

## P.E Language Continuum Progression:

### **Reception:**

\*\*This is a working document, words may be added or excluded based on the knowledge of the children and which words may or may not be taught.

<b>INTRO TO PE</b>	<b>BALL SKILLS</b>	<b>DANCE</b>	<b>FITNESS</b>	<b>FUNDAMENTALS</b>	<b>GYMNASTICS</b>
Run	Bounce	Reaction	Speed	Dodge	Body Tension
Throw	Control	Speed	Stamina	Tension	Strength
Gallop	Dribble	Formation	Continuous	Control	Flexibility
Space	Receive	Character	Stability	Stability	Invert
Jump	Handle	Cannon	Pace	Direction	Action
Skip	Throw	Balance	Stride	Co-ordination	Landing
Path	Catch	Action	Distance	Take off	Extend
Copy	Accuracy	level	Balance	Hop	Step
Rule	Roll	Phrase	Power	Balance	Shape
Lead	Collect	Shape	Extend	Timing	Roll
Listen	Cushion	Space	Strength	Momentum	Take off
Go	Retrieve	Motif	Timing	Landing	Barrel
Safe	Aim	Dynamics	Rhythm	Jump	Balance
Forwards	Send	Contrast	Co-ordination	Skip	Travel
Backwards	Direction	Pathway	Jump	Rhythm	Slide
Travel	Target	Direction	Skip	Consecutive	Jump
Direction	Kick	Gesture	Hop	Straddle	Counter
Stop		Mirror	Maintain	Sprint	tension
Shape		Match	Tension	Accelerate	Flight
Hop		Unison	Agility	Decelerate	Tuck
Freeze		Choreography	Landing	Lap	Arch
Balance		Stimulus		Speed	Dish
Sideways				Stride	Back Support
Tag				Jog	Star
Roll					Front Support
Partner					Straight
Catch					Straddle
Bounce					Pike
Push					Tuck
					Formation
					Direction
					Mirror
					Match
					Pathway
					Sequence
					Level

## Key Stage One:

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<b>ATHLETICS</b> Accuracy Agility Balance Co-ordination Distance Distance Hop Jump Landing Leap Momentum Obstacle Pace Power Rhythm Speed Stamina Stride Take off	<b>BALL SKILLS</b> Accuracy Aim Bounce Catch Collect Control Cushion Direction Dribble Handle Kick Receive Retrieve Roll Send Target Throw	<b>DANCE</b> Actions Character Confident Copy Counts Create Direction Dynamic Expression Feedback Isolation Mirroring Movements Perform Remember Repeat Together Tune Unison	<b>FITNESS</b> Agility Balance Continuous Co-ordination Distance Hop Jump Landing Pace Skip Speed Stamina Stride	<b>FUNDAMENTALS</b> Balance Consecutive Control Co-ordination Direction Dodge Hop Jog Jump Landing Lap Rhythm Skip Speed Sprint Stability Straddle Stride Take off Timing	<b>GYMNASTICS</b> Apparatus Balances Barrel Barrel Roll Curled Extension Forward Roll Jumps Landing Pike Relaxed Sequence Shape Straddle Straight Straight Roll Take Off Tense Tension Travelling Tuck
<b>INVASION GAMES</b> Attack Communication Control Defend Dodge Dribble Gain Goal Intercept Invade Maintain Opposition Possession Receive Space	<b>NET AND WALL GAMES</b> Accuracy Baseline Communication Consecutive Continuous Control Co-ordination Court Defend Feeder Net Opponent Opposition Prepare	<b>SENDING AND RECEIVING</b> Accuracy Attack Collect Consecutive Continuous Control Cushion Defend Intercept Opponent Receive Release Roll Send	<b>STRIKING AND FIELDING GAMES</b> Accuracy Base Batter Bowler Collect Consecutive Consistency Continuous Control Fielder Opponent Overarm	<b>TEAM BUILDING AND OAA</b> Carefully Challenge Communication Co-operation Diagram Fair Play Group Honesty Ideas Instruction Map Partner Planning Rules	

	Racket Rally Ready position Receive Space Underarm	Space Successful Target Track Unmarked	Receive Release Retrieve Roll Space Strike Target Track Underarm	Share Solving Successful Suggest Tasks Teamwork	
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### Key Stage Two:

