



PE Vocabulary Progression



	EYFS	Year 1/2	Year 3/4	Year 5/6
Gymnastics	<p>Straight Pike Tuck, Straddle, Star Shape Curl Roll Position Body parts Travel Balance Jump</p>	<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>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.</p>	<p>Travel and stillness – gallop, hop, skip, jump, bounce, spring, turn, spin, freeze, statue. 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>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>

		Health and fitness – warm up/cool down. Movement, control, sequence, unison, cannon.		
Games	Walking Running Throwing Fast slow Catching Rolling Space Pushing Patting Kicking Bounce Control Co-ordination Bounce Body parts	Running, jumping, rolling, striking, throwing, bouncing, catching, space, opposite team, speed, direction, passing, controlling, shooting, scoring, coordination, participate, health and fitness – warm up/cool down. Avoiding, accuracy, tracking a ball, overarm throw, bounce pass, free space, own space, team, rebound, follow, aiming, technique, combinations, rules, tactics.	Defending, attacking, travel, bouncing, control, possession, coordination, cooperation, scoring, batting, space, pass, dribble, team, points, goals, rues, tactics, fielding, bowler, court, target, striking, pitch, health and fitness – warm up/cool down. Pass, send, and receive.	Possession, speed, direction, range of techniques, combinations, competitions, tactics, cooperation, control, decisions, passing, dribbling, shooting, support, marking, repossession, attackers, defenders, health and fitness – warm up/cool down. Effective use of space, accuracy, fluency, keeping possession.
Athletics			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. Technique, pace, accuracy, power, high, low, target, accelerate.	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.
Swimming			Shallow, deep, turning, rolling, metres, front, back, glide, style, horizontally, vertically, front crawl, float. Submerge, back stroke, breast stroke, independence rescue, turning.	

Aspiration - Resilience - Community