



Physical Education Whole School Vocabulary Progression



Reception	Gymnastics Gymnastic story, action, gymnastic friends, extend, extension, tension, shapes, straight, tuck, star, straddle, pike, large body parts, back, front, side, bottom, balance, arch, dish, travel, skipping, forwards, backwards, hop, side stepping, sliding, crawling, Landing, core strength, straight jump, pencil roll, egg roll, dish roll	Dance Actions - walk, jump, land, hop, skip, stretch, twist, turn. Space – forwards, backwards, sideways, high, low, safely. Dynamics – slowly, quickly, smoothly, jerkily Explore, perform, copy, repeat, describe, feelings	Games Free space, move forward, sideways, backwards, fast, slow, different speeds, carry, release, throw, bounce, catch, target, on the spot, on the move, air, foot, bat, practise, improve, take turns, play fairly,	Athletics Running, jumping, hopping, stopping, walk, slowly, quickly, practise, improve, Jumps – 2-2, 2-1, 1-2, 1-1, same foot, 1-1 landing, land on other foot, further, higher, target, rolling, underarm		
	Vocab is taught throughout units and can be specific to PE areas					
Year 1	Key Vocabulary					
	Gymnastics All of the above plus; Hold a balance, control, front support, back support, hands flat, travel, monkey walk, camel walk, caterpillar walk, bunny hop, shape in the air, tuck shape, star shape, straight, upright, strong core, tension and extension, teddy bear roll, full circle roll, rock and roll, tipper truck,	Dance All of the above plus; Actions – travel, stretch, twist, turn, jump Space - - forwards, backwards, sideways, high, low, safely. Aware of others Relationships – on your own, with a partner, 4 actions, Dynamics – slowly, quickly, expression Control, coordination, walking, hopping, jumping,, landing, move with rhythm, march , clap, holding hands, swapping places, meeting, parting, Compose, perform, appreciate,	Games All of the above plus; Partner, team, use space well, catch, strike, bounce, forwards, backwards, sideways, different speeds, control, roll, throw, send, receive, underarm, overarm, make a game easier, harder. STEP – Changing SPACE, TASK, EQUIPMENT, PEOPLE Rules, tactics, attacking, defending, pass, goal, target, pathway, practise, improve, win, lose.	Athletics All of the above plus; Run, jog, speed, successful, improve, position of head, arms, trunk, legs, feet, L – shape arms, lip to hip, light on balls of feet, mini hurdles, ladders, 5 basic jumps – 2-2, 2-2, 1-2,1-1 same foot, 1-1 landing on other foot, Combinations, take off, landing, control, throw, target, rolling, underarm, overarm.	Outdoor and Adventurous Map, follow, trail, positional language in relation to where they are – beside, next to, on, under, on top of, below, Plan and share ideas, solving problems,	Swimming

Year 2

Vocab is taught throughout units and can be specific to PE areas

Key Vocabulary

<p>Gymnastics All of the above plus; Hold a balance, control, front support, back support, hands flat, travel, monkey walk, camel walk, caterpillar walk, bunny hop, shape in the air, tuck shape, star shape, straight, upright, strong core, tension and extension, teddy bear roll, full circle roll, rock and roll, tipper truck,</p>	<p>Dance All of the above plus; Actions – travel, stretch, twist, turn, jump Space - -- forwards, backwards, sideways, high, low, safely. Aware of others Relationships – on your own, with a partner, 4 actions, Dynamics – slowly, quickly, expression Control, coordination, walking, hopping, jumping,, landing, move with rhythm, march , clap, holding hands, swapping places, meeting, parting, Compose, perform, appreciate,</p>	<p>Games All of the above plus; Partner, team, use space well, catch, strike, bounce, forwards, backwards, sideways, different speeds, control, roll, throw, send, receive, underarm, overarm, make a game easier, harder. STEP – Changing SPACE, TASK, EQUIPMENT, PEOPLE Rules, tactics, attacking, defending, pass, goal, target, pathway, practise, improve, win, lose.</p>	<p>Athletics All of the above plus; Run, jog, speed, successful, improve, position of head, arms, trunk, legs, feet, L – shape arms, lip to hip, light on balls of feet, mini hurdles, ladders, 5 basic jumps – 2-2, 2-2, 1-2,1-1 same foot, 1-1 landing on other foot, Combinations, take off, landing, control, throw, target, rolling, underarm, overarm.</p>	<p>Outdoor and Adventurous Map, follow, trail, positional language in relation to where they are – beside, next to, on, under, on top of, below, Plan and share ideas, solving problems,</p>	
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Year 3

