

Physical Education Whole School Vocabulary Progression



Reception	Gymnastics Gymnastic story, action, gymnastic friends, extend, extension, tension, shapes, straight, tuck, star, straddle, pike, large body parts, back, front, side, bottom, balance, arch, dish, travel, skipping,	Dance Actions - walk, jump, land, hop, skip, stretch, twist, turn. Space – forwards, backwards, sideways, high, low, safely. Dynamics – slowly,	Games Free space, move forward, sideways, backwards, fast, slow, different speeds, carry, release, throw, bounce, catch, target, on the spot, on the move, air, foot, bat, practise,	Athletics Running, jumping, hopping, stopping, walk, slowly, quickly, practise, improve, Jumps – 2-2, 2-1, 1-2, 1-1, same foot, 1-1 landing, land on other foot, further, higher,		
	forwards, backwards, hop, side stepping, sliding, crawling, Landing, core strength, straight jump, pencil roll, egg roll, dish roll	quickly, smoothly, jerkily Explore, perform, copy, repeat, describe, feelings	improve, take turns, play fairly,	target, rolling, underarm		
Year 1	Vocab is taught throughout units and can be specific to PE areas Key Vocabulary					
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	Gymnastics	Dance	Games	Athletics	Outdoor and Adventurous	Swimming
	All of the above plus;	All of the above plus;	All of the above plus;	All of the above plus;	Map, follow, trail,	
	Hold a balance, control,	Actions – travel, stretch,	Partner, team, use space	Run, jog, speed,	positional language in	
	front support, back	twist, turn, jump	well, catch, strike, bounce,	successful, improve,	relation to where they are	
	support, hands flat, travel,	Space - – forwards,	forwards, backwards,	position of head, arms,	- beside, next to, on,	
	monkey walk, camel walk,	backwards, sideways,	sideways, different	trunk, legs, feet, L – shape	under, on top of, below,	
	caterpillar walk, bunny hop, shape in the air, tuck	high, low, safely. Aware of others	speeds, control, roll,	arms, lip to hip, light on balls of feet, mini hurdles,	Plan and share ideas, solving problems,	
	shape, star shape, straight,	Relationships – on your	throw, send, receive, underarm, overarm, make	ladders, 5 basic jumps – 2-	solving problems,	
	upright, strong core,	own, with a partner, 4	a game easier, harder.	2, 2-2, 1-2,1-1 same foot,		
	tension and extension,	actions,	STEP – Changing SPACE,	1-1 landing on other foot,		
	teddy bear roll, full circle	Dynamics – slowly,	TASK, EQUIPMENT,	Combinations, take off,		
	roll, rock and roll, tipper	quickly, expression	PEOPLE	landing, control, throw,		
	truck,	Control, coordination,	Rules, tactics, attacking,	target, rolling, underarm,		
		walking, hopping,	defending, pass, goal,	overarm.		
		jumping,, landing, move	target, pathway, practise,			
		with rhythm, march, clap,	improve, win, lose.			
		holding hands, swapping				
		places, meeting, parting,				
		Compose, perform,				
		appreciate,				
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Vocab is taught throughout units and can be specific to PE areas

Key Vocabulary

Gymnastics

All of the above plus; Hold a balance, control, front support, back support, hands flat, travel, monkey walk, camel walk, caterpillar walk, bunny hop, shape in the air, tuck shape, star shape, straight, upright, strong core, tension and extension, teddy bear roll, full circle roll, rock and roll, tipper truck,

Dance

All of the above plus; Actions – travel, stretch, twist, turn, jump Space - – forwards, backwards, sideways, high, low, safely. Aware of others Relationships – on your own, with a partner, 4 actions. Dynamics – slowly, quickly, expression Control, coordination, walking, hopping, jumping,, landing, move with rhythm, march, clap, holding hands, swapping places, meeting, parting, Compose, perform, appreciate,

Games

All of the above plus; Partner, team, use space well, catch, strike, bounce, forwards, backwards, sideways, different speeds, control, roll, throw, send, receive, underarm, overarm, make

a game easier, harder. STEP - Changing SPACE, TASK, EQUIPMENT. PEOPLE Rules, tactics, attacking, defending, pass, goal, target, pathway, practise,

improve, win, lose.

Athletics All of the above plus;

Run, jog, speed, successful, improve, position of head, arms, trunk, legs, feet, L – shape arms, lip to hip, light on balls of feet, mini hurdles, ladders, 5 basic jumps – 2-2, 2-2, 1-2,1-1 same foot, 1-1 landing on other foot, Combinations, take off. landing, control, throw, target, rolling, underarm, overarm.