<b>ATHLETICS</b>	<b>BASKETBALL</b>	<b>CRICKET</b>	<b>DANCE</b>
Accuracy	Attack	Accuracy	Action
Agility	Barrier	Batter	Balance
Balance	Bounce pass	Bowler	Canon
Baton	Catch	Collect	Character
Change over	Chest pass	Consecutive	Choreography
Co-ordination	Conceding	Consistency	Contrast
Distance	Consecutive	Continuous	Direction
Down sweep	Control	Control	Dynamics
Extend	Defend	Cushion	Formation
Fling	Dodge	Defensive	Gesture
Fluency	Double dribble	Drive	Level
Force	Dribble	Fielder	Match
Heave	Foul	Grip	Mirror
Hop	Intercept	Long barrier	Motif
Jump	Jump	Opponent	Pathway
Landing	Jump shot	Over	Phrase
Leap	Jump stop	Overarm	Reaction
Momentum	Opposition	Receive	Shape
Obstacle	Pivot	Release	Space
Officiate	Possession	Retrieve	Speed
Pace	Prevent	Roll	Stimulus
Power	Protect	Short barrier	Structure
Pull	Protective dribbling	Space	Unison
Push	Push	Stance	
Relay	Rebound	Strike	
Release	Set shot	Swing	
Rhythm	Shoot	Track	
Rotation	Slide	Two handed pick	
Speed	Tactic	up	
Stability	Throw	Underarm	
Stamina	Track	Wicket	
Stride	Travel	Wicket keeper	
Take off			

Transfer Up sweep Vertical			
<b>FOOTBALL</b> Accelerate Accurately Angle Attack Conceding Consecutive Control Cushion Defend Drag back Dribble Foul Goalkeeper Inside hook Intercept Jockey Kick Opposition Outside hook Positioning Possession Prevent Protect Reaction Receive Send Shoot Tackle Tactic Target Touch Track Turn	<b>GYMNASTICS</b> Action Arch Back support Balance Barrel Body tension Momentum Canon Counter tension Counter balance Direction Dish Extend Flexibility Flight Formation Front support Invert Jump Landing Level Match Mirror Pathway Pike Roll Sequence Shape Slide Speed Star Step Straddle Straight Strength Symmetrical Asymmetrical Take off Travel Tuck Unison	<b>HOCKEY</b> Accelerate Accurately Angle Attack Block Bully off Channel Conceding Consecutive Control Cushion Defend Dribble Free pass Intercept Jab Open stick Opposition Possession Prevent Protect Push Push pass Receive Reverse stick Send Shoot Tackle Tactic Track Trap Turn	<b>NETBALL</b> Attack Bounce pass Catch Chest pass Conceding Consecutive Contact Dodge Footwork Free pass Held ball Intercept Obstruction Offside Onside Opposition Penalty pass Possession Rebound Replay Repossession Shoot Shoulder pass Tactic

<b>TAG RUGBY</b> Accurately Attack Ball carrier Conceding Control Defend Dodge Draw Forward pass Free pass Intercept Knock on Offside Onside Opposition Possession Prevent Receive Send Swing pass Tactic Tag Track Try	<b>TEAM BUILDING AND OAA</b> Cardinal Challenge Command Communication Compass Co-operation Decision Descriptive Effective Identify Impact Inclusion Instruction Intercardinal Key Leadership Navigate Orientate Plan Reflect Role Route Solution Solve Strategy Successful Support Symbol Tactic Teamwork Trust Verbal Visual	<b>TENNIS</b> Accuracy Advantage Backhand Baseline Consecutive Underarm Continuous Control Cooperative Competitive Court Defend Deuce Double fault Face Forehand Groundstroke Let Love Opponent Opposition Outwit Prepare Racket Rally Ready position Receive Serve Service line Set Space Split step Strings Tactic Volley Net Feeder	<b>VOLLEYBALL</b> Accuracy Baseline Competitive Cooperative Opposition Consecutive Continuous Control Court Defend Dig Feeder Let Net Outwit Prepare Rally Ready position Receive Rotation Serve Set Space Tactic Underarm Volley
<b>DODGEBALL</b> Accuracy Block Catch Competitive Court Dead ball Dead zone	<b>FITNESS</b> Agility Balance Continuous Co-ordination Distance Extend Hop		

Defend Dive Dodge Duck End zone Head shot Jump Live ball Opposition Outwit Overarm Power Prepare Set Tactic Target	Jump Landing Maintain Pace Power Rhythm Skip Speed Stability Stamina Strength Stride Tension Timing
<b>ROUNDERS</b> Accuracy Backstop Base Batter Bowler Collect Consecutive Consistency Control Cushion Fielder Grip Long barrier No ball Opponent Overarm Pitch Post Receive Release Retrieve Roll Short barrier Space Strike Stump Track Two handed pick up	<b>SWIMMING</b> Alternate Backstroke Breaststroke Breathe Buoyancy Current Dive Exhale Extend Flexed Float Flutter Front crawl Glide Horizontal Huddle Inhale Kick Propel Pull Push Retrieve Roll Rotate Scull Sidestroke Sink Somersault Straddle

Underarm	Streamlined Stroke Submerge Surface Survival Synchronised Tread Turn
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