Vocab is taught throughout units and can be specific to PE areas

Key Vocabulary

<p>Gymnastics Sequence, change of speed, balances, travelling, starting shape, elements, 'L' shaped pathway, core strength, taking weight, front support, back support, flat hands, small body parts (points) , floor, apparatus, body parts, partner, facing beside, behind, different levels, move fluently, Bunny hop, rolling action, travel away from , travel towards, quickly, slowly, direction, straight line,</p>	<p>Dance All of the above plus; Compose, perform, appreciate, movement ideas, dance phrases, idea, thought, feeling Actions – travel, turn, gesture, jump and stillness, body shape Space – formation, direction, level, pathways Relationships – whole group, duo, solo, unison, canon, mirroring, mirror, Dynamics – explore speed, energy e.g. heavy / light Choreographic devices –</p>	<p>Games All KS1 plus; Skill, control, throw, catch, right time to pass, outwit an opponent, move, receive, shoot, send, hands, feet, head, racquet, bat, target, space, team mate, defence, attack, invasion, net and wall, striking and fielding, Core Tasks, tactics, strengths, weaknesses, improve, safety, adapt, rules, equipment, space, targets, possession, positions, challenged, winning and</p>	<p>Athletics All of KS1 plus; Run smoothly, different styles, distances, pace, longer distances, effort, challenges, combinations of jumps – hop, step, jump, control, consistency, Throwing, pulling, pushing, slinging,</p>	<p>Outdoor and Adventurous All of KS1 plus; Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility, danger, safety, control risk, rules, equipment, route, people. Effective strategies, change ideas.</p>	<p>Swimming Front crawl Back crawl Breaststroke Lie flat, streamlined, Breathe, Floating, Turning, Sculling, Slide entry, Surface diving Straddle entry Pull, push, kick Floats, aids Length, width Deep end, shallow end</p>
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	straight, star, tucked shapes, bench, control, take off, landing, twisted shape, pencil, dish, teddy bear, rock and roll, floor and along apparatus, forwards, backwards, position	motif, repetition, clear beginning, middle, end, Audience, coordination, control, strength, focus, expression, musicality, copy, repeat, movement memory, dance styles, traditions, design, costume, content	losing.			
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Year 4

Vocab is taught throughout units and can be specific to PE areas

Key Vocabulary

Gymnastics Sequence, change of speed, balances, travelling, starting shape, elements, 'L' shaped pathway, core strength, taking weight, front support, back support, flat hands, small body parts (points) , floor, apparatus, body parts, partner, facing beside, behind, different levels, move fluently, Bunny hop, rolling action, travel away from , travel towards, quickly, slowly, direction, straight line, straight, star, tucked shapes, bench, control, take off, landing, twisted shape, pencil, dish, teddy bear, rock and roll, floor and along apparatus, forwards, backwards, position	Dance All of the above plus; Compose, perform, appreciate, movement ideas, dance phrases, idea, thought, feeling Actions – travel, turn, gesture, jump and stillness, body shape Space – formation, direction, level, pathways Relationships – whole group, duo, solo, unison, canon, mirroring, mirror, Dynamics – explore speed, energy e.g. heavy / light Choreographic devices – motif, repetition, clear beginning, middle, end, Audience, coordination, control, strength, focus, expression, musicality, copy, repeat, movement memory, dance styles, traditions, design, costume, content	Games All KS1 plus; Skill, control, throw, catch, right time to pass, outwit an opponent, move, receive, shoot, send, hands, feet, head, racquet, bat, target, space, team mate, defence, attack, invasion, net and wall, striking and fielding, Core Tasks, tactics, strengths, weaknesses, improve, safety, adapt, rules, equipment, space, targets, possession, positions, challenged, winning and losing.	Athletics All of KS1 plus; Run smoothly, different styles, distances, pace, longer distances, effort, challenges, combinations of jumps – hop, step, jump, control, consistency, Throwing, pulling, pushing, slinging,	Outdoor and Adventurous All of KS1 plus; Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility, danger, safety, control risk, rules, equipment, route, people. Effective strategies, change ideas.	Swimming Front crawl Back crawl Breaststroke Lie flat, streamlined, Breathe, Floating, Turning, Sculling, Slide entry, Surface diving Straddle entry Pull, push, kick Floats, aids Length, width Deep end, shallow end
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Year 5

