

PE Vocabulary Progression

EYFS	Move, Freeze, in time, Still, Jump, Turn, Skip, Hop, Rhythm, Beat, Faster, Slower, High, Low, Forwards, Sideways, Backwards, Jump, Bounce Balance, Travel, Roll Take off Land Space, Straight, Curved, Zig zag Turn Forwards, Backwards Sideways, Low, high Quick, slow Curled, stretched Wide, narrow Direction, Pointed, stretched Rock, roll Names of apparatus, e.g. mats, bench, Names of equipment, e.g. ball, bean bag, bat, hoop. Throw Catch Kick Hit Aim, Run, Jump, Faster, slower, Healthy, Fit, Exercise, Stop, Space, Safely, Names of body parts e.g. arms, legs.				
	<u>Gymnastics</u>	<u>Athletics</u>	<u>Games</u> <i>Specific vocabulary linked to the game being taught including equipment and moves will also be taught in each unit.</i>	<u>Dance</u>	<u>Healthy Lifestyles and safety</u>
KS1 Years 1 & 2	Travel, Jump Balance, Roll Space Pathway, Straight, Curved, Zig zag Twist, Spin, Turn Forwards, Backwards Sideways, Diagonally Low, medium, high Curled, stretched Wide, narrow Pattern, Sequence Direction, Level, Speed Pointed, stretched Rock, roll Bounce, Jump, Land Names of rolls. Names of jumps e.g. star jump, tuck jump Names of apparatus, e.g. mats, bench, trestles	Run Jump Throw Land Height Length direction, High, Low, Skip, Aim, Fast, Slow, Safely, Step, Bounce, Jump, Leap, Hop, Repeat, Run, Target, Overarm, Underarm, Walking, Jogging, Accelerate, Baton, Relay, Push, take off, Landing, Evaluate, Improve	Throw Catch Kick Send Receive Dribble Hit Strike Field Net Court Aim Tactic Score, Avoiding, tracking a ball, Rolling, Striking, Overarm throw, Bouncing, Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction, Passing, Controlling, Shooting, Scoring	Movement, Timing, Gesture, Jump, Turn, Rhythm, Beat, Speed, Level, Direction, Travel, Stillness, Space, Beginning, Middle, End, Feelings, Body parts, Pathways, Speed, sequence	Health, Fitness, Pulse, Exercise, Muscles, Breathing, Heart rate, Sweaty, Hot, cold, warm up, cool down
Lower KS2 Year 3 & Year 4	Aerobic, Anaerobic, Apparatus, Arch, Balance, Bounce, Cartwheel, Leap, Chassis	Acceleration, Accuracy, Action, Approach, Athlete Athletics, Baton, Changeover, Combined	Accuracy, Aim, Attack, Attacker, Attacking, Backhand, Backhand hit, Backhand throw, Backward pass, Block, Bounce	Space, Repeat, Dance, Phrase, Improvisation, Character, Gesture,	

