

PHYSICAL EDUCATION

KEY STAGE 1

Pupils should be taught to:

- ❖ 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
- ❖ participate in team games, developing simple tactics for attacking and defending
- ❖ perform dances using simple movement patterns.

KEY STAGE 2

Pupils should be taught to:

- ❖ use running, jumping, throwing and catching in isolation and in combination
- ❖ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- ❖ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ❖ perform dances using a range of movement patterns
- ❖ take part in outdoor and adventurous activity challenges both individually and within a team
- ❖ compare their performances with previous ones and demonstrate improvement to achieve their personal best.

SWIMMING AND WATER SAFETY

Pupils should be taught to:

- ❖ swim competently, confidently and proficiently over a distance of at least 25 metres
- ❖ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- ❖ perform safe self-rescue in different water-based situations.