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**Empowering
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Summer 2026

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Summer 2026

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Physical Education Leadership

T0002 Outstanding Leadership of a PE Department London: Thursday 25 June 2026

A-Level PE

T0376 Outstanding Teaching in AQA A-Level PE: The Written Papers London: Wednesday 08 July 2026

T0006 Teaching AQA A-Level PE for the First Time London: Tuesday 23 June 2026

T0005 AQA A-Level PE: Aiming for A/A* London: Wednesday 01 July 2026

T0007 AQA A-Level PE: Achieving Success in the NEA London: Thursday 18 June 2026

T0009 Teaching OCR A-Level PE For the First Time London: Monday 22 June 2026

T0315 OCR A-Level PE: Aiming for A/A* London: Tuesday 30 June 2026

T0010 OCR A-Level PE: Achieving Success in the NEA London: Monday 06 July 2026

T0285 OCR A-Level PE: Mastering Paper 3 Socio-Cultural Studies in Physical Activity and Sport London: Thursday 09 July 2026

GCSE PE

T0419 GCSE PE: Moderation Made Easy London: Friday 03 July 2026

T0424 **NEW** AQA GCSE PE: Increasing Results for Lower Performing Students London: Wednesday 24 June 2026

T0378 AQA GCSE PE: Next Level Teaching London: Wednesday 09 July 2026

T0013 New to Teaching AQA GCSE PE London: Monday 22 June 2026

T0014 AQA GCSE PE: Aiming for Grades 7-9 London: Thursday 02 July 2026

T0015 AQA GCSE PE: Achieving Success in the NEA London: Friday 03 July 2026

T0017 New to Teaching OCR GCSE PE London: Wednesday 17 June 2026

T0018 OCR GCSE Physical Education: Aiming for Grades 7-9 London: Friday 26 June 2026

T0020 New to Teaching Pearson Edexcel GCSE PE London: Monday 15 June 2026

T0021 Pearson Edexcel GCSE PE: Aiming for Grades 7-9 London: Monday 29 June 2026

T0022 Pearson/Edexcel GCSE PE: Achieving Success in the NEA London: Tuesday 30 June 2026

KS3 PE

T0386 Confidently Teaching KS3 Dance as a PE Teacher London: Monday 08 June 2026

Outstanding Leadership of a PE Department

Course Code: **T0002**

Course Leader: **Marcus Sharrad**

London: **Thursday 25 June 2026**

OVERVIEW

Empower your leadership in PE with practical strategies to elevate your department's profile, strengthen teaching and learning, and inspire your team. This course gives you evidence-informed tools and confidence to lead with purpose and impact.

PROGRAMME INCLUDES

- What is an "Outstanding Physical Education department"?
- Student Recruitment
- Aligning your strategic plan with your curriculum
- Teaching & Learning
- Effective Leadership: Inspiring and Motivating
- How It Works: The Head of Physical Education

Outstanding Teaching in AQA A-Level PE: The Written Papers

Course Code: **T0376**

Course Leader: **Ross Howitt**

London: **Wednesday 08 July 2026**

OVERVIEW

Discover fresh, high-impact strategies to transform your teaching of A-Level PE written papers. This engaging course explores evidence-informed approaches to challenge students, boost exam performance, and embed effective study habits that help learners achieve top grades.

PROGRAMME INCLUDES

- The Assessment Demands for Top Grade Outcomes in A-Level PE
- Fresh and Innovative Strategies for Teaching Biomechanics
- Motivating and Engaging Low-Ability Students
- Strategies to Promote Retrieval, Spacing, and Interleaving
- Stretching and Challenging Your More Able Students
- Exam Revision and Technique

Teaching AQA A-Level PE for the First Time

Course Code: **T0006**

Course Leader: **Ross Howitt**

London: **Tuesday 23 June 2026**

OVERVIEW

A practical and supportive introduction for teachers new to AQA A-Level PE. The course builds confidence in planning and delivering the specification, covering key content, exam structure, and NEA requirements while sharing effective teaching approaches to help students achieve their best possible grades.

PROGRAMME INCLUDES

- Identifying Methods that will Enhance Performance from the Start
- Tackling the Challenging Content of AQA A level PE
- Skill, Sports Psychology and Socio-cultural issues
- Managing the NEA
- Effectively Tackling the Theory Examination
- Final Tips and Plenary

AQA A-Level PE: Aiming for A/A*

Course Code: **T0005**

Course Leader: **Jackie Brookes**

London: **Wednesday 01 July 2026**

OVERVIEW

Designed for teachers aiming to stretch their highest-attaining students, this course explores strategies to help learners achieve A and A* grades in AQA A-Level PE. It focuses on developing deeper subject understanding, refining exam technique, and strengthening analytical and evaluative responses.