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	<p>Step, Choreograph, Control, Core, Counterbalance, Curled, Dish, Dismount Display, Energy, Evaluate, Exercise, Extend Flexibility, Forward Roll Front Support Handstand, Improve, Jump, Landing2, Lunge, Leap, Linking Action, Manipulate, Perform, Personal Best, Pike, Pike Jump, Point-balance, Rebound Release, Retrieve, Roll, Routine, Sequence, Shape, Soften, Straddle Jump, Straight, Jump Half Turn, Strength, Stretched, Symmetrical, Symmetry Throw, Travelling, Tuck, Backward Roll, Turn, Twist, Unison, Upper Body Weight, Wide,</p>	<p>event, Decathlon, Discus, Discipline, Distance, Field Event, Fundamental movement skills, Hammer, Hopscotch, Hurdles Hurdling, Impact, Javelin, Jump, Jumping, Landing,, Lap of honour, Lead Leg, Leg Action, Long Jump, Measure, Metres, Mobility, Momentum, Non-dominant hand, Obstacles, Olympics, Run, Sprint, Sprint Relay, Standing long jump, Standing triple jump, Starting blocks, Stride Length, Stride Pattern, Underarm throw Track,</p>	<p>Pass, Catching, Chest Pass ,Communication, Cooperation, Defend, Defender, Defending, Direction, Dodge, Dodging, Dribble, Dribbling, Hand-eye coordination, Hit, Intercept Interceptor Intercepting Interception, Invade, Invasion game, Keeper, Mark, Marking, Marking players Opponent, Opposing Team, Opposition, Pass ,Passing, Pass, Position, Possession, precision, Receive, Return, Rolling, Rules Runs, Sidestep, Sidestepping, Strategies, Striking, Stroke, Supporting player , Swerving, Tackle, Tackling, Tactics, Tactical decisions, Target, Teamwork, Technique, Thrower, Throwing Tournament, Umpire, Underarm throw, zone</p>	<p>Repetition, Action and reaction, Costume, Prop, Pattern,</p>	
<p>Upper KS 2 Year 5 & Year 6</p>	<p>Dynamics, combination, Contrasting, Control, Mirroring, Matching, Accurately, Refine, Evaluate, Display, Asymmetry, Performance, Create,</p>	<p>Sprint, Team, Distance, Measure, Height, Target, Pacing, Rhythm, Obstacles, Leading leg, Hurdles, Throwing, Speed, Accuracy, take off, Stamina, Time, Projectory,</p>	<p>Keeping possession, Passing, Dribbling, Shooting, Shield ball, Width, Depth, Support, Marking, Covering, Repossession., Attackers, Defenders, Marking, Team play, Batting, Fielding, Bowler,</p>	<p>Dance style, Technique, Formation, Pattern, Rhythm, Variation, Improvisation, Unison, Canon, Action, Reaction,</p>	<p><u>Outdoor and adventurous activity:</u></p>

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	<p>Symmetry, Refinements, Assessment, Suppleness, Strength, Cool down, Warm up, Muscles, Joints, Explore, Rotation, Spin, Turn, Shape, Landing Take-off Flight Co-operate, Audience, Assessment, Elements, Twist, Obstacles, Refine, Aesthetically, Criteria, Extension, Judgement, Tension, Inverted, Judge, Dynamics, Combination, Canon, Counter-tension, Counter-balance, Criteria, Performance, Imaginative, Parallel, Creativity, Flight, Timing,</p>	<p>Release, Performance, Accuracy, take off, Distance, Target, Time, Position, Measure, Control, Height, run up, Hurdles,</p>	<p>Wicket, Tee, Base, Boundary, Innings, Rounder, Backstop, Court, Target, Net, Defending, Hitting, Stance, Offside, Pitch, Forehand, Backhand, Volley, Overhead, Singles, Doubles, Rally,</p>	<p>Motif, Phrase, Interpret, Exploration, flexibility, suppleness, Pace, timing, compose, creative, perform, fluency, develop, style, express, imaginative, creative, evaluate</p>	<p>90o Turn Active listening Adapt Anti-clockwise Backwards Best Route Challenge Clockwise Collaboration Communication Compass Control Point Cooperation Course Different Directional language Directions Empathy Exercise Features Following directions Following instructions Forwards Full/Half/Whole turn Grid, Key Landmarks Landscape Leadership skills Left/Right Listening skills Map Reading Mnemonics Navigate Navigating a course Non-verbal communication Non-verbal</p>
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PE Vocabulary Progression

					instructions Obstacle Orientating a map Orienteer Orienteering Outdoor adventurous activities Paces Plan of Action Precise Problem solving Process Quickest Time Senses Solution Step by Step Strategy Symbols Taking a chance, Teamwork Terminology Terrain Thinking logically Trust Unsighted Verbal instructions Visualise Warm-up
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