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

V1 Sept 25-June 27

GCSE PE
Year 10 Curriculum plan

Based on 5 lessons over a fortnight [39- weeks]
RTH = Recommended teaching hours
Paper 1
Paper 2
NEA

Terms	Theory	RTH	NEA	RTH
Autumn 1	Components of fitness Principles of training Optimising training (methods of training) Exam technique AEP Intro & Evaluation	4 2 4 1 2	Components of fitness Optimising training (methods of training) AEP	2 1 1
Autumn 2	Goal Setting Participation in physical activity and sport Physical activity and sport in the UK (strategies and trends) Commercialisation in sport AEP Analysis	2 3 2 3 2	AEP catch up Practical	1 4
Spring 1	Prevention of injury Optimising training (warm-ups and cool downs) 6-mark questions Exam technique AEP Overview	3 2 1 1 2	AEP catch up Practical	1 5
Spring 2	Structure and function of the skeletal system Structure and function of the muscular system Health, fitness and well-being Diet and nutrition 2	3 2 2 2 2	AEP catch up Practical	2 2
Summer 1 Year 10 mock exams Trust paper [Paper 1 & Paper 2] No content from this half-term to be on the exams.	Classification of skill Characteristics of Skilful movement AEP Part 2 Lessons lost to exam period	2 2 2	AEP catch up Practical	2 2
Summer 2	Mental preparation Guidance and feedback Ethics in sport (sportsmanship/Gamesmanship) AEP Part 3	2 5 1 2 4	Athletics Assessment	3 1

GCSE PE
Year 11 Curriculum plan

Based on 6 lessons over a fortnight [39- weeks]
RTH = Recommended teaching hours
Paper 1
Paper 2
NEA

Terms	Theory	RTH	NEA	RTH
Autumn 1	Aerobic and anaerobic exercise (disc reading) Structure and function of the cardiovascular system Structure and function of the respiratory system Retrieval practice and revision	2 3 1 1 1 2	Practical Period 6 Trampolining, Shot, Netball AEP Planning Part 5 Movement Analysis Part 3 Part 4	7
Autumn 2 Year 11 mocks-Trust paper [Paper 1 & Paper 2] No content from this half-term to be included in exams.	Retrieval for mock exams Effects of exercise on body systems Ethics in sport (drugs in sport) Ethics in sport (deviance/violence) Movement analysis (Planes and Axes) Movement analysis (Levers) Trends in Sport – Sport England data	1 3 2 1 2	Practical Period 6 Trampolining, Shot, Netball AEP Write up ready for mock DC entry Part 5 Movement Analysis Part 3 Part 4	7
Spring 1	Re-teach weak topics from QLA from Mock exams Exam technique Exam paper practice		Practical – moderation ready	6
Spring 2 Recommend full past paper assessments for Paper 1 and Paper 2	Re-teach weak topics from QLA from Mock exams Exam technique Exam paper practice		**SUBMIT NEA GRADES by 15th March** Practical moderation ready	
Summer 1 Paper 1 – Examination	Re-teach weak topics from QLA on Mock exams Exam technique Exam paper practice			
Summer 2 Paper 2 – Examination	Paper 2 preparation time			

V2 2026-2028

GCSE PE
Year 10 Curriculum plan

Based on 5 lessons over a fortnight [39- weeks]
RTH = Recommended teaching hours
Paper 1
Paper 2
NEA

Terms	Theory	RTH	NEA	RTH
Autumn 1 **7-weeks**	Components of fitness Principles of training Optimising training (methods of training) Exam technique AEP Intro & Evaluation	4 2 4 1 2	Components of fitness Optimising training (methods of training) AEP	2 1 1
Autumn 2 **7-weeks**	Goal Setting Participation in physical activity and sport Physical activity and sport in the UK (strategies and trends) AEP Analysis	2 3 2 2	AEP catch up Practical	1 4
Spring 1 **6-weeks**	6-mark questions Exam technique Prevention of injury Optimising training (warm-ups and cool downs) AEP Overview	1 1 3 2 2	AEP catch up Practical	1 5
Spring 2 **5-weeks**	Health, fitness and well-being Structure and function of the skeletal system AEP Assessment	2 3 2	AEP catch up Practical	2 2
Summer 1 **7-weeks** Year 10 mock exams Trust papers Start 19th April [Paper 1 & Paper 2] No content from this half-term to be on the exams.	Structure and function of the muscular system Classification of skill Characteristics of Skilful movement AEP Movement analysis *Lessons lost to exam period*	2 2 2 2	AEP catch up Practical	2 2
Summer 2 **7 weeks**	Diet and nutrition Structure and function of the respiratory system Structure and function of the cardiovascular system AEP Action plan	2 3 5 4	AEP catch up Practical	3 1

GCSE PE
Year 11 Curriculum plan

Based on 6 lessons over a fortnight [39- weeks]
RTH = Recommended teaching hours
Paper 1
Paper 2
NEA

Terms	Theory	RTH	NEA	RTH
Autumn 1 **7-weeks**	Aerobic and anaerobic exercise Effects of exercise on body systems Movement analysis (Planes and Axes) Movement analysis (Levers) 6-mark questions Exam technique Retrieval practice Paper 1 and revision	1 2 3 2	Practical	7
Autumn 2 **7-weeks** Year 11 mocks-Trust paper Start 16th Nov [Paper 1 & Paper 2] No content from this half-term to be included in exams.	Retrieval for mock exams Mental preparation Guidance and feedback *Lessons lost to exam period*	6 2 3	Practical	7
Spring 1 **6-weeks**	Commercialisation in sport Ethics in sport (drugs in sport) Trends in Sport – Sport England data update Ethics in sport (sportsmanship/Gamesmanship) Ethics in sport (deviance/violence)	3 1 1 1 1	Practical – moderation ready	6
Spring 2 **5-weeks** Recommend full past paper assessments for Paper 1 and Paper 2	Re-teach weak topics from QLA from Mock exams Exam technique Exam paper practice		**SUBMIT NEA GRADES by 15th March** Practical moderation ready	
Summer 1 **7-weeks** Paper 1 – TBC	Re-teach weak topics from QLA on Mock exams Exam technique Exam paper practice			
Summer 2 Paper 2 – TBC	Paper 2 preparation time			