Key Vocabulary Progression – Reception

Word		Meaning	PE Context
Gymnastics	Balance	To have stability by an even distribution of weight	One foot balance/Keeping the bean bag on their head
	Control	To be in charge of their body's movements	Not moving their feet when landing a jump
Dance	Turn	To rotate the body whilst moving	180°/360° spin when jumping
	Twist	To rotate the body whilst keeping your feet on the floor	180°/360° pivot in a routine
Body Management	Climb	To move upwards on apparatus	Getting to the top of a tabletop
	Roll	To rotate the body across the floor	Log Roll/Egg Roll
Speed, Agility, Travel	Agility	To be able to change direction at speed	Dodging others when running in space
	Travel	How you move about a space	Crawling/Walking/Running etc
Manipulation And Coordination	Apparatus	Specialist equipment used for gymnastics	Ropes, tabletops, wall bars etc
	Stretch	Placing parts of the body in particular positions to elongate them and lengthen the muscle	Bending over and touching toes, reaching for a rolling ball
Cooperate And Solve Problems	Cooperate	To be able to work with others to achieve success	Be successful in games such as 'Cross the River'
	Trail	A route to be followed	Follow a set of cones from one place to another

Key Vocabulary Progression – Dance

Word		Meaning	PE Context
Year 1	Compose	Combine and put together different movements and actions into a dance	A sequence of movement
	Canon	When the same action is repeated by a group of dancers one after the other	Four children jump one after another
Year 2	Unison	When the same action is repeated by a group of dancers at the same time	Four children jump at the same time
	Mirror	Presenting the mirror image	Two performers perform a dance opposite each other in a mirror image
Year 3	Rhythm	A uniformed, recurring pattern of beat or music	Performing to beats of 8
	Improvisation	React to music to perform actions or sequences that are not pre-planned	Move to match a new piece of music
Year 4	Levels	The different heights actions and dances can be performed	Actions performed at low, medium or high e.g. slithering along the floor and leaping in the air
	Facial Expression	A non-verbal way to communicate a message using the face	Smiling during a happy piece of music
Year 5	Choreographer	A person who creates a dance sequence to perform	Creating and teaching a group a dance
	Formation	In a group dance, the position of each dancer when performing	A group performs in a circle or line
Year 6	Gesture	The movement of a body part without using your weight	Waving, pointing or nod etc
	Dynamics	Quality of movement, the intangible factor that adds uniqueness, richness and power	Dynamics is the energy put into a dance e.g. stabbing, jerkin, graceful, erratic etc.

Key Vocabulary Progression – Gymnastics

Word		Meaning	PE Context
Year 1	Sequence	Two or more actions one after the other	Performing a straight jump then a tuck jump
	Shape	The position or your body during a movement	Tuck shape, pike shape, straddle shape in an action
Year 2	Extension	Straightening a body part as far as possible	Pointing fingers and toes during a balance
	Relaxation	The body returns to its normal state after an exercise	After a balance, bringing the arms back to their side
Year 3	Combinations	Putting different types of actions together in a sequence	Putting a tuck roll with a half turn
	Explosive	Actions with maximum effort for a short period of time	The take off when jumping
Year 4	Contrasting	Two actions that are opposite to each other	A fast travel followed by a balance
	Fluency	An action or sequence with control and momentum	Moving from a roll into a balance smoothly, without stopping or wobbling
Year 5	Aesthetics	How an action or sequence looks to somebody watching	Having good extension in actions
	Flexibility	The range of movement around a joint	How high they can lift a leg when balancing
Year 6	Asymmetry	When shape of the body is different on each side	A balance with the left leg up and right arm up
	Symmetry	When shape of the body is the same on each side	Handstand or headstand

Key Vocabulary Progression – Athletic Activity

Word		Meaning	PE Context
Year 1	Relay	A team run equal distances within the same race	4 x 100m sprint passing a baton from one team member to the next
	Sprint	Running as fast as possible over a short distance	Completing a short distance running race such as 60 metres
Year 2	Stamina	The mental and physical ability to be active over a longer period	Being able to run continuously over a longer distance
	Static	Performing an action whilst staying in one place	Being able to throw on object without a run-up
Year 3	Power	Using strength at speed	Being able to jump far with a run-up
	Pace	The ability to control speed over a set distance	Running a longer distance such as 400m at a consistent speed
Year 4	Accelerate	Being able to increase speed while running	Going from a standing start into a sprint race
	Take off	The last step before performing a jump	Taking off on one foot for a jump for distance
Year 5	Force	The ability to exert power over an object	Throwing a discus as far as possible
	Sustain	To keep up a physical action or movement over time	Being able to run to the end of a race
Year 6	Optimum	A condition that produces the best result	Releasing an object at the best height to achieve the longest distance when throwing
	Trajectory	The flight path a thrown object	The trajectory of a javelin as it travels up then down

