



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.

INTRO TO PE	BALL SKILLS	DANCE	FITNESS	FUNDAMENTALS	GYMNASICS
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 tension
Stop		Mirror	Maintain	Sprint	Flight
Shape		Match	Tension	Accelerate	Tuck
Hop		Unison	Agility	Decelerate	Arch
Freeze		Choreography	Landing	Lap	Dish
Balance		Stimulus		Speed	Back Support
Sideways				Stride	Star
Tag				Jog	Front Support
Roll					Straight
Partner					Straddle
Catch					Pike
Bounce					Tuck
Push					Formation
					Direction
					Mirror
					Match
					Pathway
					Sequence
					Level

Key Stage One:

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

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

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

TAG RUGBY	TEAM BUILDING AND OAA	TENNIS	VOLLEYBALL
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	Cardinal Challenge Command Communication Compass Co-operation Decision Descriptive Effective Identify Impact Inclusion Instruction Intercardinal Key Leadership Navigate Oriентate Plan Reflect Role Route Solution Solve Strategy Successful Support Symbol Tactic Teamwork Trust Verbal Visual	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	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
DODGEBALL	FITNESS		
Accuracy Block Catch Competitive Court Dead ball Dead zone	Agility Balance Continuous Co-ordination Distance Extend Hop		

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

Underarm	Streamlined Stroke Submerge Surface Survival Synchronised Tread Turn
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