Hazelbury Learning Community

Physical Education **Key Stage 2**

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Schools are not required by law to teach the example content in [square brackets].

Key Stage 2:

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.

	Year 3			Year 4			Year 5			Year 6		
Pupils should be taught to:	Aut	Spr	Sum	Aut	Spr	Sum	Aut	Spr	Sum	Aut	Spr	Sum
• 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

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:	Aut	Spr	Sum	Aut	Spr	Sum	Aut	Spr	Sum	Aut	Spr	Sum
• 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.												