Curriculum overview core PE

Intent

Our aim for core PE is to provide an inclusive and ambitious movement-based curriculum that enables all students to develop as physically educated individuals.

Through a broad range of sport, activities and experiences, students learn to:

- Move: Develop physical competence, confidence and adaptability across a variety of movement contexts.
- Think: Apply knowledge, tactics, creativity and decision-making to solve problems and improve performance.
- Feel: Build confidence, resilience, motivation and a positive sense of self through participation and achievement.
- Connect: Develop teamwork, leadership, communication and respect for others whilst contributing positively to their community.

We believe PE should inspire enjoyment and foster lifelong participation. Students are encouraged to discover activities they value and understand how physical activity contributes to physical health, mental wellbeing and social connection.

Implementation

The PE curriculum is carefully sequenced to ensure students revisit and build upon knowledge, skills and experiences throughout their time at Wyedean.

Students experience a wide range of activities that develop movement competence, personal qualities and transferable life skills. Learning is structured around progressively challenging experiences that allow every student to experience success while being appropriately challenged.

In every lesson, students engage with the four interconnected elements of our curriculum:

- Move – developing physical skills, fitness and movement competence.
- Think – applying tactics, decision-making and reflective learning.
- Feel – developing confidence, resilience and self-awareness.
- Connect – collaborating with others, demonstrating leadership and showing respect.

Leadership opportunities are embedded throughout the curriculum. Students officiate, coach, organise and support others within lessons, while further opportunities are available through Sports Leaders programmes, primary school partnerships and extracurricular activities.

Beyond the curriculum, students can personalise their PE journey through an extensive enrichment programme. Recreational clubs encourage participation and enjoyment, while competitive teams and fixtures provide opportunities for students wishing to pursue performance pathways. Domestic and international tours further enrich students' experiences and create lasting memories.

Assessment in Core PE

Assessment at Wyedean PE reflects the full breadth of learning and achievement. Through a combination of teacher assessment, self-assessment and peer reflection, students are encouraged to recognise their strengths, set goals and take ownership of their progress.

Rather than focusing solely on physical performance, assessment is centred on our four dimensions of Move, Think, Feel and Connect, enabling students to demonstrate growth in physical competence, decision-making, resilience, confidence, teamwork and leadership.

This holistic approach allows teachers to celebrate progress across a wide range of skills and experiences, ensuring every student has the opportunity to experience success and understand their personal development journey in PE.

Move • Think • Feel • Connect

Through assessment for learning, assessment of learning, and assessment as learning.

Year Group	Curriculum Theme	Move	Think	Feel	Connect
7	**Discover**	Move with confidence across a variety of activities.	Think with curiosity and begin problem-solving.	Feel included and willing to try new challenges.	Build positive relationships through teamwork and cooperation.
8	**Develop**	Refine movement skills and apply them in different contexts.	Think creatively and make informed decisions.	Develop motivation and self-belief through success and reflection.	Work effectively with others and value different contributions.
9	**Challenge**	Adapt and perform skills with determination and purpose.	Think strategically and solve increasingly complex challenges.	Feel empowered to lead, take risks and demonstrate resilience.	Collaborate positively and contribute to team success.
10	**Lead**	Apply skills confidently across performance, fitness and leadership contexts.	Analyse performance and make informed improvements .	Take responsibility for personal development and progress.	Lead, coach and support others effectively.
11	**Thrive**	Sustain engagement in physical activity through informed choices.	Evaluate performance and apply knowledge independently.	Demonstrate resilience, confidence and lifelong participation habits.	Contribute positively to teams, communities and future opportunities.

Impact

Students leave Wyedean as physically literate young people who have the confidence, motivation and knowledge to lead active lives.

They demonstrate:

- Competence and confidence in a range of physical activities.
- The ability to think strategically, solve problems and make informed decisions.
- Resilience, self-belief and a positive attitude towards challenge.
- Effective communication, leadership and teamwork skills.
- An understanding of the value of physical activity for lifelong health and wellbeing.

Success in PE is measured not simply by sporting achievement, but by the extent to which students develop the confidence, capability and desire to remain physically active throughout their lives.

Our curriculum ensures that every student is recognised, supported and challenged, enabling all learners to experience success and leave school with positive relationships with movement, activity and sport.