



Vocabulary Progression 2022-2023

Subject: PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
Reception	Gymnastics Backwards On Tall Hold Travel Dance Space Feelings Directions Games Rolling Bouncing Free space Athletics Walk Jog Throw Target Jump Run Hop Skip Fast Pass In pairs	Gymnastics Forwards Sideways Table Slow Dance Stillness Beginning End Games Striking Catching Own space	Gymnastics Mat Long Stretched Tuck Dance Direction Middle Body parts Games Opposite Team Passing Shooting	Gymnastics Body parts Small Still Hop Dance Levels Rhythm Travel Games Overarm throw Rebound Direction	Gymnastics Bench Off Shape Jump Dance Pathways Speed Space Games Aiming Speed Controlling	Gymnastics Roll Curled Bounce Copy Dance Levels Rhythm Travel Games Follow Own Space Direction
Year 1	Still Slowly Long Wide Narrow Up Down Jump Land Balance Curved Straight Zig-zag Shape Stretch Push	Improve Far Statue Fast Stillness Feelings Stormy Forwards Strong Gentle Hop In and out Jolly On the spot Kick Pass shoot	Backwards Sideways Beginning Skip Bounce Space Direction Spin End Free space Travel Gallop Turn team score direction	Avoiding Evaluate Improve forwards high low elbows bottom back around through extension roll copy pathway target Bouncing Overarm throwing	Improve Stimuli express Jump Middle Mood Near Striking Tracking a ball Underarm Repeat Target	Catching Run speed Walking Overarm Throw High Low Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop
Year 2	In front Speed Slow fast Wide Shape Narrow Long Body parts	High Hot Lonely Low Medium Pathways Sad Sweaty Tired	Angry Calm Cool down Curved Direction Excited Happy Heart rate Accuracy	Land Over Through Behind Tension Copy Smooth Sequence Height Passing	Following the movement of a ball coordination Jump Off High Low Stretch Point Balance Twisted	Walking Jogging Accelerate Baton Relay Push Take off Landing Evaluate

	Travel Sequence Speed Tracking Avoid Decisions intercept	Warm up Zigzag Shoot Pass with accuracy Teamwork Tactics Influence feed	Distances Avoiding decisions	Rebound Scoring Shooting Attacking Defending Tactics	Curled Level Medium Backwards Sideways Forwards Zig zag Angular Under Stimulus	Improve Control Aiming Controlling Direction
Year 3	Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Pathway Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under Flow Explosive Support partners Dodge Movment	Canon Circle Copy Dynamics Explore Follow Improvisation Lead Line Motif Partner Relationships Repeat Space Square Structure Unison Back up Dribble Keeping possession Keeping the ball Send and receive Travel with the ball	Armbands Breathe Floats Hop In water Kick with the legs Lie on front and back Possession Position catch	On water Push and pull with the arms Run Skip Support Under water Walk Keeping the score Making space Pass Scoring goals	Rhythm Motives Repeat Remember Perform Hitting Fielding Defending Innings Making it difficult for the opponent Approach Speed Relay Hitting Fielding Defending	Sling Pull Distance Sprint Steady pace Accuracy Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Backstop Target Batting Net Boundary Striking Bowler Rounder Tactics Score Scoring points
Year 4	90 degrees 180 degrees Leaving Approaching Balance Forwards Backwards Combine Rotation Against Towards, Across Evaluate Goals Keep Keep control Make and use space Pass Points Rules Suppo rt Tactics	Action Analyse Canon Character Communication Costume Movement Successful attack tactics Cool down Warm up	Improve Height Strength Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive Points Twist Turn Safety Refine Away	Describe Diet Evaluate Gesture Interpret Legend Change of direction Attach and defend Conditioned game Rules Fluency Evaluate	Mobilize joints Myth Narrative Props Question and answer Reaction Repetition Unison Backstop Court Base Target Batting Net Boundary Striking Bowler	Aim Backwards Throw Heart beat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Innings Making it difficult for the opponent Rounder Tactics Score Scoring points

Year 5	<p>Covering Depth Dribbling Marking Passing Shielding the ball Shooting Support Width Home base Back crawl Breaststroke Breathe Float Front crawl</p>	<p>crawl Kick Lie flat Pull Push Scull Streamlined Surface diving Turning Changing direction Innings Changing speed Leg-side</p>	<p>Dynamics Combination Contrasting Control Mirroring Matching Asymmetry Performance Create Symmetry Strength Muscles Joints Explore Rotation striker Defending court Offside Depth Over Doubles</p>	<p>Pavane Rhythm Technique Variation Dance style Formation Gesture Haka Motif Pattern</p>	<p>Fast Jog Measure Medium Pace Power Pull Push Record Relay Safety Sling Slow Speed</p>	<p>Sprint Stamina Steady Time Stance Overhead Partner Width scoring Purpose variation</p>
Year 6	<p>Co-operate Audience Assessment Elements Twist Obstacles Refine Aesthetically Canon Contact work Fast footwork Frog High energy Attackers Covering Defenders Marking</p>	<p>Criteria Extension Judgement Tension Inverted Judge Dynamics Possession Repossession Refinements Assessment Suppleness Supporting</p>	<p>Lean Lift Lindy Hop Pull Push Scarecrow Stamina Style Unison Team play Team positions Home base</p>	<p>Short tennis Singles Volley Rally Batting point Backhand Covering court Non- Crease Combination Canon Counter-tension Counter-balance Criteria Performance Imaginative Parallel Creativity Flight Timing</p>	<p>Measure Pacing Position of feet on last stride Power Race Record Relay take-over area Defending court Offside Depth Over Doubles Pitch Forehand Changing direction Innings Changing speed Leg-side Covering court Non-striker</p>	<p>Rules Run-up Safety Set targets Speed Stamina Strength Suppleness Time Batting point Backhand Crease</p>