|  |  |
| --- | --- |
| DANCE | |
| **EYFS** | |
| **Beat** | The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4). |
| **Moving** | Moving means using a variety of body parts to move around the space in a creative way. |
| **Opponent** | Opponent means a player on the other team. If we are an attacker dribbling, we need to keep the ball away from the defender who is our opponent. |
| **Rhythm** | Rhythm is a repeated pattern of movements or sounds. |
| **Sequence** | Sequence is a combination of controlled movements that have been added together in a particular order. |
| **Tempo** | Tempo refers to the speed or pace (fast or slow) that a dancer performs their movements. |
| **Timing** | Timing in dance, timing refers to moving to the beat of the music. |
| **KS1** | |
| **Beat** | The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4). |
| **Choreography** | Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. |
| **Coordination** | Coordination is the ability to use different parts of the body together efficiently. |
| **Expression** | Expression refers to the actions a dancer uses to make their characters thoughts or feelings known. |
| **Flow (dance)** | Flow is when a dancer moves from one action to another smoothly and without stopping. |
| **Linking** | Linking means successfully adding two movements together so that they flow one after the other. |
| **Moving** | Moving means using a variety of body parts to move around the space in a creative way. |
| **Rhythm** | Rhythm is a repeated pattern of movements or sounds. |
| **Sequence (dance)** | Sequence is a combination of controlled movements that have been added together in a particular order. |
| **KS2** | |
| **Character** | Character refers to the person, animal or fictional character that the pupil is portraying in their performance. |
| **Choreography** | Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. |
| **Cannon** | Canon is where pupils perform the same movement one after the other. |
| **Control** | Control refers to pupils being able to move their bodies silently. |
| **Compositional** | Compositional means the ability to create a dance performance in relation to a poem or piece of music. |
| **Emotion** | Emotion refers to the feelings a dancer’s character is feeling depending on their circumstances, mood, or relationships with others. |
| **Expression** | Expression refers to the actions a dancer uses to make their characters thoughts or feelings known. |
| **Flexibility** | Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion. |
| **Improvisation** | Improvisation means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation. |
| **Interconnecting** | Interconnecting movements are movements that involve one pupil moving over, under, around another pupil or movements that involve two pupils connected to each other. |
| **Rhythm** | Rhythm is a repeated pattern of movements or sounds. |
| **Stage presence** | Stage presence is the ability of a dancer to capture and command the attention of an audience’s attention. |
| **Timing** | Timing in dance, timing refers to moving to the beat of the music. |
| **Unison** | Unison is where pupils perform the same movement at exactly the same time as each other. |

|  |  |
| --- | --- |
| GYMNASTICS | |
| **EYFS** | |
| **Apparatus** | The term apparatus refers to a piece of equipment that's used in gymnastics. For example, a bench, vault or balance beam. |
| **Balancing** | Balance is the even distribution of weight enabling something to remain upright and steady. |
| **Jumping** | Jumping is a form of moving where we use our body to propel ourselves off a surface and into the air. |
| **Landing** | Landing is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact. |
| **Transition** | The term transition means to move into and out of basic movements, actions or balances. |
| **Travel** | Travel is a method of moving around the space using either our bodies or a piece of equipment. |
| **KS1** | |
| **Agility** | Agility is the body's ability to move quickly and easily in different directions. |
| **Balance** | Balance is the even distribution of weight enabling someone or something to remain upright and steady. |
| **Big** | Big means moving or balancing in ways where the body is extended as large as possible. |
| **Flow (gymnastics)** | Flow is when a gymnast moves from one action to another without stopping. |
| **Jump** | Jump is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight. |
| **Roll** | Roll is a method of moving where a gymnast completes rotation of their body on the ground. |
| **Sequence (gymnastics)** | Sequence is a combination of controlled movements that have been added together in a particular order. |
| **KS2** | |
| **Asymmetrical** | Asymmetry means when a balance or a movement does not match on either side. |
| **Canon** | Canon is where pupils perform the same movement one after the other. |
| **Counter balance** | A counter balance is a pushing balance. |
| **Counter tension** | A counter tension is a pulling balance. |
| **Extension** | Extension is when pupils are pointing (extending) their fingers and toes when moving or holding a balance. |
| **Flight** | Flight (in gymnastics) refers to a moment when the gymnast is suspended completely in the air without hands or any other part of the body touching the floor. |
| **Flow** | Flow is when a gymnast moves from one action to another without stopping. |
| **Levels** | This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus. |
| **Linking** | Linking means successfully adding two movements together so that they flow one after the other. |
| **Sequence** | This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order. |

