



KS2 LOWER PHYSICAL EDUCATION (PE) CURRICULUM OVERVIEW FOR PARENTS

Physical Education in Lower Key Stage 2 builds on the foundations developed in Key Stage 1. Children continue to strengthen coordination, control, and confidence while learning new games, sports, and performance skills.

Children should:

- Develop flexibility, strength, technique, control and balance.
- Take part in team games, using simple tactics for attacking and defending.
- Perform dances using a range of movement patterns.



Children will develop and practise skills such as:

- Throwing, catching, striking, running, and jumping with increasing accuracy and power.
- Using tactics and teamwork in games like football, netball, hockey, and rounders.
- Performing basic gymnastic sequences that include balances, rolls, and jumps.
- Developing rhythm, timing and expression through dance.
- These skills help children gain control, coordination and confidence in different sports and physical challenges.



Children will explore how their bodies move through:

- Stretching, balancing and creating sequences in gymnastics.
- Moving expressively in dance routines that tell a story or respond to music.
- Building stamina, speed and coordination in athletics.
- Understanding how to warm up, cool down and stay safe.
- These activities support creativity and awareness of how the body works.



Your child will:

- Learn to take turns, share equipment, and work cooperatively.
- Talk about how exercise affects the body and mind.
- Build confidence in competitive and non-competitive settings.
- They learn that effort, teamwork and persistence matter as much as results.



Physical Education helps children:

- Stay active, strong and healthy.
- Develop coordination, balance and agility.
- Build teamwork, confidence and resilience.
- Enjoy being active for life.



KS2L How can I help my child at home?

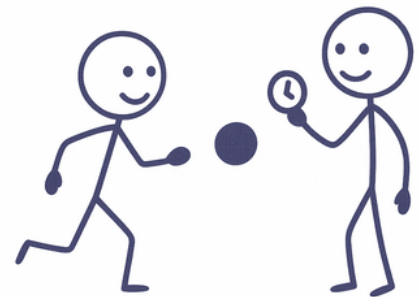
Encouragement and shared activity help children see exercise as fun, social, and part of everyday life.

Be active together – walk, cycle, dance or play games outside.



Try dance or movement – put on music and make up a routine together.

Encourage practice – help them throw, catch or kick a ball, or time their running and jumping.



Play team or coordination games – frisbee, skipping, or balloon games all count!

Talk about effort and teamwork – ask what went well and what they want to improve.



Support preparation – help them remember their PE kit and proper footwear.