KS2 PE Programme of Study

**PE2/1.1    Sport & Games**

PE2/1.1a    use running, jumping, throwing and catching in isolation and in combination

PE2/1.1b    play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending

PE2/1.1c    develop flexibility, strength, technique, control and balance

PE2/1.1d    perform dances using a range of movement patterns

PE2/1.1e    take part in outdoor and adventurous activity challenges both individually and within a team

PE2/1.1f    compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**PE2/1.2    Swimming and water safety**

*All schools must provide swimming instruction* ***either*** *in key stage 1 or key stage 2.*

In particular, pupils should be taught to:

PE2/1.2a    swim competently, confidently and proficiently over a distance of at least 25 metres

PE2/1.2b    use a range of strokes effectively

PE2/1.2c    perform safe self-rescue in different water-based situations.