PE Curriculum Intent (outcome groups)

Our examination PE curriculum is ambitious, inclusive, and designed to maximise achievement for all students. Through a balance of practical performance and academic study, students develop the knowledge, skills, and confidence needed to succeed in further education, employment, and lifelong participation in physical activity.

We intend for students to:

- Develop a lifelong passion for PE and sport
- Gain a broad understanding of sport and physical activity beyond their role as a performer.
- Confidently communicate and apply subject-specific terminology through both written and verbal responses.
- Understand the structure and function of the human body and its response to exercise.
- Evaluate the factors that influence performance, health, and wellbeing.
- Develop the knowledge, understanding, and practical skills required to perform at their highest level.
- Build strong foundations in key concepts and skills that prepare them for successful progression through Key Stage 4 qualifications.

PE Curriculum Implementation

We deliver our curriculum through:

- Carefully sequenced schemes of learning that build on prior knowledge and promote long-term retention.
- Planned retrieval and interleaving opportunities to strengthen understanding over time.
- High-quality teaching that engages, challenges, and supports all learners.
- Effective assessment and feedback that identify misconceptions and accelerate progress.
- A structured assessment framework that tracks achievement and informs intervention.
- Robust quality assurance processes that monitor progress and improve outcomes.
- Targeted support programmes that ensure all students can achieve their potential.
- Academic and vocational pathways that meet the needs and aspirations of individual learners.

KS 4	**OCR GCSE PE**	**OCR Cambridge National Sport Science**
KS 5	OCR A level PE	OCR AAQ Health and Social Care

OCR A-LEVEL PE
LEARNING JOURNEY

KNOW IT · UNDERSTAND IT · APPLY IT · EXCEL

Your journey through OCR A-Level PE over Years 12 and 13.

Learn. Grow. Perform.

YEAR 12

PAPER 1 – PHYSIOLOGY OF EXERCISE

AUTUMN TERM

1. Skeletal and muscular systems → EOUT
2. Cardiovascular and respiratory systems → EOUT

SPRING TERM

3. Diet, nutrition and ergogenic aids → EOUT
4. Preparation and training methods → EOUT
5. Part 2 – preparation and training → EOUT

SUMMER TERM

6. Biomechanics → EOUT
7. Technology and biomechanics → **End of Y12 examinations** (mocks) in June

PAPER 2 – PSYCHOLOGY FOR PE

1. Sports psychology – individual differences (personality and aggression) → EOUT
2. Sports psychology – individual differences (arousal, attitudes, social facilitation) → EOUT
3. Skill acquisition – skill classification, types of practice, stages of learning → EOUT
4. Skill acquisition – theories of learning, feedback and guidance → EOUT
5. Skill acquisition – theories of learning, feedback and guidance → EOUT
6. End of Y12 examinations (mocks) in June & EAPI revision

PAPER 3 – SOCIO-CULTURAL ISSUES IN SPORT

1. Emergence and evolution of modern sport and pre-industrial sport & pastimes → EOUT
2. Emergence and evolution of sport; post 1850 industrial Britain → EOUT
3. 20th century sport and pastimes, modern Olympics part 2 → EOUT
4. 21st century sport and pastimes → EOUT
5. Global events: modern Olympics and hosting global events → EOUT
6. End of Y12 examinations (mocks) in June

YEAR 13

AUTUMN TERM

SPRING TERM

PAPER 1 – PHYSIOLOGY OF EXERCISE

1. Energy for exercise, environmental effects on body systems → EOUT
2. Linear and angular motion, fluid dynamics, and injury prevention → EOUT
3. New technology, diet, nutrition, and ergogenic aids → EOUT

PAPER 2 – PSYCHOLOGY FOR PE

1. Sports psychology – leadership in sport, team dynamics, attribution → EOUT
2. Sports psychology EAPI, social facilitation, stress management → EOUT
3. Memory models recap, goal setting, Vealey's Model → EOUT

PAPER 3 – SOCIO-CULTURAL ISSUES IN SPORT

1. Contemporary issues in sport – ethics and deviance, drugs and doping, violence in sport, gambling in sport → EOUT
2. CLEGITT Emergence of sport refresh and new C21 → EOUT
3. Contemporary issues in sport – routes to sporting excellence in the UK, modern technology → EOUT

All will be followed by practical moderations and **EAPI** during this term.

Revision and exam preparation will be the remainder of content covered during the second half of the spring term, into the summer term, until the summer exams.

KNOW IT • UNDERSTAND IT • APPLY IT • EXCEL

Prepare today, perform tomorrow. Be the difference.