

PHYSICAL EDUCATION – VOCABULARY PROGRESSION

This is key vocabulary, which may be taught discretely or used within PE sessions.

	Years 1 and 2		Years 3 and 4		Years 5 and 6	
Gymnastics	Along Direction Level Link Onto and off Over Pike Posture Rolling: egg, log, forward, teddy bear rolls. Sequence Straddle Straight Tension Travel Tuck	Apparatus Balance Patches Points Shapes Travelling Shoulder stand Tension	Analyse Balance Co-operation Empathy Jumps Landing Shapes Roll Teamwork Travel	Asymmetry Balance Body Canon Counterbalance Moves Pike Posture Sequence Straddle Symmetry Techniques Tension Tuck Unison	Arch Asymmetrical Balance Bridging Canon Counterbalance Direction Dish Dynamic Evaluate Extend Level Points of balance Pull Push Rolling Rotation Sequence Shape Star Symmetrical Techniques Tension Unison	Asymmetrical Balance Canon Direction Dynamic Front and back support Level Movement Rolling and bridging Rotation Sequence Shape Symmetrical Unison
Dance	Beat Gesture Perform Rap	Beat Flow Independent Medieval Methods Movements Performance Travel	Canon Clock Confidence Direction Formation Performance Pivot Tempo Timing Unison	Agility Balance Charleston step Chassé Co- ordination Dynamics Emotion Endurance Expression Improvise Line dancing Muscular strength Phrasing	Agility Back point step Posture Balance Beats Bollywood dancing Break-it- down Canon Co- ordination Collaboration Control Dynamics Emotion Endurance	Beat Canon Choreograph Fluency Match Mirror Pose Routine Street dance Timing Unison

	Years 1 and 2		Years 3 and 4		Years 5 and 6	
				Rhythm Sequence Flexibility Space Stamina Strut Timing	Expression Flexibility Fluency Improvise Lotus Motif Muscular strength Phrasing Prayer Rhythm Sections Sequence Space Stamina Timing Unison Variation	
Games 1	Accuracy Agility Aim Balance Base Co-ordination Control Fluency Guide Movement Push Rotate Target Technique Timing Transitions Travel	Accuracy Agility Aim Balance Base Co-ordination Crab Guide Movement Pattern Rock and roll Rotate Skittles Target Timing Tuck Twist and turn	Agility Balance Bounce Control Dribble Observation Safety Send Speed Travel	Attack Defend Dribble Passing Play Receiving Support	Beats Bounce pass Break-it- down Canon Chest pass Collaboration Defend Dodging Footwork Goal High 5 Netball Intercepting Land Marking Motif Names of positions Non- contact Overhead pass Pivot Point Positions Push Receive Sections Shoulder pass Signal Step Unison Variation	Competition Forfeit Handover Hop Rules Skip Tag Tournament Try Dodging
Games 2	Bat Racket Catch Fielding Rounders Scoring Strike	Bounce Circuit Cushion Kwik Cricket Overarm	Accuracy Bowling Defenders Fielding Long	Backhand Drop serve Forehand Rally Rally	Backhand Drop serve Forehand Overhead serve	Aim Attack Back line Contact Court Disguise Doubles

	Years 1 and 2		Years 3 and 4		Years 5 and 6	
	Target Throw Warm-up	throw Sideways Underarm	barrier Overarm throw Retrieve Run Safe zone Soft hands Striking Stumped Surface area Target hands Underarm throw Wickets	building Receive Send Trap	Rally Rally building Scoring Volley	High Long Low Net Opponent Outwit Overhead clear Pressure Racket Rally Ready position Serve Shot Shuttle Target
Athletics	Balance Hopping Jog Mobility Obstacle Overarm throw Relay Speed Sprint Take-off and landing Underarm	Balance Direction Distance Hurdle Obstacle Power Relaxed Relay Speed Swing	Changeover Competition Direction Improve Landing Overarm Relay Take-off Technique Underarm	Arm action Bend Carousel Control Direction Distance Effort Extend Handover Javelin Knee lift Landing Long jump Pace Position Pull Relax Relay Stride length Take off Target Technique	Baton Bend Carousel Continuous Control Distance Extend Landing Long jump Pull Push Push technique Relay Take off Throw	Bend Carousel Control Direction Distance Extend Handover Javelin Landing Long jump Pace Position Pull Relay Sprint start Standing start Take off Target Technique