

PE

KS1

PE1/1.1 Sport & Games

PE1/1.1a 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

PE1/1.1b participate in team games, developing simple tactics for attacking and defending

PE1/1.1c perform dances using simple movement patterns.

PE1/1.2 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:

PE1/1.2a swim competently, confidently and proficiently over a distance of at least 25 metres

PE1/1.2b use a range of strokes effectively

PE1/1.2c perform safe self-rescue in different water-based situations.

KS2

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.