

PE Vocabulary

EYFS (Reception)						
	Gymnastics	Dance	Multi-skills	Invasion games	Field games	Personal Challenges
Vocabulary	<ul style="list-style-type: none"> • Balance - big/small • Body parts - tense, curved, stretched, relaxed • Strength 	<ul style="list-style-type: none"> • Move • Space • Safety • Music 	<ul style="list-style-type: none"> • Send and receive - roll, throw, strike • Passing • Target • Catching • Bounce • Partner 	<ul style="list-style-type: none"> • Speed • Direction • Change Obstacles	<ul style="list-style-type: none"> • Catch • Equipment - bean bag, ball • Throw Target	
Demonstrator Vocabulary	Create Identify body parts	Imitate Create	Teamwork Identify	Teamwork	Explore	

PE Vocabulary

Year 1							
	Gymnastics	Dance	Multi-skills	Invasion games	Striking and Fielding	Athletics	Personal Challenges
Vocabulary	<ul style="list-style-type: none"> • Stretch • Travel • Roll • Balance • Jump (straight or shape) • Gymnastic shapes (Tuck, Pike, Straddle, Star) • Sequence • Performance 	<ul style="list-style-type: none"> • Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) • Balance • Coordination 	<ul style="list-style-type: none"> • Trust • Problems / problem solving • Solutions • Co-ordination 	<ul style="list-style-type: none"> • Attack • Defend • Travel (straight, curve, sidestep) • Send • Receive • Static 	<ul style="list-style-type: none"> • Score • Shoot/ Hit / Throw • Judging distance • Accuracy • Fielding • Tactics • Batting • Defending • Attacking • Catch 	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/ Wellbeing • Equipment: hurdles, skipping ropes, cones, space hoppers, beanbags, relay batons etc 	<ul style="list-style-type: none"> • Resilience • Effectiveness • Personal Best (PB)
Demonstrat or Vocabulary		Use Explore Balance Coordinate	Teamwork Communicate Problem solve	Co-operation Explain rules	Practise Explain rules Cooperation Score	Explore Use Practise	

PE Vocabulary

Year 2						
	Gymnastics	Dance	Invasion games	Field Games	Athletics	Net and Wall
Vocabulary	<ul style="list-style-type: none"> • Stretch/Flexibility • Control • Travel • Roll (log/pencil or egg) • Patch Balance (Back, Front, Shoulder, Side, Bottom) • Point Balance (hands, feet, elbows, knees & head) • Jump (straight or shape) • Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch) • Equipment/ Apparatus (ball, hoop, beam, table, mat) • Sequence • Performance 	<ul style="list-style-type: none"> • Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) (unison and freeze) (gesture) • Speed • Motif 	<ul style="list-style-type: none"> • T Attack • Defend • Technique (Shoot/Hit /Throw/ Catch/Pass/ Dribbling) • Travel • Receive • Tactics • Stopping • Accuracy • Co-ordination • Co-operation 	<ul style="list-style-type: none"> • Score (Batting/ fielding/) • Position (Defending/ Attacking/ backstop) • Teams (Fielder and bowler) • Skill (Bowl/ Throw/ Catch/ Run/ accuracy/ spatial awareness) • Distance • Rules (understanding rules of game) 	<ul style="list-style-type: none"> • Agility (Run) • Speed • Height • Distance • Techniques (Types of jump and throw) • Accuracy • Fitness, Health/Wellbeing • Equipment (hurdles, skipping ropes, cones, beanbags, javelins, relay batons) 	<ul style="list-style-type: none"> • Strike/ Throw/ Return (over net) • Position (Movement/ agility/ turn)
Demonstrat or Vocabulary	Perform Choose Use Identify	Explore Compose Perform Create	Teamwork Combine skills Make decisions Coordinate Develop Use	Practise Play Follow rules Score Coordination	Co-operation Maintain Complete	Position body Demonstrate (hold)

