



PE Vocabulary Progression

	Year 1/2	Year 3/4	Year 5/6
Gymnastics	<p>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.</p> <p>Compose, movements, position, extend, travel, combinations, demonstrate, create, point, level, tension, smooth.</p>	<p>Flow, explosive, symmetrical, asymmetrical, combination, evaluate, improve, stretch, refine, adapt, contrasting, curled, stretched, suppleness, strength, inverted, jump, land, over, under, agility, strength, technique, 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</p> <p>Degrees, forwards, backwards, rotation, against, towards, across, stamina, wide, tucked, straight, twisted.</p>	<p>Dynamics, combination, contrasting, control, mirroring, matching, accurately, refine, evaluate, performance, create, symmetry, asymmetry, joints, suppleness, rotation, spin, turn.</p> <p>Shapes – tuck, straddle, pike, arch, back support, front support.</p> <p>Partner balances – ankles, high legs, high knees, thighs without support.</p> <p>Landing, taking off, flight, agility, shapes, health and fitness – warm up/cool down.</p> <p>Elements, criteria, extension, tension, dynamics, counter tension, counter balance, parallel.</p>
Dance	<p>Travel and stillness – gallop, hop, skip, jump, bounce, spring, turn, spin, freeze, statue.</p> <p>Direction – forwards, backwards, sideways.</p> <p>Space – near, far, in and out, on the spot, own beginning, middle, and end.</p> <p>Mood and feelings – happy, angry, calm, excited, sad, lonely.</p> <p>Body actions, levels – high, medium, low</p> <p>Speed – fast, slow</p> <p>Pathways – curved, zig zag</p> <p>Rhythm, coordination, pattern, stimulus, copy</p> <p>Health and fitness – warm up/cool down.</p> <p>Movement, control, sequence, unison, cannon.</p>	<p>Create, combination, sequence, space, improvisation, repetition, adapt, motifs, pattern, movement, evaluate, improve, agility, flexibility, control, balance, stimulus, rhythm, timing, health and fitness – warm up/cool down, heart rate.</p> <p>Spatial awareness, character, action/reaction, dynamics.</p>	<p>Dance phrase, technique, formation, pattern, rhythm, expression, improvisation, modify, pace, timing, action/reaction, motif, dynamics, interpret, agility, flexibility, combination, control, balance, evaluate, improve, health and fitness – warm up/cool down.</p> <p>Dance style, dance phrase, fluency, travelling, variation.</p>
Games	<p>Running, jumping, rolling, striking, throwing, bouncing, catching, space, opposite team, speed, direction, passing, controlling, shooting,</p>	<p>Defending, attacking, travel, bouncing, control, possession, coordination, cooperation, scoring, batting, space, pass, dribble, team, points, goals, rules, tactics, fielding, bowler, court,</p>	<p>Possession, speed, direction, range of techniques, combinations, competitions, tactics, cooperation, control, decisions, passing, dribbling, shooting, support, marking,</p>

	<p>scoring, coordination, participate, health and fitness – warm up/cool down.</p> <p>Avoiding, accuracy, tracking a ball, overarm throw, bounce pass, free space, own space, team, rebound, follow, aiming, technique, combinations, rules, tactics.</p>	<p>target, striking, pitch, health and fitness – warm up/cool down.</p> <p>Pass, send, and receive.</p>	<p>repossession, attackers, defenders, health and fitness – warm up/cool down.</p> <p>Effective use of space, accuracy, fluency, keeping possession.</p>
Athletics		<p>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.</p> <p>Technique, pace, accuracy, power, high, low, target, accelerate.</p>	<p>Pull, accuracy, technique, distance, sprint, steady pace, accuracy, height, record, joints, rhythm, leading leg, underarm, overarm, walk, jog, hurdles, landing, control, stamina, obstacles, speed, relay, control, balance, health and fitness – warm up/cool down.</p>
Swimming		<p>Shallow, deep, turning, rolling, metres, front, back, glide, style, horizontally, vertically, front crawl, float.</p> <p>Submerge, back stroke, breast stroke, independence rescue, turning.</p>	