



KS2 UPPER PHYSICAL EDUCATION (PE) CURRICULUM OVERVIEW FOR PARENTS

In Upper Key Stage 2, children refine and apply their skills in a range of sports and physical challenges. They learn to think tactically, work effectively in teams, and understand how to improve their performance through practice and reflection.

Children should:

- Apply skills and techniques with increasing precision and control.
- Play competitive games, using tactics to attack and defend.
- Develop strength, flexibility, and balance through gymnastics and dance.
- Take part in outdoor and adventurous activities as individuals and in teams.



Children will develop and practise skills such as:

- Using more complex tactics in games like basketball, tag rugby, hockey, and cricket.
- Performing sequences in gymnastics with flow and control.
- Expressing mood, character and emotion through dance composition.
- Building endurance, accuracy and coordination in athletics.

These skills help children perform with confidence, cooperation, and understanding of fair play.



Children will explore how their bodies move through:

- Planning and performing creative routines in dance and gymnastics.
- Building stamina and strength through outdoor games and activities.
- Learning how to monitor heart rate and physical effort.

They learn to set personal goals and understand how regular activity supports lifelong health.



Your child will:

- Lead and support others in group challenges.
- Evaluate their own and others' performances, suggesting improvements.
- Understand how physical activity supports mental and emotional wellbeing.

They become independent, reflective and motivated participants.



Physical Education helps children:

- Develop physical and mental fitness.
- Learn leadership, cooperation and respect.
- Build determination and perseverance through challenge.
- Value teamwork, enjoyment, and lifelong health.



How can I help my child at home?

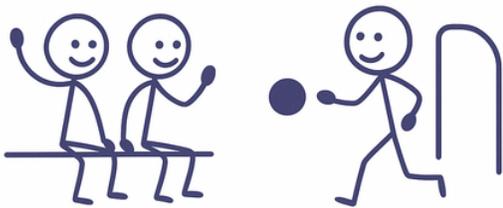
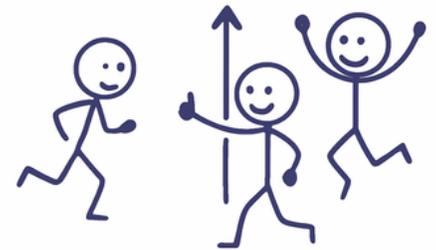
Positive reinforcement and active family time help children develop confidence, resilience, and a love of movement.

Stay active as a family – try walking, running, swimming, or cycling together.



Encourage practice at home – practise passing, aiming or fitness skills they use in school.

Set small goals – challenge each other to improve speed, distance, or coordination.



Support participation – watch school games, cheer them on, and praise effort over winning.

Focus on wellbeing – talk about how activity helps with mood, sleep and focus.



Be a role model – show that staying active is enjoyable and important for health.