PROGRAMME INCLUDES

- Challenging Our Most Able Students
- Focus On Assessment Demands For A/A* Students
- The Key Challenges for A/A* Students in Extended Questions
- Stretching and Challenging the Most Able Students in Short Answer Questions
- Tactics for Achieving the Highest Grades in the Written Coursework

AQA A-Level PE: Achieving Success in the NEA

Course Code: **T0007**

Course Leader: **Ross Howitt**

London: **Thursday 18 June 2026**

OVERVIEW

Strengthen your approach to the AQA A-Level PE NEA with clear guidance on teaching, organising, and assessing the practical and coursework elements. The course shares effective strategies to prepare students thoroughly and ensure accurate marking and moderation.

PROGRAMME INCLUDES

- Overview, principles and aims of the assessments
- Success with the NEA assessments - Practical
- Analysis and Evaluation task
- Marking and Moderating

Teaching OCR A-Level PE for the First Time

Course Code: **T0009**

Course Leaders: **Kate McDonnell & Abbie Chadd**

London: **Monday 22 June 2026**

OVERVIEW

A practical course for teachers new to OCR A-Level PE or returning to the specification. It provides clear guidance on the theory units, NEA requirements, assessment expectations, and effective teaching strategies to help you deliver the course confidently and maximise student achievement.

PROGRAMME INCLUDES

- An Introduction to the Specification
- Preparing Students for Exams
- NEA – The Practical Component
- NEA – The Oral Assessment

OCR A-Level PE: Aiming for A/A*

Course Code: **T0315**

Course Leader: **Abbie Chadd**

London: **Tuesday 30 June 2026**

OVERVIEW

A high-level course focused on helping teachers stretch their most able students to achieve A and A* in OCR A-Level PE. It explores examiner expectations, advanced exam techniques, and strategies to deepen analysis, evaluation, and NEA performance.

PROGRAMME INCLUDES

- Understanding the Requirements for A/A*
- Maximising Performance in Scientific and Data-Based Questions
- Mastering Extended and Synoptic Questions
- NEA Spotlight - Perfecting Performance in the NEA & Observation of Level 5 and level 6 answers
- Moving Forward - Supporting High Achievers Towards A/A*

OCR A-Level PE: Achieving Success in the NEA

Course Code: **T0010**

Course Leaders: **Kate McDonnell & Abbie Chadd**

London: **Monday 06 July 2026**

OVERVIEW

This course provides clear guidance on delivering and assessing the OCR A-Level PE NEA, helping teachers prepare students effectively for both the practical and oral components while ensuring accurate marking, standardisation, and successful moderation.

PROGRAMME INCLUDES

- Ensuring Accurate Assessment
- Preparing Students for Practical Activity Assessment
- Preparing Students for the EAPI
- Accurate assessment of the EAPI

OCR A-Level PE: Mastering Paper 3 Socio-Cultural Studies in Physical Activity and Sport

Course Code: **T0285**
 Course Leader: **Kate McDonnell**
 London: **Monday 06 July 2026**

OVERVIEW

Strengthen delivery of OCR A-Level PE Paper 3 by exploring key socio-cultural topics, common exam pitfalls, and effective teaching approaches. This course provides practical strategies, sequencing ideas, and examiner insights to help students improve understanding and achieve higher grades.

PROGRAMME INCLUDES

- Review of the 2025 Socio-Cultural Studies Exam
- 3.1 Sport and Society
- Contemporary Issues in Physical Activity and Sport, Ethics and Deviance in Modern Sport
- Achieving Level 3 Answers in Extended Answer Questions
- Tackling Contemporary Issues in Physical Activity and Sport, Commercialism, Technology and Routes to Excellence
- Planning, sequencing and resourcing for success in socio cultural studies

GCSE PE Moderation Made Easy

Course Code: **T0419**
 Course Leader: **Ben Holden**
 London: **Friday 03 July 2026**

OVERVIEW

Take the stress out of GCSE PE moderation with practical guidance on accurate assessment, internal quality assurance, and evidence collection. This course helps teachers build clear systems for tracking performance, managing video evidence, and preparing portfolios that meet exam board moderation requirements with confidence.

PROGRAMME INCLUDES

- GCSE PE - The Current State of Play.
- Accurate Assessment and In-House QA Procedures.
- Practical Approaches to Showcase All Candidates.
- Review and Action Planning

NEW AQA GCSE PE: Increasing Results for Lower Performing Students

Course Code: **T0285**
 Course Leader: **Nicki Hartley**
 London: **Wednesday 24 June 2026**

OVERVIEW:

Discover practical strategies to help lower-attaining students succeed in AQA GCSE PE. It focuses on improving access to key theory topics, strengthening exam technique, and maximising NEA performance so that all learners can make stronger progress and secure more marks across the course.