Outdoor and Adventurous

Map, follow, trail, positional language in relation to where they are - beside, next to, on, under, on top of, below, Plan and share ideas, solving problems,

Year 3

Vocab is taught throughout units and can be specific to PE areas **Key Vocabulary**

Gymnastics Sequence, change of speed, balances, travelling, starting shape, elements, 'L' shaped pathway, core strength, taking weight, front support, back support, flat hands, small body parts (points), floor, apparatus, body parts, partner, facing beside, behind, different levels, move fluently, Bunny hop, rolling action, travel away from, travel towards, quickly, slowly, direction, straight line,

Dance

All of the above plus; Compose, perform, appreciate, movement ideas, dance phrases, idea, thought, feeling Actions – travel, turn, gesture, jump and stillness, body shape Space – formation, direction, level, pathways Relationships – whole group, duo, solo, unison, canon, mirroring, mirror, Dynamics - explore speed, energy e.g. heavy / light Choreographic devices -

Games

All KS1 plus; Skill, control, throw, catch, right time to pass, outwit an opponent, move, receive, shoot, send, hands, feet, head, racquet, bat, target, space, team mate, defence, attack, invasion, net and wall, striking and fielding, Core Tasks, tactics, strengths, weaknesses, improve, safety, adapt, rules, equipment, space, targets, possession, positions, challenged, winning and

Athletics

All of KS1 plus; Run smoothly, different styles, distances, pace, longer distances, effort, challenges, combinations of jumps - hop, step, jump, control, consistency, Throwing, pulling, pushing, slinging,

Outdoor and Adventurous All of KS1 plus;

Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility, danger, safety, control risk, rules, equipment, route, people. Effective strategies, change ideas.

Swimming

Front crawl Back crawl Breaststroke Lie flat, streamlined, Breathe, Floating, Turning, Sculling, Slide entry, Surface diving Straddle entry Pull, push, kick Floats, aids Length, width Deep end, shallow end

	straight, star, tucked shapes, bench, control, take off, landing, twisted shape, pencil, dish, teddy bear, rock and roll, floor and along apparatus, forwards, backwards, position	motif, repetition, clear beginning, middle, end, Audience, coordination, control, strength, focus, expression, musicality, copy, repeat, movement memory, dance styles, traditions, design, costume, content	losing.			
Year 4	Vocab is taught throughout units and can be specific to PE areas Key Vocabulary					
	Gymnastics	Dance	Games	Athletics	Outdoor and Adventurous Swimming	
	Sequence, change of	All of the above plus;	All KS1 plus;	All of KS1 plus;	All of KS1 plus;	Front crawl
	speed, balances,	Compose, perform,	Skill, control, throw, catch,	Run smoothly, different	Orientate, maps, plans,	Back crawl
	travelling, starting shape,	appreciate, movement	right time to pass, outwit	styles, distances, pace,	trail, base point, symbols	Breaststroke
	elements, 'L' shaped	ideas, dance phrases, idea,	an opponent, move,	longer distances, effort,	(linked to Geography map	Lie flat, streamlined,
	pathway, core strength,	thought, feeling	receive, shoot, send,	challenges, combinations	work), co-operate, roles,	Breathe, Floating,
	taking weight, front	Actions – travel, turn,	hands, feet, head, racquet,	of jumps – hop, step,	group, listen, others ideas,	Turning, Sculling,
	support, back support, flat	gesture, jump and	bat, target, space, team	jump, control, consistency,	views, responsibility,	Slide entry, Surface diving
	hands, small body parts	stillness, body shape	mate, defence, attack,	Throwing, pulling,	danger, safety, control	Straddle entry
	(points), floor, apparatus,	Space – formation,	invasion, net and wall,	pushing, slinging,	risk, rules, equipment,	Pull, push, kick
	body parts, partner, facing	direction, level, pathways	striking and fielding, Core	, , , , , , , , , , , , , , , , , , ,	route, people.	Floats, aids
	beside, behind, different	Relationships – whole	Tasks, tactics, strengths,		Effective strategies,	Length, width
	levels, move fluently,	group, duo, solo, unison,	weaknesses, improve,		change ideas.	Deep end, shallow end
	Bunny hop, rolling action,	canon, mirroring, mirror,	safety, adapt, rules,			
	travel away from , travel	Dynamics – explore speed,	equipment, space, targets,			
	towards, quickly, slowly,	energy e.g. heavy / light	possession, positions,			
	direction, straight line,	Choreographic devices –	challenged, winning and			
	straight, star, tucked	motif, repetition, clear	losing.			
	shapes, bench, control,	beginning, middle, end,				
	take off, landing, twisted	Audience, coordination,				
	shape, pencil, dish, teddy	control, strength, focus,				
	bear, rock and roll, floor	expression, musicality,				
	and along apparatus,	copy, repeat, movement				
	forwards, backwards,	memory, dance styles,				
	position	traditions, design,				
		costume, content				

