



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

Gymnastics	<p>All movement words from multi skills</p> <p>Travel</p> <p>Balance</p> <p>Spin</p> <p>Roll</p> <p>High</p> <p>Low</p> <p>Shape</p> <p>Straight</p> <p>Star</p> <p>Pike</p> <p>Straddle</p> <p>One foot stand</p> <p>Tuck</p> <p>Link</p> <p>Sequence</p> <p>Around</p> <p>Under</p> <p>Through</p> <p>Apparatus</p> <p>Bench</p> <p>Mat</p> <p>Jump</p> <p>Land</p>	<p>All EYFS vocabulary</p> <p>Direction</p> <p>Level</p> <p>Pathway</p> <p>Speed</p> <p>Front support</p> <p>Back support</p> <p>Tucked dish</p> <p>Improve</p> <p>Pull string</p> <p>Point</p> <p>Egg roll</p> <p>Log roll</p> <p>Side roll</p> <p>Teddy roll</p> <p>Forward roll</p> <p>Straight jump</p> <p>Broad jump</p> <p>Control</p> <p>Table</p> <p>A frame</p> <p>Balance beam</p> <p>Wedge</p> <p>Single bar</p> <p>Parallel bar</p> <p>Vault</p> <p>Perform</p>	<p>All key stage 1 vocabulary</p> <p>Arabesque</p> <p>Side support</p> <p>Arch</p> <p>Dish</p> <p>Dish arch roll</p> <p>Backward roll</p> <p>Cartwheel</p> <p>Handstand</p> <p>Paired shapes</p> <p>Counter balance</p> <p>Base</p> <p>Contact</p> <p>Symmetry</p> <p>A symmetry</p> <p>Mirror</p> <p>Cannon</p> <p>Unison</p> <p>Refine</p> <p>Tension</p> <p>Extension</p> <p>flexibility</p> <p>Posture</p> <p>Rehearse</p> <p>Inverted</p> <p>Stability</p> <p>Formation</p> <p>Flow</p> <p>Contrast</p>
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Dance	All movement words from above Move Travel Spin Turn Twist Speed Still Routine	All EYFS vocabulary Direction Level Expression Gesture Pulse Rhythm Pose Perform Beat	All KS1 vocabulary Motif Cannon Unison Repetition Dynamics Phrase Formation Timing Transition Mirror Choreograph Emotion Improvise
Athletics	See multi skills	See multi skills	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

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

