**National Curriculum Programmes of Study**

**PE - Year 1 & Year 2**

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| KS1 Physical Education **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 |  |

**PE - Year 3, 4, 5, 6**

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| KS2 Physical Education **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 |  |

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| **KS2 Physical Education**  **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 |  |