

NATIONAL CURRICULUM in ENGLAND GUIDANCE 2014: Key Stage 1 - 4

Updated August 2018

The National Curriculum - What do schools in England currently have to teach?

Maintained schools in England must teach the national curriculum to pupils aged approximately 5 to 16 years old. The national curriculum is divided into four key stages. It includes different subjects at different key stages, but maths, sciences, English, **physical education** and computing are included at all four stages.

Academies and free schools don't have to follow the national curriculum. They must, however, **offer a broad and balanced curriculum** that covers English, maths, sciences and RE. Primary academies must also take part in national curriculum assessments, commonly referred to as SATs.

The Primary Physical Education Curriculum in England includes reference to swimming attainment however this is not included in this guidance.
September 2019 – A Revised National Curriculum in England is expected.

KEY STAGES

PRIMARY		
Year Group	Age	Key Stage
Pre-School	3 - 4	Foundation Stage
Reception	4 - 5	
Year 1	5 - 6	Key Stage 1
Year 2	6 - 7	
Year 3	7 - 8	Key Stage 2 (Lower)
Year 4	8 - 9	
Year 5	9 - 10	Key Stage 2 (Upper)
Year 6	10 - 11	

SECONDARY		
Year Group	Age	Key Stage
Year 7	11 - 12	Key Stage 3
Year 8	12 - 13	
Year 9	13 - 14	
Year 10	14 - 15	Key Stage 4
Year 11	15 - 16	
Year 12	16 - 17	Key Stage 5
Year 13	17 - 18	

PE NATIONAL CURRICULUM 2014

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims: *The national curriculum for physical education aims to ensure that all pupils:*

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

ATTAINMENT TARGETS:

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

	End of Key Stage Attainment Target	Pupils should be taught to:
Key Stage 1	Pupils should develop fundamental movement skills , become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination , individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	<ul style="list-style-type: none"> ➤ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ➤ Participate in team games, developing simple tactics for attacking and defending ➤ Perform dances using simple movement patterns

	End of Key Stage Attainment Target	Pupils should be taught to:
Key Stage 2	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	<ul style="list-style-type: none"> ➤ Use running, jumping, throwing and catching in isolation and in combination ➤ Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending ➤ Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ➤ Perform dances using a range of movement patterns ➤ Take part in outdoor and adventurous activity challenges both individually and within a team ➤ Compare their performances with previous ones and demonstrate improvement to achieve their personal best

	End of Key Stage Attainment Target	Pupils should be taught to:
Key Stage 3	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.	<ul style="list-style-type: none"> ➤ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] ➤ Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] ➤ Perform dances using advanced dance techniques within a range of dance styles and forms ➤ Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group ➤ Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best ➤ Take part in competitive sports and activities outside school through community links or sports clubs

	End of Key Stage Attainment Target	Pupils should be taught to:
Key Stage 4	<p>Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.</p>	<ul style="list-style-type: none"> ➤ Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] ➤ Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] ➤ Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group ➤ Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best ➤ Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs