Core PE Curriculum: (Years 7–11)

This guide explains what students will learn in Core Physical Education (PE) from Year 7 to Year 11. It outlines the key knowledge and skills students will develop, and why these are important for their physical, social, and academic growth. Our aim is to help students enjoy being active, understand how their bodies work, and build habits that support lifelong health and wellbeing.

Year 7 – Building Foundations

In Year 7, students are introduced to a wide range of physical activities including team sports, dance, fitness, and gymnastics. They develop fundamental movement skills such as coordination, balance, agility, and control. They also begin to understand basic rules, tactics, and teamwork. This year lays the groundwork for more advanced techniques and decision-making in later years. Students also learn about the importance of warming up, cooling down, and exercising safely.

Year 8 – Developing Skills and Understanding

In Year 8, students build on the skills learned in Year 7 by applying them in more challenging situations. They explore more complex tactics in games, refine their techniques, and begin to evaluate their own and others' performances. They also learn more about how the body responds to exercise, including the role of muscles, joints, and the cardiovascular system. This prepares them for the theoretical content in examination PE and helps them make informed choices about physical activity.

Year 9 – Applying Knowledge and Leading Others

Year 9 focuses on applying knowledge in a variety of contexts. Students take on more responsibility for their learning, including leading warm-ups, officiating games, and giving feedback. They continue to develop their physical skills while also learning about training methods, fitness components, and how to improve performance. This year encourages independence and prepares students for leadership roles and further study in PE.

Year 10 – Personalised Pathways and Lifelong Fitness

In Year 10, students begin to personalise their PE experience by choosing activities that suit their interests and goals. They focus on maintaining and improving their fitness, understanding how to train effectively, and setting personal targets. They also explore the social and mental benefits of physical activity. This year supports students in developing a positive attitude towards lifelong participation in sport and exercise.

Year 11 – Preparing for the Future

Year 11 helps students consolidate their learning and prepare for life beyond school. They reflect on their progress, refine their skills, and take part in activities that promote teamwork, resilience, and leadership. They also learn how to stay active after leaving school, including how to access local facilities and create personal fitness plans. This final

year of Core PE ensures students leave with the knowledge and confidence to lead healthy, active lives.

Why Core PE Matters

Core PE is about more than just playing sports. It helps students develop physical competence, confidence, and a love of movement. It teaches them how to look after their bodies, work with others, and overcome challenges. By the end of Year 11, students will have the skills and knowledge to stay active, healthy, and engaged in physical activity for life.

GCSE PE: Powerful Knowledge and Rationale

GCSE Physical Education (PE) is more than just playing sports – it's about understanding how the body works, how to improve performance, and how physical activity contributes to a healthy lifestyle. This guide explains the key knowledge students will gain during the GCSE PE course and why it matters. It's designed to help students and parents understand the purpose and progression of learning in PE from Year 10 to Year 11.

What is Powerful Knowledge in GCSE PE?

Powerful knowledge in GCSE PE refers to the core concepts, theories, and skills that help students understand and apply physical education beyond the classroom. This includes anatomy and physiology, movement analysis, training methods, health and fitness, and the social and psychological aspects of sport. It also includes the ability to analyse performance, apply theoretical knowledge to practical situations, and understand the impact of sport on individuals and society.

Year 10 – Building the Foundations

In Year 10, students begin to explore the scientific and theoretical side of PE. They learn about the structure and function of the skeletal, muscular, cardiovascular, and respiratory systems. This knowledge helps them understand how the body responds to exercise and how to improve performance safely and effectively. Students also study components of fitness, methods of training, and principles of training, which are essential for designing and evaluating fitness programmes.

Practical lessons support this learning by allowing students to apply theory in real sporting contexts. For example, understanding how muscles work during a sprint or how the heart rate changes during a game of football. This combination of theory and practice helps students make meaningful connections and prepares them for more complex topics in Year 11.

Year 11 – Applying and Extending Knowledge

In Year 11, students build on their Year 10 knowledge and begin to apply it in more depth. They study movement analysis, including levers, planes and axes of movement, and how

biomechanics influence performance. They also explore the psychological factors that affect participation and performance, such as motivation, goal setting, and mental preparation.

Students learn about socio-cultural influences on sport, including the role of media, sponsorship, and the impact of sport on society. They also study health, fitness, and well-being, including the consequences of a sedentary lifestyle and how to maintain a balanced diet for performance and health.

Why This Knowledge Matters

The knowledge gained in GCSE PE helps students become more informed, reflective, and responsible participants in physical activity. It supports their understanding of how to train effectively, how to avoid injury, and how to maintain a healthy lifestyle. It also prepares them for further study in PE, sport science, or health-related careers.

