

# Physical Education Whole School Vocabulary Progression

<b>Reception</b>	<b>Gymnastics</b> 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	<b>Dance</b> 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	<b>Games</b> 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,	<b>Athletics</b> 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 <b>Key Vocabulary</b>					
<b>Year 1</b>	<b>Gymnastics</b> <b>All of the above plus;</b> 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,	<b>Dance</b> <b>All of the above plus;</b> 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,	<b>Games</b> <b>All of the above plus;</b> 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.	<b>Athletics</b> <b>All of the above plus;</b> 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.	<b>Outdoor and Adventurous</b> 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,	<b>Swimming</b>

# Year 2

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

## Key Vocabulary

<p><b>Gymnastics</b> 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><b>Dance</b> <b>All of the above plus;</b> 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><b>Games</b> <b>All of the above plus;</b> 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><b>Athletics</b> <b>All of the above plus;</b> 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><b>Outdoor and Adventurous</b> 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><b>Gymnastics</b> 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><b>Dance</b> <b>All of the above plus;</b> 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><b>Games</b> <b>All KS1 plus;</b> 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><b>Athletics</b> <b>All of KS1 plus;</b> Run smoothly, different styles, distances, pace, longer distances, effort, challenges, combinations of jumps – hop, step, jump, control, consistency, Throwing, pulling, pushing, slinging,</p>	<p><b>Outdoor and Adventurous</b> <b>All of KS1 plus;</b> 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><b>Swimming</b> 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

<b>Gymnastics</b> 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	<b>Dance</b> <b>All of the above plus;</b> 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	<b>Games</b> <b>All KS1 plus;</b> 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.	<b>Athletics</b> <b>All of KS1 plus;</b> Run smoothly, different styles, distances, pace, longer distances, effort, challenges, combinations of jumps – hop, step, jump, control, consistency, Throwing, pulling, pushing, slinging,	<b>Outdoor and Adventurous</b> <b>All of KS1 plus;</b> 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.	<b>Swimming</b> 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><b>Gymnastics</b>  <b>All of lower KS2 plus;</b>            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><b>Dance</b>  <b>All of the above plus;</b>            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><b>Games</b>  <b>All of lower KS2 plus;</b>            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><b>Athletics</b>  <b>All of lower KS2 plus;</b>            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><b>Outdoor and Adventurous</b>  <b>All of KS1 plus;</b>            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><b>Swimming</b>            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><b>Gymnastics</b>  <b>All of lower KS2 plus;</b>            Sequence of 8 elements, Combination, symmetrical rolling and jumping, asymmetrical shapes and balances, changes of direction, mirror, match,</p>	<p><b>Dance</b>  <b>All of the above plus;</b>            Respond, stimuli, movement ideas, dance phrases, express ideas, thought, feelings, Actions – travel, turn, gesture, jump, stillness</p>	<p><b>Games</b>  <b>All of lower KS2 plus;</b>            Pass, control, dribble, shoot, accuracy, fluency, on the move, send, receive, hands, feet, racquet, bat, target, invasion, net and wall,</p>	<p><b>Athletics</b>  <b>All of lower KS2 plus;</b>            Sustain pace, relay, change-over, times, targets, short distance, long distance, performance, strengths, weaknesses, improve,</p>	<p><b>Outdoor and Adventurous</b>  <b>All of KS1 plus;</b>            Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility,</p>	<p><b>Swimming</b>            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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