



PE Vocabulary progression



Area of PE	Early Years	KS1	KS2
Multi skills / Games	Space Forward, backwards, sideways Walk Run Skip Jump Hop Gallop Side skip Hop scotch Star jump Bunny hop Crab Caterpillar Monkey Roll Throw Catch Bounce Dribble Kick Balance Stop Chase Tag	All EYFS vocabulary Balance Agility Co-ordination Hand eye coordination Direction Speed Travel Control Send Pass Strike Overarm Underarm Chest pass Bounce pass Dodge Compete Rules Intercept Score Team Target Aim Back stop Batter Fielder bowler	All KS1 vocabulary Invasion Striking and fielding Net wall Physical skills Thinking skills Social skills Attack Defend Shoot Possession Tackle Mark Shield Decision Width Depth Communicate progress Tactics Accurate Technique Shoulder pass Wicket Wicket keeper Long barrier Forehand Backhand Volley Rally Opponent Anticipate Umpire/referee Try Defensive line Footwork Pivot

<p>Gymnastics</p>	<p>All movement words from multi skills</p> <ul style="list-style-type: none"> Travel Balance Spin Roll High Low Shape Straight Star Pike Straddle One foot stand Tuck Link Sequence Around Under Through Apparatus Bench Mat Jump Land 	<p>All EYFS vocabulary</p> <ul style="list-style-type: none"> Direction Level Pathway Speed Front support Back support Tucked dish Improve Pull string Point Egg roll Log roll Side roll Teddy roll Forward roll Straight jump Broad jump Control Table A frame Balance beam Wedge Single bar Parallel bar Vault Perform 	<p>All key stage 1 vocabulary</p> <ul style="list-style-type: none"> Arabesque Side support Arch Dish Dish arch roll Backward roll Cartwheel Handstand Paired shapes Counter balance Base Contact Symmetry A symmetry Mirror Cannon Unison Refine Tension Extension flexibility Posture Rehearse Inverted Stability Formation Flow Contrast
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Dance	<p>All movement words from above</p> <p>Move Travel Spin Turn Twist Speed Still Routine</p>	<p>All EYFS vocabulary</p> <p>Direction Level Expression Gesture Pulse Rhythm Pose Perform Beat</p>	<p>All KS1 vocabulary</p> <p>Motif Canon Unison Repetition Dynamics Phrase Formation Timing Transition Mirror Choreograph Emotion Improvise</p>
Athletics	See multi skills	See multi skills	<p>Pace Sprint Long distance Short distance Technique Stride Drive Shot put Javelin Long jump Triple jump Take off Land Pull throw Push throw Hurdle Higher, faster, longer, further Power Rhythm Vertical Relay Baton</p>

Other	Balanceability: Balance Balance bike Steer Glide Step Speed up Slow down Handlebars		Boxercise: Stance Orthodox Southpaw Jab Cross Hook Upper cut Pad Glove Footwork Combination Pivot
Values School Games Value	Determination Passion creativity courage Self-belief Respect	Sportsmanship Teamwork creativity courage Perseverance Determination Honesty Respect Service Compassion Self-belief	Year 3 and 4- Honesty Communication Perseverance Courage Service Determination Teamwork Sportsmanship Creativity Leadership Respect Resilience Year 5 and 6- Determination Respect Teamwork Self-belief Communication Service Leadership Resilience Healthy lifestyles Creativity Compassion Perseverance