|  |  |
| --- | --- |
| GAMES / BALL SKILLS | |
| **EYFS** | |
| **Accuracy** | Accuracy is the ability to control where we  throw/roll/send an object. |
| **Aiming** | Aiming is the ability to use our bodies to direct an object towards a target. |
| **Attacker** | We are considered an ‘attacker’ when we or our team are in possession of the ball or in control of the ball. Our aim is the keep the ball away from the defenders. |
| **Bouncing** | Bouncing means using our hands to push the ball towards the floor. If the attacker in possession of the ball continuously bounces the ball and moves around the space, keeping control this is known as dribbling. |
| **Catching** | Catching means holding the object with our hands that is hit or thrown to us usually before it touches the ground. |
| **Control** | Control means keeping the ball close to us, preventing the defenders from gaining possession. |
| **Defender** | We are considered a ‘defender’ when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring. |
| **Dribbling** | Dribbling is a method of moving with the ball. The attacker in possession of the ball uses their racket to push the ball around in order to move around the space. |
| **Partner** | A partner is a person who is doing the game activity, game or challenge with somebody else, with the aim of achieving the same goal. |
| **Possession** | Possession is when we have physical control of the ball. |
| **Pushing** | Pushing is a method of sending the ball using our hands. The person pushing the ball will extend their hands away from their body to direct the ball towards a target or their partner. |
| **Rolling** | Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner. |
| **Rules** | Rules are a set of regulations or principles that govern a particular activity that ensure that the activity is played fairly and safely. |
| **Sharing** | Sharing to ensure that a game is played fairly pupils should be encouraged to share and take turns. |
| **Throwing** | Throwing means using your arm/hand to propel a ball with force through the air to a specific target or area. |
| **KS1** | |
| **Accuracy** | Accuracy is the ability to control where we roll, bounce, push, throw, hit or send a ball or object. |
| **Attacker** | We are considered an ‘attacker’ when we or our team are in possession of the ball or in control of the ball. Our aim is the keep the ball away from the defenders. |
| **Batter** | Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many points / rounders / runs as possible. |
| **Catching** | Catching means holding the with our hands that is hit or thrown to us usually before it touches the ground. |
| **Chest pass** | A chest pass is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level. |
| **Competition** | Competition means when we compete (challenge) ourselves or when we play against others, in small groups or in pairs. |
| **Control** | Control means keeping the ball close to us, preventing the defenders from gaining possession. |
| **Cooperation** | Cooperation is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible. |
| **Defender** | We are considered a ‘defender’ when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring. |
| **Dodge** | Dodge is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender. |
| **Dribbling (feet)** | Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch. |
| **Dribbling (hands)** | Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court. |
| **Fairness** | Fairness is when we make judgements in accordance with the rules and treat everyone equally and fairly. |
| **Fielder** | A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring. |
| **Hand-eye coordination** | Hand-eye coordination is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball. |
| **Hitting** | Hitting means striking the ball with a racket towards a target or into space. |
| **Jumping** | Jumping is a form of moving where we use our body to propel ourselves off a surface and into the air. |
| **Landing** | Landing is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact. |
| **Opponent** | Opponent means a player on the other team. If we are an attacker dribbling, we need to keep the ball away from the defender who is our opponent. |
| **Passing** | Passing is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball. |
| **Possession** | Possession is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have ‘possession’ that we can create the opportunity to score. |
| **Referee** | A referee is an official who enforces the rules and is responsible for making sure that the game is played fairly. The referee will resolve any disagreements and their decision is final and should be respected. |
| **Rolling** | Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner. |
| **Rules** | Rules are a set of regulations or principles that govern a particular activity that ensures that the activity is played fairly and safely. |
| **Score** | The score is the number of points achieved in a game or by an individual, pair or team. |
| **Throwing** | Throwing means using your arm/hand to propel a ball with force through the air to a specific target or area. |
| **KS2** | |
| **Adapt** | Adapt is the ability to change or modify something depending on the situation. |
| **Block** | Block is a tactic designed to limit an opponent’s ability to score. |
| **Communication** | Communication is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual. |
| **Counter Attack** | A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack. |
| **Dodge** | Dodge is a method of moving quickly from one side to the other to avoid being hit by a ball, being tagged or tackled. |
| **Dominant Hand** | Is a shot where we play the ball with our stronger hand in which the palm of our hand faces the direction in which we are hitting the ball. |
| **Eliminated** | Eliminated is when a pupil is out of the game and waits on the side to re-enter. |
| **Formation** | A formation describes how the attackers and defenders position themselves on the pitch. |
| **Intercepting** | Intercepting is when a defender cuts off and prevents a pass from reaching the receiver. |
| **Marking** | Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options. |
| **Outwit** | Outwit means using your intelligence to trick or out smart your opponent or the other team. |
| **Pivot** | A pivot is used to allow the attacker in possession of the ball the opportunity to change direction without committing an offence. One foot must remain on the ground known as the pivot foot. The attacker can step with their other foot, using their pivot foot to change direction. |
| **Rally** | A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball. |
| **Shadowing** | Shadowing is when the defending player keeps their eyes on the ball and mirrors the attackers’ movements. This technique is used to apply pressure to the attacker in an attempt for them to lose possession of the ball. |
| **Strategy** | Strategy is a planned set of actions that are used by a team or individual to achieve a long-term goal. |
| **Tactics** | Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal. |
| **Transition** | Transition is defined as the process of recognising and responding after losing or regaining possession. |
| **Zonal marking** | Zonal Marking is a defensive tactic used where each player marks the space closest to them, marking whichever attacker enters their space. |

|  |  |
| --- | --- |
| ATHLETICS | |
| **EYFS** | |
| **Height** | Height is defined as the distance from the bottom to the top of something. This means how high an athlete has jumped. |
| **KS1** | |
| **Acceleration** | Acceleration is how quickly an athlete can increase their speed over a distance when running. |
| **Distance** | Distance is defined as the length of space between two points. This might mean how far an athlete has jumped. |
| **KS2** | |
| **Pace** | Pace is used to measure an athlete’s speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go to fast to early, they will finish the race slower. |
| **Relay** | A relay is a running race where members of a team take turns to complete parts of the race. |
| **Stride pattern** | Stride Pattern is the distance covered when an athlete takes a step. An athlete’s stride pattern will differ depending on the distance that athlete is running. |