



Subject Knowledge Audit:
Physical Education
2026/2027

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INTRODUCTION

The subject knowledge audit

This audit will support you to become a subject expert in Physical Education, it will help you;

- monitor your progress of foundational concepts in your subject,
- encourage you to reflect on your strengths and areas for development,
- enable you to set informed targets to support your ongoing practice.

The features of subject knowledge

The subject knowledge audit aims to capture your declarative (**know what**) and procedural knowledge (**know how**) in several areas including **curriculum** and **pedagogy**.

Making accurate judgments

At first, you may find it difficult to make accurate judgements about your level of subject knowledge. As the course progresses through the developing, consolidating and enhancing phases you may also have higher expectations of what level of knowledge is required. This audit is designed to help you reflect and is used to formatively support your progress. It is **not assessed** and therefore you should reflect as honestly and openly as possible.

When identifying your level of subject knowledge and completing the audit you should consider:

- your previous teaching experience and participation in a range of activity areas (e.g., previous experience in schools, coaching roles, participation and recreation activities)
- your current teaching experience (e.g., work experience in schools, University placements)
- your recognised qualifications and professional certificates (e.g., NGB awards, undergraduate modules or professional development in the workplace)
- Subject specific workshops on the PGCE course
- Observations, team teaching and professional discussions during PGCE course
- Your independent research and assignments (e.g., books, websites, journals)
- Professional development and National Governing Body (NGB) courses

Entries in your audit

There are six data entry points over the course of the year. You will complete the first data entry point at interview.

- 1) At interview
- 2) ITR (September)
- 3) PRP1 (November)
- 4) PRP2 (January)
- 5) PRP3 (April)
- 6) PRP4 (June)

Levels of Subject Knowledge

The audit identifies four levels of subject knowledge. These range from Level 4 up to level 1 as the highest level. You will need to fill in this self-assessment before the course begins and at the end of each stage. Update the audit regularly.

Level	Description
4	Weak – you have little or no knowledge of this area. You will need to research and revise this topic in advance of teaching at any level.
3	An area requiring improvement – you have some knowledge of this area, but it may not be informed by much wider research and is insecure. You only feel confident to teach the material to KS3 standard.
2	Fair – you have a fair knowledge of this area and would be confident explaining it to students, probably at GCSE level. You have done some specific reading/had professional discussions about this issue.
1	Secure – you have a secure/deep knowledge of this area and could explain, model and teach it confidently and effectively to students.

SUBJECT KNOWLEDGE AUDIT FOR PHYSICAL EDUCATION

My Subject Knowledge Audit (Add additional activities as required)

ACTIVITY	Notes	Confidence Level				
		Interview	PRP1 Nov	PRP2 Jan	PRP3 April	PRP4 June
CURRICULUM (Content Knowledge)						
<i>Example:</i> <i>Badminton</i>	<ul style="list-style-type: none"> <i>September 2024 - Attended Badminton University Session</i> <i>November 2024 - Planned and delivered a KS3 Unit of work</i> <i>April 2025 - Attended a BISI Badminton Course for Teachers</i> <i>May 2025 - Attended GCSE moderation day</i> 	4	3	3	2	2
Invasion Games						
Basketball						
Football						
Handball						
Hockey						
Lacrosse						
Netball						
Rugby						
Other						
Net and Wall Games						

Badminton						
Table Tennis						
Tennis						
Squash						
Volleyball						
Other						
Striking and Fielding Game						
Cricket						
Softball						
Rounders						
Golf						
Other						
Aesthetic Activities						
Dance						
Cheerleading						
Gymnastics						
Trampolining						
Other						
Outdoor Adventurous Activities						
Team building						
Orienteering						
Duke of Edinburgh						
Other						
Athletic Activities						
Sprinting						

Distance running						
Hurdling						
Throwing Events						
Jumping Events						
Sportshall Athletics						
Other						
Aquatic Activities						
Swimming						
Water Polo						
Lifesaving						
Other						
Health Related PE						
Circuits						
Strength and Conditioning						
Pilates						
Spinning						
Yoga						
Other						
Theoretical Components						
History of PE						
Anatomy and Physiology						
Psychology						
Biomechanics						
Skill Acquisition						

Contemporary issue in PE						
Other						
PEDAGOGY (Pedagogical Knowledge)						
Moston and Ashworth's spectrum of teaching styles						
Models Based Practice						
Meaningful PE						
Social Justice in PE						
Adaptive practice for specific groups						
OTHER						
PE policy (National Curriculum)						
Physical literacy						
Cross curricular links (Literacy / Numeracy)						
Safe practice in PE						
Extra-curricular, enrichment and wider responsibilities						
Healthy Active Lifestyles (Physical activity)						

recommendations, diet, sleep, nutrition)						
Motor Competence (Fundamental Movement Skills)						
Sports Leaders						