Year

Vocab is taught throughout units and can be specific to PE areas
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Key Vocabulary

Gymnastics All of lower KS2 plus;

Sequence of 8 elements, Combination, symmetrical rolling and jumping, asymmetrical shapes and balances, changes of direction, mirror, match, Taking someone's wieight, counter balance, counter tension, acrobatic balances, beginning, middle, end of a sequence, levels, speed, direction, group balance, cartwheel, pathways, starting and finishing positions,

Dance

All of the above plus; Respond, stimuli, movement ideas, dance phrases, express ideas, thought, feelings, Actions – travel, turn, gesture, jump, stillness Space – formation, direction, level, pathways, Relationships – solo / duo / trio. unison / canon / contrast. Dynamics - explore speed, energy e.g. heavy / light, flowing / sudden Choreographic devices motif, motif development, repetition, retrograde (motif backwards), musicality, Coordination, control, alignment, flow of energy, strength, focus, sense of style, projection, continuity, rhythm, levels, directions, pathways, size and body shape, Mirror, match, canon, complement, contrast,

Games

All of lower KS2 plus; Pass, control, dribble, shoot, accuracy, fluency, on the move, send, receive, hands, feet, racquet, bat, target, invasion, net and wall, striking and fielding, Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis. Rounders, perseverance to improve, strength, weaknesses, make decisions, competent, tactics, roles, transference of skills, reflect, performance, personal, team skills,

Athletics All of lower KS2 plus;

Sustain pace, relay, change-over, times, targets, short distance, long distance, performance, strengths, weaknesses, improve, warm up exercises, athletics, stamina, strength. Jumps, power, control, consistency, take off, landing, distance, height, Throw, accuracy, control, efficiency, pulling, pushing, slinging, foam, javelin, shot, discus.

Outdoor and Adventurous All of KS1 plus;

Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility, danger, safety, control risk, rules, equipment, route, people. Effective strategies. change ideas.

Swimming

Front crawl Back crawl Breaststroke Lie flat. streamlined. Breathe, Floating, Turning, Sculling, Slide entry, Surface diving Straddle entry Pull, push, kick Floats, aids Length, width Deep end, shallow end

Year 6

Vocab is taught throughout units and can be specific to PE areas **Key Vocabulary**

Gymnastics All of lower KS2 plus; Sequence of 8 elements, Combination, symmetrical rolling and jumping, asymmetrical shapes and balances, changes of

direction, mirror, match,

Dance All of the above plus; Respond, stimuli, movement ideas, dance phrases, express ideas, thought, feelings, Actions – travel, turn, gesture, jump, stillness

physical contact, copy, repeat, movement

memory.

Games All of lower KS2 plus; Pass, control, dribble, shoot, accuracy, fluency, on the move, send, receive, hands, feet,

racquet, bat, target,

invasion, net and wall,

Athletics All of lower KS2 plus; Sustain pace, relay, change-over, times, targets, short distance, long distance, performance, strengths, weaknesses, improve,

Outdoor and Adventurous All of KS1 plus;

Orientate, maps, plans, trail, base point, symbols (linked to Geography map work), co-operate, roles, group, listen, others ideas, views, responsibility,

Swimming Front crawl

Back crawl Breaststroke Lie flat, streamlined, Breathe, Floating, Turning, Sculling, Slide entry, Surface diving

Taking someone's wieight, counter balance, counter tension, acrobatic balances, beginning, middle, end of a sequence, levels, speed, direction, group balance, cartwheel, pathways, starting and finishing positions,	Space – formation, direction, level, pathways, Relationships – solo / duo / trio, unison / canon / contrast. Dynamics – explore speed, energy e.g. heavy / light, flowing / sudden Choreographic devices – motif, motif development, repetition, retrograde (motif backwards), musicality, Coordination, control, alignment, flow of energy, strength, focus, sense of style, projection, continuity, rhythm, levels, directions, pathways, size and body shape, Mirror, match, canon, complement, contrast, physical contact, copy, repeat, movement memory.	striking and fielding, Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis, Rounders, perseverance to improve, strength, weaknesses, make decisions, competent, tactics, roles, transference of skills, reflect, performance, personal, team skills,	warm up exercises, athletics, stamina, strength. Jumps, power, control, consistency, take off, landing, distance, height, Throw, accuracy, control, efficiency, pulling, pushing, slinging, foam, javelin, shot, discus.	danger, safety, control risk, rules, equipment, route, people. Effective strategies, change ideas.	Straddle entry Pull, push, kick Floats, aids Length, width Deep end, shallow end
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