

Excalibur Physical Education Curriculum

Upper KS2

PE Intent Upper KS2

Building on the introduction of games in Year 3 & 4, pupils will develop their understanding of game strategy and tactics in order to win games and/or score points. Children will become competent at the full range of sports and activities, ensuring they can fully participate in KS3-level sport. In addition, through a variety of both participatory and competitive opportunities, both within lessons and beyond, children will further develop a lifelong love of sport and physical activity.

PE Implementation Upper KS2

Skills					Breadth of Study
	Potential	Emerging	Expected	Exceeding	
	1	2 3	4 5	6 7	
Performing	<p>I can demonstrate some small skills with adapted equipment but lack control and precision.</p> <p>The quality of my technique is maintained for few skills.</p>	<p>I can demonstrate a small range of skills with adapted equipment with some control and precision.</p> <p>The quality of my technique is maintained for some skills.</p>	<p>I can demonstrate a good range of skills and techniques with good control, precision and some fluency.</p> <p>The quality of my technique is maintained for most skills.</p>	<p>I can demonstrate an extensive range of skills and techniques with precision, fluency and control.</p> <p>The quality of my technique is maintained for all skills.</p>	<ul style="list-style-type: none"> • Cross-country • Basketball • Sportshall Athletics • Hockey • Tag Rugby • Dodgeball • Gymnastics • Football • Cricket • Tennis • Rounders • Athletics
Decision Making	<p>I can sometimes make a decision but it isn't always effective.</p> <p>I sometimes apply the correct skill needed for different situations but when I do there are errors to my performance.</p>	<p>I can occasionally make the correct decision in fixed situations but rarely in spontaneous ones.</p> <p>I can apply the correct skill in a fixed practice with few errors</p>	<p>I can make effective decisions in fixed situations but this is inconsistent in spontaneous situations.</p> <p>I can demonstrate some ability to select and apply appropriate skills, sometimes</p>	<p>I can effectively make decisions in both fixed and spontaneous situations.</p> <p>I can demonstrate the ability to select and apply the most appropriate skills, 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.	
Evaluating	I can use key words to help describe a good performance.	<p>I can describe what makes a good and poor performance.</p> <p>I can take on the role of a referee/umpire.</p>	<p>I can comment on my own strengths and weaknesses and suggest a method to improve specific skills.</p> <p>I can take on a variety of roles including a coach/leader of my team.</p>	<p>I can confidently and accurately suggest methods to improve others and my own performance.</p> <p>I am confident to lead and analyse another participant's performance and suggest methods to improve.</p>	

PE Vocabulary Upper 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 pump faking play
Football			Athletics & Sportshall 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	standing long jump standing triple jump sergeant jump speedbounce chest push javelin throw
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	batting average boundary bowl bowler catch crease deliver	drive extra four innings LBW (leg before wicket) no ball over	overarm pitch shot six swing wicket / wicket-keeper wide

