provide opportunities for students to test themselves in a supportive environment. Students can express themselves creatively through activities such as dance, gymnastics, and problem-solving tasks. Leadership opportunities, such as leading warm-ups or officiating games, allow students to communicate their ideas and demonstrate initiative. Peer and self-assessment activities encourage reflection on performance and provide students with a voice in evaluating their own and others' achievements. Overall, Year 7 PE ensures students are consistently challenged while providing numerous ways for them to express creativity, leadership, and individuality, laying a strong foundation for future development.