



Physical Education

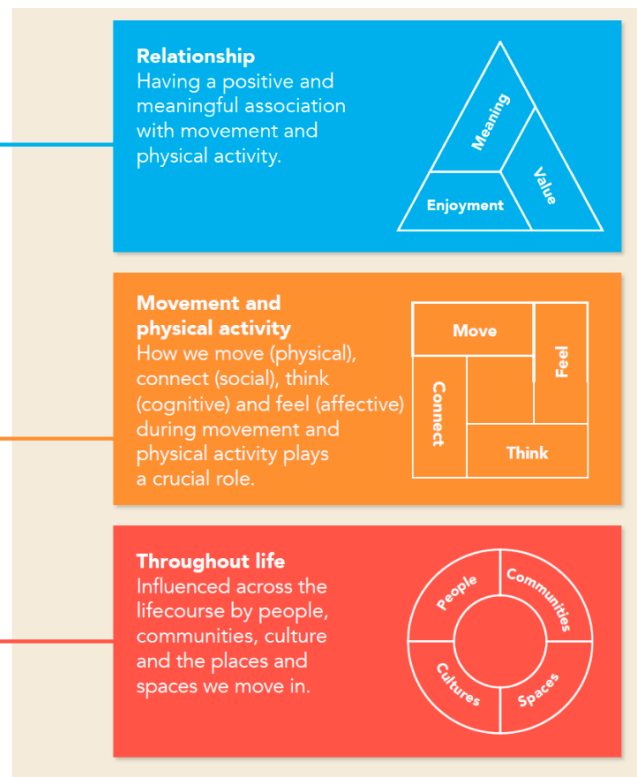
Curriculum Intent Statements

2026

Core PE

Physical literacy underpins our Core Physical Education curriculum intent because our aim is for all young people to develop a positive relationship with movement and physical activity that will support them to be active throughout their lifespan.

Physical literacy
is our **relationship**
with **movement**
and **physical activity**
throughout life.



Physical Education is about much more than being physically fit or skilled at sport. It combines five interconnected elements:



Wanting to be active and engage in movement.

Believing you can participate and succeed.

Having the movement skills and physical capabilities needed for an activity.

How to perform movement skills, rules & regulations, tactics, health and fitness, why physical activity is important, how to participate safely and effectively.

Through the Core PE curriculum, we aim to develop the knowledge, understanding and skills listed in the following table:

Knowledge & understanding	Skills
• How to safely prepare for exercise. • Components of physical fitness. • Types of training. • Basic elements of anatomy and physiology. • Health benefits of regular exercise. • Correct techniques for performing core skills and advanced skills related to different activities. • Rules and regulations. • Tactics and strategies. • Features of effective teams. • Transferring conceptual learning to other areas of life, e.g. responsibility, marginal gains, accountability.	• Fundamental movement skills, e.g. running, jumping, throwing and catching. • Activity-specific core skills and advanced techniques, e.g. different shots in badminton. • Decision making and adaptability when performing in different situations. • Problem solving. • Analysing and evaluating performance. • Life skills, e.g. leadership, teamwork, communication, fair play, respect, resilience, growth mindset



Physical Education Examination Courses

Our PE exam courses at Key Stage 4 and Key Stage 5 deliver qualifications that provide students with the knowledge, skills and understanding they need to pursue further education and / or employment in the sport, exercise and wellbeing industry.

Key Stage 4: GCSE PE

Knowledge & understanding	Skills
Exam Paper 1 • Anatomy & Physiology – skeletal, muscular, cardiovascular and respiratory systems • Short & long-term effects of exercise • Levers, planes and axes of movement • Aerobic and anaerobic exercise • Short & long-term effects of exercise • Fitness components • Fitness tests • Types of training • Principles of training • Warm up and cool down • Preventing injuries • Hazards in different sport settings Exam Paper 2 • Factors affecting participation in physical activity and sport • Commercialisation of sport • Sponsorship and the media • Ethics in sport • Drugs in sport • Skilful movement and skill classifications • Goal setting (SMART) • Mental preparation for sport • Types of guidance • Types of feedback • Health, fitness and wellbeing • Nutrition & hydration / dehydration Practical Performance • Correct techniques for different sports • Tactics & strategies for different sports • Rules, regulations and scoring systems in different sports • Safe participation and risk management	• Sport-specific core and advanced skills for practical assessment • Applying skills and tactics in competitive situations (decision making & execution) • Effective use of sport-specific tactics/strategies • Communication and teamwork • Performance observation, analysis and evaluation • Administering and recording fitness tests • Correct use of GCSE PE (sport science) terminology • Acting on feedback to improve written work • Exam techniques, e.g. interpreting performance data from graphs, extended written responses • Time management and organisation to support revision (exam preparation)

Key Stage 5: Level 3 BTEC National Extended Certificate in Sport

Knowledge & understanding	Skills
• Anatomy and physiology (body systems) - skeletal, muscular, cardiovascular, respiratory, and energy systems • Short and long-term effects of exercise on the body • How the different body systems interrelate • The effects of lifestyle choices on health and well-being • Lifestyle modification techniques • Nutrition for health and well-being • Training methods and principles • Career pathways and job opportunities in the sport industry • Successful recruitment techniques (job applications and interviews) • Principles and ethics of fitness testing • Specific fitness tests for different fitness components	• Exam techniques, e.g. extended written responses • Skills auditing to inform a career development action plan • Completing a job application in the sport industry • Preparing for, completing, and reviewing own performance in a job interview • Presenting to an audience • Report writing • Analysing and interpreting health screening information • Designing exercise programmes for specific individual needs • Administration of fitness tests using accurate, reliable methods • Analysing and interpreting fitness test data • Providing written feedback from fitness testing results to an individual