PE Vocabulary Progression Document

**KS1 Year 1 & 2**

*Y1 Games*

* avoiding
* tracking a ball
* rolling
* striking
* overarm throwing
* bouncing
* catching
* free/own space
* opposite
* team

*Y2 Games*

* rebound
* tracking the movement of the ball
* aiming
* speed
* direction
* passing
* controlling
* shooting
* scoring

*Y1 Dance*

* words to describe travel and stillness e.g. gallop, skip, hop, jump, hop, bounce, spring, turn, spin, freeze, statue
* words to describe direction e.g. forwards, backwards, sideways
* words to describe space e.g. near, far, in and out, on the spot, own
* beginning, middle, end
* words to describe mood and feelings (expressive qualities) e.g. jolly, stormy
* words to describe the nature of movement (dynamic qualities) e.g. fast, strong, gentle

*Y2 Dance*

* words to describe body actions and body parts
* stimulus (the starting point of the dance)
* words to describe levels e.g. high, medium, low
* words to describe directions
* words to describe pathways e.g. curved, zigzag
* words to describe moods, ideas and feelings e.g. happy, angry, calm, excited, sad, lonely
* tired, hot, sweaty, heart rate
* warm up, cool down

*Y1 & 2 Athletics*

* run
* catch
* hop
* skip
* step
* sideways, forwards, backwards
* throw, high, low, far, near, straight
* aim
* drop
* bounce
* fast, medium, slow
* safely

**LKS2 Year 3 & 4**

*Y3 Invasion Games*

* keeping possession, keeping the ball
* scoring goals, keeping the score
* marking space
* pass, send and receive
* dribble, travel with the ball
* back up, support partners and others in their team

*Y4 Invasion Games*

* keep possession, keep control
* make and use space
* support
* pass
* points, goal
* rules
* tactics

*Y3 & 4 Net & Wall Games*

* court, target, net
* striking
* hitting
* defending
* making it difficult for the opponent
* tactics
* scoring points

*Y3 Dance*

* words to describe actions, dynamics, space and relationships
* words to describe group formations e.g. square, circle, line
* partner, copy, follow, lead
* unison, cannon, repeat
* structure
* motif
* dance phrase
* improvisation, explore

*Y4 Dance*

* character, narrative, costume, props
* describe, analyse, interpret, evaluate
* communication
* gesture
* words to describe choreographic devices e.g. unison, canon, repetition, action and reaction, question and answer
* myth, legend
* mobilise joints
* diet

*Y3 Gymnastics*

* inverted
* contrasting
* flow
* combinations
* half-turn
* sustained
* explosive

*Y4 Gymnastics*

* rotation 90 degrees, 180 degrees, 270 degrees
* spinning
* axis
* strength, suppleness, stamina
* combine
* approaching
* learning
* height
* inversion
* against, towards, away, across

*Y3 & 4 Athletics*

* sprint, jog
* pace e.g. steady, fast, medium, slow
* throwing action, e.g. sling, push, pull
* power
* stamina
* speed
* safely
* relay
* time
* measure
* record

*Y3 & 4 Striking & Fielding Games*

* batting
* fielding
* bowler
* wicket
* tee
* base
* boundary
* innings
* rounder
* backstop
* score

**UKS2 Year 5 & 6**

*Y5 Invasion Games*

* keeping possession
* passing
* dribbling
* shooting
* shielding the ball
* width, depth
* support
* marking, covering

*Y6 Invasion Games*

* possession
* repossession
* attackers
* defenders
* marking
* covering
* supporting
* team play, team positions

*Y5 & 6 Net & Wall Games*

* forehand, backhand, volley, overhead
* rally
* singles, doubles
* using width, using depth, changing direction, changing speed
* short tennis, badminton
* defending court, covering court and partner

*Y5 Gymnastics*

* asymmetry
* symmetry
* display
* matching, mirroring
* flight
* feet apart, feet together
* crouch
* inclined

*Y6 Gymnastics*

* counterbalance
* counter-tension
* tension
* obstacle
* straddle over
* aesthetic
* judgment

*Y5 & 6 Athletics*

* race
* run-up
* position of feet on last stride
* pacing, stamina
* strength and speed = power
* suppleness
* safety and rules
* relay take over area
* time, measure
* record
* set targets

*Y5 & 6 Striking & Fielding Games*

* stance
* the crease or the batting point
* non-striker
* leg side
* offside
* home base
* pitch
* over
* innings