

## Excalibur Physical Education Curriculum

### Lower KS2

#### PE Intent Lower KS2

*Building on the development of fundamental skills in KS1, pupils will begin to apply their skills to game situations. With foundations secure, children can focus on understanding the rules of games and activities and work in groups to achieve successful outcomes. Through access to a broad range of sporting activities, children will be further inspired to lead active lifestyles and be life-long lovers of sport and physical activity.*

PE Implementation Lower KS2					
Skills					Breadth of Study
	Potential	Emerging	Expected	Exceeding	
	1	2 3	4 5	6 7	
<b>Performing</b>	<p>I can demonstrate <b>some small skills</b> with adapted equipment but lack control and precision.</p> <p>The quality of my technique is maintained for <b>few skills</b>.</p>	<p>I can demonstrate a <b>small range of skills</b> with adapted equipment with some control and precision.</p> <p>The quality of my technique is maintained for <b>some skills</b>.</p>	<p>I can demonstrate a <b>good range of skills</b> and techniques with good control, precision and some fluency.</p> <p>The quality of my technique is maintained for <b>most skills</b>.</p>	<p>I can demonstrate an <b>extensive range of skills</b> and techniques with precision, fluency and control.</p> <p>The quality of my technique is maintained for <b>all skills</b>.</p>	<ul style="list-style-type: none"> <li>• Cross-country</li> <li>• Gymnastics</li> <li>• Netball</li> <li>• Football</li> <li>• Racket skills (badminton and tennis)</li> <li>• Tag rugby</li> <li>• Tennis</li> <li>• Athletics</li> <li>• Rounders</li> <li>• Dance</li> <li>• Dodgeball</li> <li>• Hockey</li> <li>• Cricket</li> </ul>
<b>Decisions Making</b>	<p>I can <b>sometimes</b> make a decision but it isn't always effective.</p> <p>I <b>sometimes</b> apply the correct skill needed for different situations but when I do there are errors to my performance.</p>	<p>I can <b>occasionally</b> make the correct decision in fixed situations but rarely in spontaneous ones.</p> <p>I can apply the correct skill in a <b>fixed practice</b> with few errors</p>	<p>I can make <b>effective decisions in fixed situations</b> but this is inconsistent in spontaneous situations.</p> <p>I can demonstrate <b>some ability</b> to select and apply appropriate skills, sometimes</p>	<p>I can <b>effectively make decisions</b> in both fixed and spontaneous situations.</p> <p>I can demonstrate the <b>ability to select and apply the most appropriate skills</b>, often outwitting opponents but</p>	

		but not in game play.	outwitting opponents, though there may be some obvious areas of weakness and I sometimes am outwitted myself.	only occasionally being outwitted myself.	
<b>Evaluating</b>	I can use key words to help <b>describe</b> a good performance.	<p>I can <b>describe</b> what makes a good and poor performance.</p> <p>I can take on the <b>role of a referee/umpire</b>.</p>	<p>I can comment on my <b>own strengths and weaknesses</b> and suggest a <b>method</b> to improve specific skills.</p> <p>I can take on a <b>variety of roles</b> including a coach/leader of my team.</p>	<p>I can confidently and accurately <b>suggest methods to improve</b> others and my own performance.</p> <p>I am <b>confident to lead and analyse</b> another participant's performance and suggest methods to improve.</p>	

## PE Vocabulary Lower KS2

Netball			Tag rugby		Dodgeball
back-line throw-in centre circle centre pass dead-ball situation feed	footwork free pass held ball hoop landing foot	man-to-man marking marking obstruction	forward pass knock-on obstruction pass	touch try try line	attack line catcher dodge face shot play
Football			Athletics		
corner kick defender dive foul goal	handball offside pass penalty penalty area	penalty kick penalty shootout penalty spot striker tackle throw-in touchline	athlete baton false start field foul	hurdles lane lane infringement lap middle distance	relay sprint track
Racket skills			Rounders		
ace backcourt backhand baseline centre line	forecourt let rally serve service court		batter backstop bowler fielder first to fourth base	infield no-ball obstruction outfield post	
Hockey			Cricket		
centre pass dangerous play defender dribble hit	handball midfielder pass obstruction push pass	stick shooting circle	boundary bowl bowler catch drive extra	four innings LBW (leg before wicket) no ball over	overarm shot six swing wicket / wicket-keeper wide

