

Alignment to the National Curriculum KS1 and KS2



The below tables outlines where the statutory content from the National Curriculum is first taught across KS1 or KS2. The curriculum has been sequenced so that much of the content is reviewed in subsequent units.

Net and wall

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) physical activities.

Pupils should be taught to 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.

Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

Y1 Aut1

Gymnastics

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.

Pupils should be taught to 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.

Y1 Aut2



Strick and field

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) physical activities.

Participate in team games, developing simple tactics for attacking and defending.

Y1 sum1

Dance

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.

Pupils should be taught to perform dances using simple movement patterns.

Y1 Spr1

Athletics

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) physical activities.

Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and coordination.

Y1 Spr 2

Invasion

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) physical activities.

Participate in team games, developing simple tactics for attacking and defending

Y1 Sum 2



Net and wall

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) physical activities.

Pupils should be taught to 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.

Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

Y2 Aut1

Gymnastics

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.

Pupils should be taught to 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.

Y2 Aut2



Strick and field

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) physical activities.
Participate in team games, developing simple tactics for attacking and defending.

Y2 Sum1

Dance

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.
Pupils should be taught to perform dances using simple movement patterns.

Y2 Spr1

Athletics

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) physical activities.
Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and coordination.

Y2 Spr 2

Invasion

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) physical activities.
Participate in team games, developing simple tactics for attacking and defending

Y2 Sum 2



Basketball

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.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Y3 Aut1

Gymnastics

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.

Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Y3 Aut2

Tennis

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.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to 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..

Y3 Spr 2



Pupils should enjoy communicating, collaborating and competing with each other.
 Pupils should take part in outdoor and adventurous activity challenges both individually and within a team.

Y3 Spr1

Athletics

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.
 Develop running, jumping, throwing and catching in isolation and in combination.
 Develop flexibility, strength, technique, control and balance.
 Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Y3 Sum1

Football

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.
 Develop running, jumping, throwing and catching in isolation and in combination.
 Develop flexibility, strength, technique, control and balance.
 Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Y2 Sum 2



Swimming

Swim competently, confidently and proficiently over a distance of at least 25 metres.
use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
perform safe self-rescue in different water-based situations.

Y4 Aut1, Aut2, Spr1, Spr2, Sum1, Sum2



Basketball

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.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Y5 Aut1 and Y6 Spr1

Athletics

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.

Develop running, jumping, throwing and catching in isolation and in combination.

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Y5 and Y6 Spr 2

Football

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.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Y5 and Y6 Sum 2



Gymnastics

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.

Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

Y5 and Y6 Aut1

OAA

Pupils should enjoy communicating, collaborating and competing with each other.

Pupils should take part in outdoor and adventurous activity challenges both individually and within a team.

Y5 and Y6 Spr 2

Rounders

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.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to 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.

Y5 Sum 1



Alignment to the National Curriculum (KS2)



Cricket

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.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to 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.

Y5 Sum 1

Swimming

swim competently, confidently and proficiently over a distance of at least 25 metres.

use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].

perform safe self-rescue in different water-based situations.

Y6 Sum 2

Dance

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.

Pupils should be taught to develop flexibility, strength, technique, control and balance.

Pupils should be taught to perform dances using a range of movement patterns.

Y5 Spr 1

