



Factsheet



PE & The National Curriculum: Key Stage 1

This factsheet provides an overview of Physical Education & The National Curriculum for Key Stage 1 (Years 1 & 2).

This factsheet can help coaches to develop a basic understanding of how Physical Education fits into The National Curriculum. Having this knowledge can assist in ensuring appropriate activity is delivered in schools and can support in developing a successful and sustained link between the coach and school.

Curriculum Introduction:

The National Curriculum sets out the stages and core subjects children and young people will be taught during their time at school. Children aged five to 16 in maintained or state schools must be taught the National Curriculum.

The National Curriculum is a framework used by all maintained schools to ensure that teaching and learning is balanced and consistent.

It sets out:

- the subjects taught.
- the knowledge, skills and understanding required in each subject.
- standards or attainment targets in each subject - teachers can use these to measure children's progress and plan the next steps in their learning.
- how progress is assessed and reported.

Within the framework of the National Curriculum, schools are free to plan and organise teaching and learning in the way that best meets the needs of their pupils.

The National Curriculum is organised into blocks of years called 'key stages'. There are four key stages as well as an 'Early Years Foundation Stage'.