PE Vocabulary

Year 3							
	Gymnastics	Dance	Invasion games	Swimming	Field Games	Athletics	Net and Wall
Vocabulary	<ul style="list-style-type: none"> • Flexibility • Travel • Roll (log/pencil, egg & shoulder roll) • Patch Balance (<i>Back, Front, Shoulder, Side & Bottom</i>) • Point Balance (<i>hands, feet, elbows, knees, head & arabesque</i>) • Jump (<i>straight, shape, hop & leap</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence • Performance • Technique 	<ul style="list-style-type: none"> • Travel and Stillness: <i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i> • Direction: <i>forwards, backwards, sideways</i> • Space: <i>near, far, in and out, on the spot, own</i> • Sequence (<i>beginning, middle, end</i>) • Moods and feelings (<i>expressive qualities</i>) (<i>jolly, stormy</i>) • Nature of movement (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>) • Pattern • Rhythm • Expression 	<ul style="list-style-type: none"> • Attack • Defend • Tactics - Shoot / Hit / Throw accurately • Travel (<i>and remain in control of the ball</i>) • Control (<i>Pass / send Catch / Receive</i>) • Possession (<i>adapt techniques to keep it</i>) 	<ul style="list-style-type: none"> • Safety • Travel • Stroke • Treading • Breathing control • Float • Submerge 	<ul style="list-style-type: none"> • Positioning • Fielding/ Defending • Technique • Batting, bowl, throw, catch, run, strike • Distance 	<ul style="list-style-type: none"> • Agility - Run, Jump, Throw, Speed • Height • Distance • Accuracy • Fitness, Health/ Wellbeing • Equipment: <i>hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.</i> 	<ul style="list-style-type: none"> • Technique: <i>Forehand/ backhand</i> • Accuracy • Positioning • Over the net • Bounce
Demonstrat or Vocabulary	<p>Use Respond Combine Apply skills Improve Create Explore</p>	<p>Co-operation Create Explore Use Perform Develop</p>	<p>Evaluate Apply skills Develop Show awareness of others Perform Explain rules</p>	<p>Develop Demonstrate skills Show awareness</p>	<p>Develop Investigate Co-operation Practise</p>	<p>Understand Improve Choose Demonstrate</p>	<p>Demonstrate Apply Practise Improve</p>

PE Vocabulary

Year 4

Year 4							
	Gymnastics	Dance	Invasion games	Swimming	Field Games	Athletics	Net and Wall
Vocabulary	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel • Roll (log/pencil, egg, shoulder & teddy bear roll) • Patch Balance • Point Balance • Jump (straight jump, shape jump-star/tuck/stretch, jump ¼ turn and jump ½ turn) • Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch) • Canon • Unison • Equipment/Apparatus (ball, hoop, beam, table, mat) • Sequence 	<ul style="list-style-type: none"> • Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) 	<ul style="list-style-type: none"> • Attack (mark) • Defend (opponents) • Shoot / Hit / Throw accurately (in a variety of ways) • Travel (changing speed, direction and remaining in control of the ball) • Tactics - Pass / Send / Catch / Receive • (suggest what they need to practice to enjoy or develop the game) • Possession (adapt techniques to keep it) • Evaluate 	<ul style="list-style-type: none"> • Strokes (freestyle, front crawl, back crawl, butterfly, breast stroke) • Body Position (hips & legs high so children are streamlined and the body has increased resistance) • Breathing control • Deep water • Water safety • Confidence • Tread water 	<ul style="list-style-type: none"> • Positions: Batting/ Fielding / Backstop • Teams - Defending/ attacking • Tactics - Bowl / Throw • Agility • Hand eye coordination • Competition 	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/ Wellbeing <p>Equipment: hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc</p>	<ul style="list-style-type: none"> • Shoot/ Hit/ Throw/ Serve • Over the net • Rally • Position • Backhand/ Forehand • Court
Demonstrate or Vocabulary	<p>Identify Create Explore Demonstrate Organise</p>	<p>Compose Demonstrate Explore Explain</p>	<p>Evaluate Explain rules Demonstrate Co-operation</p>	<p>Demonstrate</p>	<p>Teamwork / team building Communication Trust Problems / problem solving</p>	<p>Demonstrate Choose Understand</p>	<p>Choose Identify Demonstrate</p>

