



Aston Fields Middle School

Key Performance Indicators

Pupils who are working at age related expectations at the end of the year will have a secure knowledge of these Key Performance Indicators.

KS2 Physical Education

Physical Capabilities

- Has the physical capacity to cope with the task at hand
- Shows coordination, strength and stamina in activities
- Adapts movement skills when performing
- Shows accuracy most of the time

Mental Capabilities

- Has the mental capabilities to cooperate with their peers effectively
- Copes with challenging situations
- Consistently engages and responds to questioning
- Discusses learning with peers

Importance of Exercise

- Can identify benefits of exercise to the body
- Can explain why exercise is important to their health and fitness
- Can explain the roles of different food groups on the body