



# Margaret Wix Primary School

"Excellence, Creativity, Individuality"



## KS2 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:

- Develop competence to excel in a broad range of physical activities.
- Be physically active for sustained periods.
- Lead healthy, active lives.
- Succeed and excel in competitive sport and other physically demanding activities.
- Be physically confident in a way, which supports their health and fitness.
- Compete in sport and other activities that build character and help to embed values such as fairness and respect.

### Skills

Pupils will be able to:

- 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.
- Swim competently, confidently and proficiently over a distance

	<p>of at least 25 metres</p> <ul style="list-style-type: none"><li>• Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li><li>• Perform safe self-rescue in different water-based situations.</li></ul>
Knowledge	<p>Pupils will be able to:</p> <ul style="list-style-type: none"><li>• Apply and develop a broad range of skills in different ways and link them to make actions and sequences of movement.</li><li>• Communicate, collaborate and compete with each other.</li><li>• Understand how to improve in different physical activities and sports.</li><li>• Evaluate and recognise their own success.</li></ul>