

Physical Education

Progression of Vocabulary



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Net + Wall Games		Tennis Serve Stance Coordination Clear Overhead Lob Defensive Offensive	Handball Awareness Tactics Defend Attack Position Movement Control Catch Throw Prepared Ready Catch Gather Receive Skills Tactics Accuracy Power Ball Pass	Badminton Accuracy Balance Cooperation Competitive Follow through Power Receive Safety Speed Stance Swing Tactics Teamwork Forehand Serve	Badminton Cooperation Competitive Follow through Stance Power Receive Serve Speed Tactics Shuffle Discuss Chasse Coordination Deceive Connect Court	Badminton Aim Clear Control Cooperation Coordination Direction Get in line Move Movement Racket Receive Serve Shuttle Speed Throw	Badminton Be Ready Clear Control Cooperate Cooperation Coordination Forehand Game Get in line Grip Move Movement Partner Power Racket Ready Receive Safety Score Serve Shuffle Space Speed Tactics Teamwork

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Invasion Games	Awareness Ball Ball control Change directions Move MOvement Space Look Head-up	Basketball Aim Ball Ball control Bounce Catch Close Control Control Skills Copy Describe Dribble Explore the game Hands ready Pass Roll Score Shoot Skill	Football Aim Attack Control Coordination Turn Teamwork Shooting Passing Speed Space Dribble Defend Space Movement	Rugby Accuracy Attack Backwards Belts Catch Defend Dodge Dummy Evade Pass Pocket Pass Space Space Tag Rugby Speed Tag Rugby Target Teamwork Try	Netball Accuracy Aim Aiming Ball Bounce Pass Chest Pass Control Direction Dish Explore Hold Pass Passing Posses Possession Power Rules Score Shoot Space Speed Technique	Hockey Indian Dribble Close Cover Mark Block Slap Pass Possession Principles Evaluate Watch Explore	Hockey Indian Dribbling Close down Cover Track Block Slap Pass Decision Making Possession Principles Evaluate Discuss Explore
	Striking + Fielding Games			Cricket Accuracy Aim Ball Batting Bowler Catch Catching Control Experiment Explore the game Feeder Fielder Fielding Get in line Keep score Long barrier Position Roll Score Skill	Cricket Accuracy Aim Aiming Batting Bowler Catching the ball Decision Making Experiment Explore the game Fielding Free Space Overarm Points Roll Safety Score Shot selection Space Striking Support	Rounders Accuracy Aiming Backstop Batter Batting Bowler Bowling Catch Consistency Cooperate Experiment Explore the game Fielder Fielding Fluency Grip In line Keep score Long barrier Power	

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				Teamwork Technique Throw Throwing Underarm Wicket keeper Wickets	Swing Teamwork Technique Throwing Tournament Underarm Wicket keeper Wickets	Repeatable Run Score Space Stance Tactics Target	
Target Games	Ball Ball control Ball Relay Body Change direction Collect Control Direction Explore Get in line Move Movement Rolling Safely Stop	Dodgeball Accuracy Aim Ball control Bounce Hands ready Heart React Roll Rolling Rules Scoring Smash Success Target Teamwork	Golf Bunker Closer Dominant Explore Fairway Forfeit Head up Heroes Improve Movements Non-dominant Bunker Pace Quickly Repeat Rough Successfully Technique Tick tock				

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Athletics	Uniform Body parts Awareness Changing Listen Instruction Quick/speed Direction Heart rate	Aim Balance Compare Coordination Develop Distance Explore Improve Jumping Landing safely Measure Movement Target Teamwork Technique Throw	Aim Challenge Compare Distance experiment improve Jump jumping Land Safely landing Measure Relay Speed Target Teamwork Technique	Develop Experiment Distance Combination Balance Co-ordination Movement Distance Pull Target Technique Accelerate	Develop Distance Accelerate Personal Best Co-ordination Movement Push / Pull Pace Exchange Timing Communication Triple Jump	Pace Jumping Throwing Coordination Measurements Timing Movement Technique	Evaluate Feedback Power Cooperate Fling Olympics Run up Compare
Gymnastics	Awareness Body Carefully Control Different Head up Hop Imagination Jump Look Move Movement Run Safe Safely Skip Space Stop Walk	Balance Balancing Copy Direction Egg roll Feedback Forward Forwards High Jumping Jumps Key shape Landing Level Low Levels Movement Rolls Sequence Speed Technique Transition Travel Tuck Unison	Stepping Speed Travelling Levels Performance Quality Leap Direction Dish/Arch Stance Smart Sideways Stretching Feedback Body shape Coordination Apparatus Point Balance	Posture Body tension Pathway Adjust Mirror Match Contrast Static shapes Timing Synchronisation Sequences Flight Elevated Partial contact	Linked Plank Counterbalance Contrasting Complementary Base Simultaneously One motion Constant motion Rhythm Formation Randomly Body tension In combination Collaborative Exchange Replicate Navigate Core muscles Repeatable Coordination Aspect Active balance Perform Consistency	Pathways Experiment Diagonal Fluency Confidence Flow Improve Flexibility Creative Stabilise Lunge Combinations Finesse Symmetry Formation Link Sequence	Pathway Formation Tension Symmetry Teamwork Top Base Support Transition Fluency Vaulting Rhythm Combine Rebound Flight Development Explore

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Dance	Teamwork Music Movement Count Together Counting Create Ideas Dance Impression Mirror Character	Aim Aiming Balance Ball Control Bounce Move Control Experiment Racket Receive Roll Score Serve Swing Throw Underarm	Actions Beat Beat Dance Character Clap Control Count Create Emotions Expressions Imagination Improve Legs Movement Performance Phrase Practise Rehearse Rhythm Unison Actions Beat Beat Dance Character Clap Control Count Create Emotions Expressions Imagination Improve Legs Movement Performance Phrase Practise Rehearse Rhythm Unison	Street Dance Tutting Beat of 8 Canon Levels Unison Beat Count Control Fluency Phrase Choreography Create Work together Create Choreography Partner Create Evaluate Choreograph Unison Performance Review Audience	Health Fitness Dance Count Timing Develop Character Beat Actions Routine Level Unison Motif Canon Pose Level Direction Movement Control Phrase Choreography Quality Level Practise Develop Choreography	Canon Unison Rhythm Beat Phrase Choreography Confidence Experiment Express Control Count Timing Motif Formation Imaginative Intensity Levels Direction Movement	Ability Achieving Audience Canon Carefully Choreography Confidence Experiment Express Feel Different Formation Imaginative Intensity Levels Movement Pace Comfortable Perform Highlight Pose Practise Quality Rhythm Slow Motion Space

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OAA							Teamwork Communication Problem Solving Cooperation Map Orienteering Scaling Controls Approach Strategy
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