Vocab is taught throughout units and can be specific to PE areas

Key Vocabulary

<p>Gymnastics All of lower KS2 plus; Sequence of 8 elements, Combination, symmetrical rolling and jumping, asymmetrical shapes and balances, changes of direction, mirror, match, Taking someone's weight, counter balance, counter tension, acrobatic balances, beginning, middle, end of a sequence, levels, speed, direction, group balance, cartwheel, pathways, starting and finishing positions,</p>	<p>Dance All of the above plus; Respond, stimuli, movement ideas, dance phrases, express ideas, thought, feelings, Actions – travel, turn, gesture, jump, stillness Space – formation, direction, level, pathways, Relationships – solo / duo / trio, unison / canon / contrast. Dynamics – explore speed, energy e.g. heavy / light, flowing / sudden Choreographic devices – motif, motif development, repetition, retrograde (motif backwards), musicality, Coordination, control, alignment, flow of energy, strength, focus, sense of style, projection, continuity, rhythm, levels, directions, pathways, size and body shape, Mirror, match, canon, complement, contrast, physical contact, copy, repeat, movement memory.</p>	<p>Games All of lower KS2 plus; Pass, control, dribble, shoot, accuracy, fluency, on the move, send, receive, hands, feet, racquet, bat, target, invasion, net and wall, striking and fielding, Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis, Rounders, perseverance to improve, strength, weaknesses, make decisions, competent, tactics, roles, transference of skills, reflect, performance, personal, team skills,</p>	<p>Athletics All of lower KS2 plus; Sustain pace, relay, change-over, times, targets, short distance, long distance, performance, strengths, weaknesses, improve, warm up exercises, athletics, stamina, strength. Jumps, power, control, consistency, take off, landing, distance, height, Throw, accuracy, control, efficiency, pulling, pushing, slinging, foam, javelin, shot, discus.</p>	<p>Outdoor and Adventurous All of KS1 plus; Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility, danger, safety, control risk, rules, equipment, route, people. Effective strategies, change ideas.</p>	<p>Swimming Front crawl Back crawl Breaststroke Lie flat, streamlined, Breathe, Floating, Turning, Sculling, Slide entry, Surface diving Straddle entry Pull, push, kick Floats, aids Length, width Deep end, shallow end</p>
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Year 6

Vocab is taught throughout units and can be specific to PE areas

Key Vocabulary

<p>Gymnastics All of lower KS2 plus; Sequence of 8 elements, Combination, symmetrical rolling and jumping, asymmetrical shapes and balances, changes of direction, mirror, match,</p>	<p>Dance All of the above plus; Respond, stimuli, movement ideas, dance phrases, express ideas, thought, feelings, Actions – travel, turn, gesture, jump, stillness</p>	<p>Games All of lower KS2 plus; Pass, control, dribble, shoot, accuracy, fluency, on the move, send, receive, hands, feet, racquet, bat, target, invasion, net and wall,</p>	<p>Athletics All of lower KS2 plus; Sustain pace, relay, change-over, times, targets, short distance, long distance, performance, strengths, weaknesses, improve,</p>	<p>Outdoor and Adventurous All of KS1 plus; Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility,</p>	<p>Swimming Front crawl Back crawl Breaststroke Lie flat, streamlined, Breathe, Floating, Turning, Sculling, Slide entry, Surface diving</p>
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	<p>Taking someone's weight, counter balance, counter tension, acrobatic balances, beginning, middle, end of a sequence, levels, speed, direction, group balance, cartwheel, pathways, starting and finishing positions,</p>	<p>Space – formation, direction, level, pathways, Relationships – solo / duo / trio, unison / canon / contrast. Dynamics – explore speed, energy e.g. heavy / light, flowing / sudden Choreographic devices – motif, motif development, repetition, retrograde (motif backwards), musicality, Coordination, control, alignment, flow of energy, strength, focus, sense of style, projection, continuity, rhythm, levels, directions, pathways, size and body shape, Mirror, match, canon, complement, contrast, physical contact, copy, repeat, movement memory.</p>	<p>striking and fielding, Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis, Rounders, perseverance to improve, strength, weaknesses, make decisions, competent, tactics, roles, transference of skills, reflect, performance, personal, team skills,</p>	<p>warm up exercises, athletics, stamina, strength. Jumps, power, control, consistency, take off, landing, distance, height, Throw, accuracy, control, efficiency, pulling, pushing, slinging, foam, javelin, shot, discus.</p>	<p>danger, safety, control risk, rules, equipment, route, people. Effective strategies, change ideas.</p>	<p>Straddle entry Pull, push, kick Floats, aids Length, width Deep end, shallow end</p>
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