

## Physical Education Whole School Vocabulary Progression



RIMARY SCHOO						RIMARY SCHOO	
Reception	<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	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			
Year 1	Vocab is taught throughout units and can be specific to PE areas           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

Year 2	Vocab is taught throughout units and can be specific to PE areas							
	Key Vocabulary           Gymnastics         Dance         Games         Athletics         Outdoor and Adventurous							
	All of the above plus;	All of the above plus;	All of the above plus;	All of the above plus;	Outdoor and Adventurous			
	Hold a balance, control,	Actions – travel, stretch,	Partner, team, use space	Run, jog, speed,	Map, follow, trail,			
	front support, back	twist, turn, jump	well, catch, strike, bounce,	successful, improve,	positional language in			
		· · · ·						
	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,	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,	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.	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.	relation to where they are – beside, next to, on, under, on top of, below, Plan and share ideas, solving problems,			
Year 3	Vocab is taught throughout units and can be specific to PE areas							
				cabulary				
	Gymnastics	Dance	Games	Athletics	Outdoor and Adventurous	Swimming		
	Sequence, change of	All of the above plus;	All KS1 plus;	All of KS1 plus;	All of KS1 plus;	Front crawl		
	speed, balances,	Compose, perform,	Skill, control, throw, catch,	Run smoothly, different	Orientate, maps, plans,	Back crawl		
	travelling, starting shape,	appreciate, movement	right time to pass, outwit	styles, distances, pace,	trail, base point, symbols	Breaststroke		
	elements, 'L' shaped	ideas, dance phrases, idea,	an opponent, move,	longer distances, effort,	(linked to Geography map	Lie flat, streamlined,		
	pathway, core strength, taking weight, front	thought, feeling Actions – travel, turn,	receive, shoot, send, hands, feet, head, racquet,	challenges, combinations of jumps – hop, step,	work), co-operate, roles, group, listen, others ideas,	Breathe, Floating, Turning, Sculling,		
	support, back support, flat	gesture, jump and	bat, target, space, team	jump, control, consistency,	views, responsibility,	Slide entry, Surface diving		
	hands, small body parts	stillness, body shape	mate, defence, attack,	Throwing, pulling,	danger, safety, control	Straddle entry		
	(points) , floor, apparatus,	Space – formation,	invasion, net and wall,	pushing, slinging,	risk, rules, equipment,	Pull, push, kick		
	body parts, partner, facing	direction, level, pathways	striking and fielding, Core	P 22	route, people.	Floats, aids		
	beside, behind, different	Relationships – whole	Tasks, tactics, strengths,		Effective strategies,	Length, width		
	levels, move fluently,	group, duo, solo, unison,	weaknesses, improve,		change ideas.	Deep end, shallow end		
	Bunny hop, rolling action,	canon, mirroring, mirror,	safety, adapt, rules,		-			
	travel away from , travel	Dynamics – explore speed,	equipment, space, targets,					
	towards, quickly, slowly,	energy e.g. heavy / light	possession, positions,					
	direction, straight line,	Choreographic devices –	challenged, winning and					

sha tak sha bea and for	raight, star, tucked hapes, bench, control, ke off, landing, twisted hape, pencil, dish, teddy ear, rock and roll, floor hd along apparatus, hrwards, backwards, osition	motif, repetition, clear beginning, middle, end, Audience, coordination, control, strength, focus, expression, musicality, copy, repeat, movement memory, dance styles, traditions, design, costume, content	losing.			
Year 4			Vocab is taught throughout unit Key Voc			
Gv	ymnastics	Dance	Games	Athletics	Outdoor and Adventurous	Swimming
-	equence, change of	All of the above plus;	All KS1 plus;	All of KS1 plus;	All of KS1 plus;	Front crawl
spe tra ele pat tak sup har (po boo bes lev Bui tra tov dir stra sha tak sha tak	peed, balances, avelling, starting shape, ements, 'L' shaped athway, core strength, king weight, front upport, back support, flat ands, small body parts oints) , floor, apparatus, bdy parts, partner, facing eside, behind, different vels, move fluently, unny hop, rolling action, avel away from , travel wards, quickly, slowly, rection, straight line, raight, star, tucked hapes, bench, control, ke off, landing, twisted hape, pencil, dish, teddy ear, rock and roll, floor nd along apparatus, rwards, backwards, baition	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	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.	Run smoothly, different styles, distances, pace, longer distances, effort, challenges, combinations of jumps – hop, step, jump, control, consistency, Throwing, pulling, pushing, slinging,	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.	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

## Year 5

Year 6

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

Taking someone's wieight.	Space – formation,	striking and fielding, Tag	warm up exercises,	danger, safety, control	Straddle entry
counter balance, counter	,	0 0, 0	• •	<b>u</b> , , , , , , , , , , , , , , , , , , ,	Pull, push, kick
,			, ,		Floats, aids
		Cricket, Mini Tennis,	0	<i>i i i</i>	Length, width
, 0 0,	contrast.	, , ,	• • • • • • • • • • • • • • • • • • • •	_	Deep end, shallow end
	Dynamics – explore speed,			0	
	_				
01	• •	of skills, reflect,			
		performance, personal,			
	(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,				
	repeat, movement				
	memory.				
	Taking someone's wieight, counter balance, counter tension, acrobatic balances, beginning, middle, end of a sequence, evels, speed , direction, group balance, cartwheel, bathways, starting and finishing positions,	<ul> <li>counter balance, counter balance, counter balance, counter balance, counter balances, beginning, middle, end of a sequence, evels, speed , direction, group balance, cartwheel, bathways, starting and finishing positions,</li> <li>contrast.</li> <li>Dynamics – explore speed, energy e.g. heavy / light, flowing / sudden</li> <li>Choreographic devices – motif, motif development, repetition, retrograde (motif backwards), musicality,</li> <li>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</li> </ul>	counter balance, counter tension, acrobatic palances, beginning, middle, end of a sequence, evels, speed , direction, group balance, cartwheel, pathways, starting and inishing positions,	<ul> <li>direction, level, pathways, tension, acrobatic balances, beginning, middle, end of a sequence, evels, speed, direction, group balance, cartwheel, athways, starting and inishing positions,</li> <li>Higton J (2000) Relationships – solo / duo / trio, unison / canon / contrast.</li> <li>Dynamics – explore speed, energy e.g. heavy / light, flowing / sudden</li> <li>Choreographic devices – motif, motif development, repetition, retrograde (motif backwards), musicality,</li> <li>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</li> <li>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,</li> <li>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,</li> </ul>	<ul> <li>direction, level, pathways, remember balance, counter balance, counter balance, counter balance, cartwheel, bathways, starting and finishing positions,</li> <li>direction, level, pathways, Relationships – solo / duo / trio, unison / canon / contrast.</li> <li>Dynamics – explore speed, evels, speed , direction, group balance, cartwheel, bathways, starting and finishing positions,</li> <li>diff, motif development, repetition, retrograde (motif backwards), musicality, Coordination, control, alignment, flow of energy, strength, focus, sense of style, projection, complement, comp</li></ul>