St Joseph's Catholic Primary School
P.E. Vocabulary Progression Reception-Year 6

Progression in the use of specific P.E vocabulary

- The vocabulary included for Reception are words that children should be exposed to. They should use some correctly in a physical education context.
- The vocabulary included from Year 1 onwards are the words that children should know and use correctly in a physical education context. They should be able to define the specialist vocabulary included.
- Many of the vocabulary is used linked across different disciplines, i.e. travel can be used for travelling in a gymnastics routine, in a dance routine, in how to travel in games to follow rules or consider tactics and in athletics when talking about skills such as how to travel when approaching a triple jump (hop, skip, jump).

EYFS & KS1 P.E. Vocabulary

	Gymnastics	Dance	Games	Athletics
EYFS	Straight, Pike, Tuck, Straddle, Star, Shape, Curl, Roll, Position, Body parts, Travel Balance Jump	Travelling - slither, gallop, shuffle, roll, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after. Direction – forwards, backwards Feeling - happy, excited, sad Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above.	Walking Running Throwing Fast Slow Catching Rolling Space Pushing Patting Kicking Bounce Control Co-ordination Bounce Body parts	Walk Jog Throw Target Jump Run Hop Skip Fast Pass In pairs

Year 1	stretch balance tension zig-zag travelling jumping climbing repeat sequence space perform adapt direction speed levels Shapes - Pike Star Straddle Straight Tuck Landing Health and fitness – warm up/ cool down	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, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Rhythm Co-ordination Pattern Stimulus Copy Health and fitness – warm up/ cool down	Running Jumping Rolling Striking Throwing Bouncing Catching Space Opposite team Speed Direction Passing Controlling Shooting Scoring Co-ordination Partcipate Health and fitness – warm up/ cool down	Throw High Low Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop Repeat Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Evaluate Improve
Year 2	Speed Compose Movements Position Extend Travel Combinations Demonstrate Repeat	Movement Control Speed Level Sequence Unison Cannon Travel and stillness - gallop, skip, jump, hop, bounce,	Avoiding Accuracy Tracking a ball Rolling Striking Overarm throw Chest pass Bounce pass Bouncing	As above for Year 1 – End of KS1

	Create Stretch Point Balance Level Tension Smooth Sequence Shapes – pike, star, straddle, top to toe, tuck Health and fitness – warm up/ cool down	spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Rhythm Co-ordination Pattern Stimulus Health and fitness – warm up/ cool down	Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring Participate Co-ordination Technique Combinations Rules Tactics Health and fitness – warm up/ cool down	

KS2 P.E. Vocabulary

	Gymnastics	Dance	Games	Athletics	Swimming
Year 3	Flow Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under Agility Strength, Technique, Control	Create Combination Sequence Space Improvisation Repetition Adapt Motifs Pattern Movement Evaluate Improve Agility Flexibility Strength Control Balance Stimulus Rhythm Timing Perform Health and fitness – warm	Defending Attacking Travel Bouncing Control Possession Co-ordination Co-operation Scoring Batting Space Pass Dribble Team Points Goals Rules Tactics Fielding Bowler Wicket Innings Rounder Backstop	Running Speed Throw Skip Aim Bounce Jump Leap Hop Target Overarm Underarm Walking Jogging Baton Relay Take off Landing Health and fitness – warm up/ cool down Pull Distance Sprint Stamina Control	

	Balance Evaluate Improve Shapes - tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Health and fitness – warm up/ cool down/ heart rate	up/ cool down/ heart rate	Court Target Net Striking Pitch Health and fitness – warm up/ cool down/ heart rate		
Year 4	Degrees Balance Forwards Backwards Combine Rotation Against Towards Across Evaluate Improve Height Strength Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive Points Twist Turn Safety Refine Agility Strength,	Spatial awareness Repeat Dance Character Repetition Action Reaction Pattern Movement Evaluate Improve Agility Flexibility Strength, Technique, Control Balance Combination Stimulus Motifs Dynamics Perform Timing Health and fitness – warm up/ cool down/ heart rate	Possession Scoring Space Pass/send/receive Dribble Travel Team Striking Bowling Throwing Fielding Combinations Co-ordination Fluency Co-operation Competition Technique Partner Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary	Running Technique Pace Accuracy Power Throw High Low Skip Aim Fast Slow Bounce Jump Leap Hop Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Health and	Shallow Deep Turning Rolling Metres Glide Front Back Style Horizontally Vertically Front crawl Float

	Technique, Control Balance Evaluate Improve Shapes - Health and fitness – tuck, straddle, pike, arch, back support,		Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch	fitness – warm up/ cool down	

	Front support, shoulder stand, bridge Partner balances level 1 – steps, knees, thighs, shoulders, counter balance warm up/ cool down/ heart rate		Health and fitness – warm up/ cool down/ heart rate		
Year 5	Dynamics Combination Contrasting Control Mirroring Matching Accurately Refine Evaluate Asymmetry Performance Create Symmetry Refinements Assessment Suppleness Strength Muscles Joints Explore Rotation Spin Turn Shapes – tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Partner balances level 2 - ankles,	Dance phrase Technique Formation Pattern Rhythm Expression Improvisation Modify Pace Timing Action Reaction Motif Dynamics Interpret Exploration Agility Flexibility Combination Strength Technique Control Balance Evaluate Improve Timing Perform Health and fitness – warm up/ cool down/ heart rate/ pulse	Possession Speed Direction Range of techniques Combinations Competition Tactics Co-operation Create Control Decisions Passing Dribbling Shooting Shield ball Support Marking Repossession Attackers Defenders Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop	Pull Accuracy Technique Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Approach Speed Relay Strength, Technique, Control	Shallow Deep Turning Metres Glide Front Back Style Submerge Horizontally Vertically Front crawl Back stroke Breast stroke Independence Rescue Safety

	high legs, high knees, thighs without support, Landing Take-off Flight Agility Strength, Technique, Control Balance Evaluate Improve Shapes Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery		Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery	Balance Evaluate Improve Health and fitness – warm up/ cool down/ heart rate	
Year 6	Co-operate Audience Elements Twist Refine Aesthetically Criteria Extension Tension Inverted Judge Dynamics Combination Canon Counter-tension Counter-balance Criteria Performance Imaginative Parallel Creativity Flight Timing Agility	Dance style Dance phrase Fluency Travelling Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Dynamics Phrase Interpret Exploration Agility Flexibility Combination Strength, Technique,	Effective Use of space Control Accuracy Technique Combinations Co-operation Tactics Composition Fluency Create Rules Keeping possession Passing range Decisions Dribbling Shooting Shield ball Width Depth Support Marking Covering	Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Release Performance Accuracy Take off Distance Target Time	

	Strength, Technique, Control Balance Evaluate Improve Shapes – tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge, Level 3 partner balances – angle, lunge, feet, high thighs, straddle lift, trunk Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery	Control Balance Evaluate Improve Timing Perform Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery	Repossession Attackers Defenders Marking Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand	Position Measure Control Height Run up Hurdles Strength, Technique, Control Balance Evaluate Improve Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery	

			Volley Overhead Singles Doubles Rally Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery		