



# Margaret Wix Primary School

"Excellence, Creativity, Individuality"



## KS1 Physical Education End Points

At Margaret Wix Primary School, we strive for all pupils to develop enthusiasm for learning so that they are fully engaged in physical education and acquire the knowledge and skills that they will require to be successful both now, and in the future. Below are the end points that our curriculum is building towards; our school's curriculum is planned and sequenced so that knowledge and skills build on what has been taught before, enabling pupils to work towards these clearly defined end points.

Cultural capital	Pupils will be able to: <ul style="list-style-type: none"><li>• Develop competence to excel in a broad range of physical activities.</li><li>• Be physically active for sustained periods.</li><li>• Lead healthy, active lives.</li><li>• Succeed and excel in competitive sport and other physically demanding activities.</li><li>• Be physically confident in a way, which supports their health and fitness.</li><li>• Compete in sport and other activities that build character and help to embed values such as fairness and respect.</li></ul>
Skills	Pupils will be able to: <ul style="list-style-type: none"><li>• Master basic movements including running, jumping, throwing and catching</li><li>• Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</li><li>• Participate in team games, developing simple tactics for attacking and defending.</li><li>• Perform dances using simple movement patterns.</li></ul>
Knowledge	Pupils will be able to: <ul style="list-style-type: none"><li>• Use fundamental movement skills.</li><li>• Be confident to extend their agility, balance and coordination, individually and with others.</li><li>• Confidently engage in competitive (both against self and</li></ul>

	against others) and co-operative physical activities, in a range of increasingly challenging situations.
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