PE Vocabulary

Year 5						
	Gymnastics	Dance	Invasion games	Field Games	Athletics	Net and Wall
Vocabulary	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel (<i>Spinning on point, Spinning with travel & cartwheel</i>) • Roll (<i>log/pencil, egg, shoulder, teddy bear roll & forward roll</i>) • Balance (<i>point, patch, mirror and match & counter balance</i>) • Jump (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn, jump ½ turn, hopscotch & compass</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence • Performance 	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (<i>forwards, backwards, sideways</i>) • Space (<i>near, far, in and out, on the spot, own</i>) • Sequence (<i>beginning, middle, end</i>) • Moods and feelings (<i>expressive qualities</i>) (<i>jolly, stormy</i>) • Nature of movement (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>) 	<ul style="list-style-type: none"> • Space - making • Teamwork • Hit/Pass/Push /Dribble/slap • Attackers / Defenders / Midfielders / D • Tackle - block/jab • Obstruction 	<ul style="list-style-type: none"> • Equipment - Bats & Balls, Stumps / Wickets • Positions - Fielders, Bowler & Batters • Underarm throw (10m) • Agility • Flexibility 	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/Wellbeing • Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc 	<ul style="list-style-type: none"> • Balance • Control • Technique • Travelling • Fluency • Accuracy • Forehand • Backhand • Rally • Serve • Racquet
Demonstrat or Vocabulary	<p>Compose</p> <p>Evaluate</p> <p>Perform</p> <p>Sequence</p> <p>Create</p> <p>Identify</p> <p>Explain</p>	<p>Create</p> <p>Teamwork</p> <p>Identify</p> <p>Compose</p>	<p>Explain rules</p> <p>Teamwork</p> <p>Demonstrate</p> <p>Identify</p>	<p>Demonstrate</p> <p>Practise</p> <p>Apply skills</p>	<p>Apply skills</p> <p>Identify</p> <p>Practise</p>	<p>Explain rules</p> <p>Demonstrate</p> <p>Apply skills</p>

PE Vocabulary

Year 6						
	Gymnastics	Dance	Invasion games	Field Games	Athletics	Net and Wall
Vocabulary	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel (<i>Stepping sideways, spinning on point, spinning with travel, 2 foot leap, cat leap, scissor leap, stag leap & backwards</i>) • Roll (<i>log/pencil, egg, shoulder, teddy bear roll & forward roll</i>) • Balance (<i>point, patch, mirror and match & counter balance</i>) • Jump (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn, jump½ turn, hopscotch & compass</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence • Performance 	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (<i>forwards, backwards, sideways</i>) • Space (<i>near, far, in and out, on the spot, own</i>) • Sequence (<i>beginning, middle, end</i>) • Moods and feelings (<i>expressive qualities</i>) (<i>jolly, stormy</i>) • Nature of movement (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>) • Agility / Agile • Fitness • Balance / Coordination 	<ul style="list-style-type: none"> • Space - making • Teamwork • Hit/Pass/Push /Dribble/slap • Attackers / Defenders / Midfielders / D • Tackle - block/jab • Obstruction • Strength • Weight • Direction - Indian dribble, square pass, back pass 	<ul style="list-style-type: none"> • Equipment - Bats & Balls, Stumps / Wickets • Positions - Fielders, Bowler & Batters • Underarm throw (10m) • Agility • Flexibility • Endurance • Compete • Cardiovascular 	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/ Wellbeing • Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc. 	<ul style="list-style-type: none"> • Balance • Control • Technique • Travelling • Fluency • Stamina • Accuracy • Forehand • Backhand • Rally • Serve
Demonstrat or Vocabulary	Apply skills Demonstrate Create Compose Perform	Compose Perform Identify Sequence Teamwork	Co-operate Apply skills Explain rules Identify	Demonstrate Explain rules Apply skills	Apply skills Demonstrate Identify	Apply skills Explain rules Demonstrate