PROGRAMME INCLUDES

- Including GCSE PE Content in Whole School PE Delivery
- Barriers to Achieving Higher Grades in AQA GCSE PE
- Exam Strategies for Lower Performing Students
- Extended Questions for Lower Ability Students
- Enhancing Performance in the NEA
- Revision Strategies for Subject Content and Exam Technique

AQA GCSE PE: Next-Level Teaching

Course Code: **T0378**
 Course Leader: **Jackie Brookes**
 London: **Thursday 09 July 2026**

OVERVIEW

Elevate your GCSE PE teaching with high-impact strategies, active learning approaches, and effective assessment techniques. This course focuses on boosting student engagement, strengthening understanding of challenging topics, and embedding exam readiness to improve overall attainment.

PROGRAMME INCLUDES

- Defining Excellence in GCSE PE Teaching
- Building Confidence in the Most Challenging Topics
- Mastering the NEA: Practical & Written Success
- Differentiation That Works: Stretching & Supporting Every Learner
- Mastering the Extended Question: Techniques for Exam Success

New to Teaching AQA GCSE PE

Course Code: **T0013**
 Course Leader: **Jackie Brookes**
 London: **Monday 22 June 2026**

OVERVIEW

Designed for teachers new to AQA GCSE PE, this course provides practical guidance, teaching strategies, and course planning support to help you deliver the specification with confidence. It explores effective ways to teach both theory and practical elements while building strong foundations for student success.

PROGRAMME INCLUDES

- The Specification in Depth
- Teaching Paper 1: The Human Body and Movement
- Teaching Paper 2: Socio-Cultural Influences and Well-being
- NEA - Preparation, Delivery and Moderation
- Part 3 - Analysis and Evaluation

AQA GCSE PE: Aiming for Grades 7-9

Course Code: **T0014**
 Course Leader: **Ross Howitt**
 London: **Thursday 02 July 2026**

OVERVIEW:

A focused course designed to help teachers stretch high-attaining students to achieve grades 7–9 in AQA GCSE PE. It explores the assessment demands of the specification, characteristics of top-grade responses, and practical teaching strategies to support students in reaching the highest marking bands.

PROGRAMME INCLUDES

- Focused Deep Dive on the Demands of the GCSE Specification
- Strategies to Stretch Top End Students
- Strategies to Achieve Grades 7 – 9 in Paper 1
- Achieving in Paper 2: Stretching and Challenging Able Students for a Top Grade
- Attaining the Highest Grades in NEA Coursework

AQA GCSE PE: Achieving Success in the NEA

Course Code: **T0015**
 Course Leader: **Jackie Brookes**
 London: **Friday 03 July 2026**

OVERVIEW

This course focuses on helping teachers maximise student performance in the AQA GCSE PE Non-Examined Assessment (NEA), which accounts for 40% of the qualification. It offers practical strategies for organising assessments, preparing students effectively, and ensuring accurate marking and moderation.

PROGRAMME INCLUDES

- Overview, Principles and Aims of the Non-Examined Assessments
- Success with the NEA assessments- Practical
- Achievement in the NEA - Analysing and Evaluation (task)
- Moderating / Preparing for Live Moderation

New to Teaching OCR GCSE PE

Course Code: **T0017**
 Course Leader: **Will Swaites**
 London: **Wednesday 17 June 2026**

OVERVIEW

A supportive introduction for teachers new to OCR GCSE PE, focusing on understanding the specification, exam structure, and NEA requirements. The course provides practical teaching strategies and assessment guidance to help you deliver the course confidently and support students across all ability levels.

PROGRAMME INCLUDES

- An Introduction to the Specification
- Preparing Students for Exams
- NEA – The Practical Component
- NEA – The Written Assessment

OCR GCSE Physical Education: Aiming for Grades 7-9

Course Code: **T0018**
 Course Leader: **Marcus Sharrad**
 London: **Friday 26 June 2026**

OVERVIEW

Explore how teachers can support high-attaining students to reach grades 7–9 in OCR GCSE PE. This course focuses on the demands of the top marking bands, effective teaching approaches, and strategies to maximise performance in both written exams and the NEA.

PROGRAMME INCLUDES

- Focused deep dive on the demands of the OCR GCSE specification
- Achieving Grades 7 – 9 in OCR GCSE PE: What does it involve?
- The Written Papers: Exam Questions and Strategies to support High Level students
- The NEA: Maximising NEA Outcomes to Access Top Level Marks
- Strategies to Really Stretch Top End students

New To Teaching Pearson Edexcel GCSE PE

Course Code: **T0020**
 Course Leader: **Tony Corcoran**
 London: **Monday 15 June 2026**

OVERVIEW

A practical introduction for teachers new to Pearson Edexcel GCSE PE, offering clear guidance on the specification, teaching approaches, and assessment requirements. The course shares practical strategies and resources to help deliver an engaging course and support students to achieve success across theory and practical components.