Key Vocabulary Progression – Invasion games

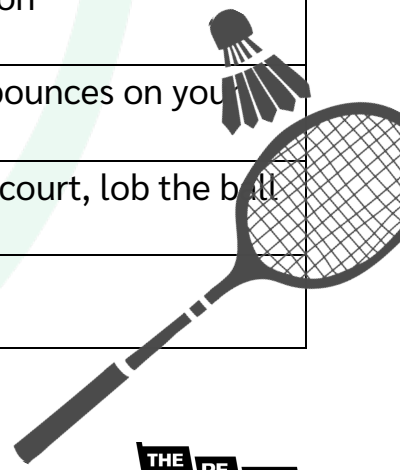
Word		Meaning	PE Context
Year 1	Attack	The team with the ball using tactics to move into a position to score	The team scoring a basket in basketball
	Defend	The team without the ball trying to stop the other team scoring	The team trying to stop a goal in hockey
Year 2	Compete	Playing a game against other people to gain points	Small-sided games in lacrosse
	Outwit	Using a tactic to beat an opponent	Players off the ball running to a space to distract defenders
Year 3	Possession	The team who has the ball	The team maintaining the ball in tag rugby
	Space	Areas on the court or pitch where nobody else is	The wing of the pitch where no players are standing
Year 4	Intercept	Taking possession of the ball by getting in the way of a pass	A defender catching a chest pass from an opponent
	Teamwork	Working with others to achieve success	Knowing teammates strengths and weaknesses
Year 5	Positions	The area of the pitch and role a player is responsible for	Goal defence in netball, striker in football
	Regain	Winning back possession when lost	A player wins the ball back after an interception
Year 6	Counterattack	Switching quickly from defence to attack when winning possession	A player intercepting the ball and passing forward
	Feint	Using the body to mislead or trick an opponent	Double cross in basketball/dummy pass in rugby

Key Vocabulary Progression – Striking and fielding

Word		Meaning	PE Context
Year 1	Batter	The player attempting to hit the ball with a bat	Batter in rounders
	Bowler	The player sending the ball for the batter the hit	Bowler in cricket
Year 2	Underarm	Throwing the ball from below the waist	Throwing for accuracy over shorter distances
	Overarm	Throwing the ball from shoulder height	Throwing over longer distances
Year 3	Feed	The method of sending the ball, usually underarm for a batter to practise hitting	Underarm feed for practise hitting in cricket
	Field	The position of fielders when an opponent is batting	Outfielders in rounders
Year 4	Collect	The picking up of a ball that is rolling on the pitch	A fielder in cricket that has the ball hit in their vicinity
	Retrieve	Chasing a ball that has been hit past a fielder	An infielder in rounders
Year 5	Accuracy	Ensuring the ball goes where intended	Throwing to a wicket keeper to run a player out
	Stance	How a player stands when batting	In rounders feet shoulder width apart, bent knees with eyes on the ball, bat poised ready to hit
Year 6	Innings	The name of the length of time one team spends batting	Most games have 2 innings (each team bats once)
	Pick up	How the bat is lifted behind a batter in readiness of hitting a bowled ball	Rounders has a high pick up to generate power

Key Vocabulary Progression – Net/Wall

Word		Meaning	PE Context
Year 1	Court	Area the game is played on	Tennis/Badminton court
	Hit	When contact is made between racquet and ball/shuttle	Returning the tennis ball of the net using a hitting action
Year 2	Serve	The first hit to begin playing out a point	The serve for match point in tennis
	Rally	When an object is hit and returned continuously	Two players hitting a shuttlecock over the net without it going out of play
Year 3	Forehand	Where the wrist faces the direction of the stroke or swing	An underarm clearance shot in badminton
	Backhand	Where the back of the hand faces the direction of the stroke or swing	A backhanded drop shot in badminton
Year 4	Clear	Hitting the object upwards to the back of the court	Hitting a shuttle to the back of the court
	Backcourt	The area from the end-line to the attack line	The part of the court near the baseline
Year 5	Overhead	Hitting an object that is above their head	Returning. Clear shot in badminton
	Volley	Hitting an object before it bounces	Hitting a ball in tennis before it bounces on your own side
Year 6	Lob	Hitting an object over your opponent's head	An opponent is near the front of court, lob the ball over their head in tennis
	Offensive Play	Attempting to score the winning point	Smash shot in badminton



Key Vocabulary Progression – Swimming

Word		Meaning	PE Context
Beginners	Float	To remain suspended within or on the surface of the water without sinking	Using a star float or mushroom float
	Sculling	Using a figure of 8 stroke to keep yourself afloat in the water	Practising sculling to gain water confidence
	Stroke	A repeated action with the limbs to propel yourself through the water	Front crawl, backstroke, breaststroke
Intermediate	Prone	Lying face down	Position in front crawl
	Submerging	To move under the surface of the water	Sinking down to collect objects from the bottom of the pool
	Supine	Lying face up	Position in backstroke
Advanced	Glide	Moving through water without performing a stroke	Pushed off from the side without then moving arms or legs
	Propel	To drive your body forward	Using the side wall to push off before a stroke
	Technique	Performing with skill or knowledge	Improving a stroke using key teaching points to improve technique