

Physical Education Programme of Study - Summary

Key stage 1

Develop fundamental movement skills, become competent and confident and access opportunities to extend their agility, balance and coordination. Engage in competitive and co-operative physical activities, in a range of challenging situations.

Pupils should be taught to:

- master running, jumping, throwing and catching, balance, agility and co-ordination
- participate in team games, developing tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2

Apply and develop a broader range of skills, using 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 understand 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
- play competitive games, modified where appropriate and apply basic skills for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges alone and in teams
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

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:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.