PROGRAMME INCLUDES

- Overview of the specification
- Component 1: Fitness and body systems
- Component 2: Health and Performance
- Components 3 and 4: The NEA
- Final Top Tips

Pearson Edexcel GCSE PE: Aiming for Grades 7-9

Course Code: **T0021**
 Course Leader: **Tony Corcoran**
 London: **Monday 29 June 2026**

OVERVIEW

Focused on helping teachers stretch high-attaining students to achieve grades 7–9 in Pearson Edexcel GCSE PE. This course explores effective teaching approaches, exam strategies, and ways to maximise marks in written papers, practical assessment, and the Personal Exercise Programme (PEP).

PROGRAMME INCLUDES

- Focus on the Demands of the GCSE Specification
- Grades 7-9: What do they Involve?
- Component 1: Key Challenges for Grades 7 – 9 students
- Achieving Top Marks in the Component 1 Extended Answers
- Achieving Top Results in Component 2
- The NEA (Components 3 and 4): Stretching and Challenging Able students

Pearson Edexcel GCSE PE: Achieving Success in the NEA

Course Code: **T0022**
 Course Leader: **Tony Corcoran**
 London: **Tuesday 30 June 2026**

OVERVIEW

This course helps teachers maximise student success in the NEA components of Pearson Edexcel GCSE PE. It focuses on practical strategies for delivering the practical performance and Personal Exercise Programme (PEP), improving assessment accuracy, and ensuring smooth moderation and strong student outcomes.

PROGRAMME INCLUDES

- Overview, Principles and Aims of the Assessments
- Success with Component 3 - Practical Performance
- Component 4: Personal Exercise Programme
- Moderating

Empowering Educators, Inspiring Learners, Transforming Futures Delivering Excellence in Education for Over 25 Years

Keynote
educational

At Keynote Educational, we believe in the power of high-quality teaching and learning development to transform classroom practice and raise student outcomes. For more than two decades, we have worked alongside schools, teachers, and students to deliver training that is impactful, practical, and forward-thinking. Let us support your school's objectives with a tailored package, including teacher and leadership CPD courses, bespoke staff training, impactful student revision events, and expert exam marking.

PHYSICAL EDUCATION

Teacher CPD Courses

Informative, practical, and inspiring - our CPD courses focus on wide a range of subject specific areas and departmental leadership. Designed by our expert team and delivered by experienced course leaders and examiners, each course offers up-to-date strategies, real classroom insight, and tools to boost teacher confidence and student success.

Leadership CPD Courses

Our leadership courses are engaging, practical, and aligned with the latest priorities and developments. Whether you're stepping into your first leadership role or considering your next career move up the leadership ladder, our courses will give you a deeper understanding of who you are as a leader, what you stand for, and how to move forward with impact.



"As an international school, we benefitted from a tailored CPD course delivered online to our teachers. The trainer's expert guidance allowed us to apply strategies immediately and address follow-up questions. This year, our cohort achieved 100% A-A grades, and the training was key in helping our teachers support pupil success."*

Harrow International School

National Conferences

Our national conferences bring together leading experts, practitioners, and school leaders to explore the most pressing priorities and challenges in education and leadership. Each conference offers high-impact insight, practical strategies and the latest thinking - equipping delegates with knowledge they can take straight back and implement in school.

In-School Teacher Events

Whether it's whole-school training, department development, or leadership support, our in-school sessions provide a flexible, cost-effective way to bring expert-led professional learning to your staff. All our subject and leadership CPD courses can be delivered directly in your school and tailored to meet your specific priorities.

In-School Student Events

High-impact, focused, and flexible, our in-school revision sessions are led by expert and experienced examiners. Designed for GCSE and A-Level students, each event targets key exam techniques, revision strategies, and examiner expectations. Students leave feeling more confident, better prepared, and ready to succeed - with sessions available face to face or online to suit your school's needs.

Exam Marking & Assessment

Fast, accurate, and impartial - our exam marking service provides detailed assessment and feedback for both students and teachers. We only use experienced, exam board-trained examiners to ensure the highest quality and consistency. Covering A-Level and GCSE across all major exam boards, our marking helps identify strengths, target areas for improvement, and prepare students more effectively for final exams.



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to get in touch

Let's Work Together

Whether you're planning your next professional development programme or need advice on student revision and assessment, our team is here to help. Let's work together to find the right solutions for your school.

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