



KS2 Subject: PE

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

Pupils should play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounder's and tennis, and apply basic principles suitable for attacking and defending.

Pupils should develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics.

Pupils should perform dances using a range of movement patterns.

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

Pupils should compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres.

Pupils should be taught to use a range of strokes effectively such as front crawl, backstroke and breaststroke.

Pupils should be taught to perform safe self-rescue in different water-based situations.