

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.