Beyond academic benefits, GCSE PE helps students develop transferable skills such as teamwork, communication, leadership, and resilience. These are valuable in all areas of life and future employment.

Assessment and Progression

GCSE PE is assessed through a combination of written exams and practical performance. Students are assessed in three sports and complete a written analysis and evaluation of performance (AEP). The theoretical content is assessed through two exam papers covering all the topics studied.

Success in GCSE PE can lead to A-Level PE, BTEC Sport, or other qualifications in health and fitness. It also provides a strong foundation for careers in physiotherapy, sports coaching, teaching, fitness training, and more.

Cambridge National in Sport Studies

The Cambridge National in Sport Studies is designed to give students a broad and practical understanding of the sports industry. This guide outlines the key knowledge students will gain throughout the course and explains how this learning supports their development, both academically and personally. It is written to help students and parents understand the purpose and value of the course.

What Will Students Learn?

Throughout the Cambridge National in Sport Studies, students will explore a range of topics that build powerful knowledge in sport. This includes understanding the role of sport in society, developing leadership and communication skills, and learning how to plan, deliver, and evaluate sports activities. The course is structured to ensure that students develop both theoretical understanding and practical ability.

Core Units and Their Purpose

1. Contemporary Issues in Sport:
   - Students explore current topics such as participation barriers, the role of national governing bodies, and the impact of media on sport.
   - This unit helps students understand how sport fits into wider society and encourages critical thinking about fairness, inclusion, and ethics.

2. Developing Sports Skills:
   - Students develop their own performance in individual and team sports, learning how to apply rules, tactics, and techniques.
   - This unit builds confidence, resilience, and teamwork—skills that are valuable in all areas of life.

3. Sports Leadership:
   - Students learn how to plan and lead sports sessions, developing communication, organisation, and leadership skills.
   - This unit prepares students for roles in coaching, teaching, or mentoring, and supports personal growth and responsibility.

4. Working in the Sports Industry (optional):
   - Students explore different career paths in sport and the qualifications and skills needed for each.
   - This unit helps students make informed decisions about their future and understand the opportunities available to them.

How This Course Prepares Students for the Future

The Cambridge National in Sport Studies provides a strong foundation for further study in sport, such as A-Level PE or vocational qualifications. It also supports progression into apprenticeships and careers in coaching, fitness, teaching, and sports development. The course encourages students to be reflective, resilient, and responsible—qualities that are essential for success in any field.

By combining practical experience with theoretical knowledge, students gain a well-rounded understanding of sport and its impact. They learn how to analyse performance, give and receive feedback, and work effectively as part of a team. These skills are not only useful in sport, but also in education, employment, and everyday life.

A-Level PE: Powerful Knowledge and Rationale

This guide is designed to help students and parents understand the key knowledge and rationale behind the A-Level Physical Education (PE) curriculum. The course is structured around three core components: Physiological Factors, Psychological Factors, and Socio-Cultural Issues. Each component builds essential knowledge and skills that support progression into higher education, careers in sport and health, and lifelong physical literacy.

1. Physiological Factors

This component focuses on the science of how the body functions and adapts during physical activity. Students explore anatomy and physiology, exercise physiology, and biomechanics. They learn how the cardiovascular, respiratory, muscular, and skeletal systems work together to support movement and performance. Students also study training methods, energy systems, and recovery strategies to understand how athletes prepare for and recover from performance.

Biomechanics introduces students to the principles of motion, force, and levers, helping them analyse sporting techniques and improve performance. This knowledge is essential for careers in sports science, physiotherapy, coaching, and fitness training.

2. Psychological Factors

This component explores the mental and emotional aspects of performance. Students study theories of motivation, arousal, anxiety, and personality, and how these influence participation and success in sport. They also learn about group dynamics, leadership styles, and goal setting, which are crucial for team sports and coaching roles.

Understanding psychological preparation helps students develop strategies to manage pressure, improve focus, and enhance confidence. These skills are transferable beyond sport, supporting academic performance, personal development, and future employment.

3. Socio-Cultural Issues

This component examines the role of sport in society and how it reflects and influences cultural values. Students explore the history of sport, the development of modern sport, and the impact of social factors such as class, gender, ethnicity, and media.

They also study contemporary issues like commercialisation, ethics, and the role of technology in sport. This helps students understand the broader context of sport and its influence on identity, inclusion, and global culture.

This knowledge supports careers in sports journalism, teaching, event management, and policy-making, and encourages students to become informed and responsible participants in sport and society.