

PE Vocabulary Progression

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	Balance Imagine Strength Balance Coordination	Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm	Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm	Space Repeat Dance Phrase Improvisation Character Gesture Repetition Action and reaction Costume Prop Pattern	Space Repeat Dance Phrase Improvisation Character Gesture Repetition Action and reaction Costume Prop Pattern	Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration	Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration

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Gymnastics	Forwards	place	In front	flow	90 degrees	Dynamics	Co-operate
	Backwards	stretch	Speed	Explosive	180 degrees	Combination	Audience
	Sideways	push	Slow	Symmetrical	Leaving	Contrasting	Assessment
	Bench	pull	fast	Asymmetrical	Approaching	Control	Elements
	Mat	hop	Wide	Combination	Balance	Mirroring	Twist
	Table	skip	Shape	Evaluate	Forwards	Matching	Obstacles
	Roll	step	Narrow	Improve	Backwards	Accurately	Refine
	Long	spring	Long	Stretch	Combine	Refine	Aesthetically
	Slow	crawl	Land	Refine	Rotation	Evaluate	Criteria
	On	still	Over	Adapt	Against	Display	Extension
	Off	slowly	Jump	Pathway	Towards	Asymmetry	Judgement
	Stretched	tall	Off	Contrasting	Across	Performance	Tension
	Curled	long	High	Curling	Evaluate	Create	Inverted
	Tuck	wide	Low	Stretched	Improve	Symmetry	Judge
	Body parts	narrow	Stretch	Suppleness	Height	Refinements	Dynamics
	Tall	up	Point	Strength	Strength	Assessment	Combination
	Small	down	Balance	Inverted	Suppleness	Suppleness	Canon
	Shape	forwards	Twisted	Jump	Stamina	Strength	Counter
	Hold	high	Curled	Land	Speed	Cool down	-tension
	Still	low	Level	Over	Level	Warm up	Counterbalance
	Jump	elbows	Medium	Under	Wide	Muscles	Criteria
	Hop	bottom	Backwards		Tucked	Joints	Performance
	Bounce	back	Sideways		Straight	Explore	Imaginative
	Travel	around	Forwards		Twisted	Rotation	Parallel
Copy	through	Zig zag		Constructive	Spin	Creativity	
	extension	Angular		Points	Turn	Flight	
	roll	Under		Twist	Shape	Timing	
	copy	Through		Turn	Landing		
	pathway	Behind		Safety	Take		
	along	Tension		Refine	-off		
	jump	Copy		Away	Flight		
	land	Smooth					
	balance	Sequence					
	tension	Height					
	curved						
	straight						
	zigzag						
	shape						
	over						
	hang						
	grip						



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Games	Throw Catch Kick Pass Bat Aim Speed Space Run Skip	Avoiding Tracking a ball Rolling Striking Overarm throw Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing	Avoiding Tracking a ball Rolling Striking Overarm throw Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing	Keep possession Keep the ball Scoring goals Keeping score Making space Pass/send/receive Dribble Travel with a ball Back up Support partner Make use of space Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	Keep possession Keep the ball Scoring goals Keeping score Making space Pass/send/receive Dribble Travel with a ball Back up Support partner Make use of space Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	Keeping possession Passing Dribbling Shooting Shield ball Width Depth Support Support Marking Covering 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 Volley Overhead Singles Doubles Rally	Keeping possession Passing Dribbling Shooting Shield ball Width Depth Support Marking Covering 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 Volley Overhead Singles Doubles Rally
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Athletics	Walk Jog Throw Jump Run Hop Skip Fast Slow Space Balance Catch Healthy Move Forward Backward Direction	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	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	Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Heartbeat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay	Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Heartbeat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay Sling	Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Trajectory Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles	Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Trajectory Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles
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Outdoor and Adventurous Activities (OAA)	/	/	/	Outdoors Adventure Orienteering Teamwork Communication Problem solving Trail Control Map Symbols Route Compass Obstacle Equipment Competition Organise Terrain Boundary Record	Outdoors Adventure Orienteering Teamwork Communication Problem solving Trail Control Map Symbols Route Compass Obstacle Equipment Competition Organise Terrain Boundary Record	Outdoors Adventure Orienteering Teamwork Communication Problem solving Trail Control Map Symbols Route Compass Obstacle Equipment Competition Organise Terrain Boundary Record	Outdoors Adventure Orienteering Teamwork Communication Problem solving Trail Control Map Symbols Route Compass Obstacle Equipment Competition Organise Terrain Boundary Record