



PE Vocabulary Progression

| Topic | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|-------------------|--|--|--|---|---|--|---|
| Gymnastics | Roll Travel Forwards Direction Body parts (arms, leg, head) | Along Direction Level Link Onto and off Over Pike Posture Rolling: egg, log, forward, teddy bear rolls. Sequence Straddle Straight Tension Travel Tuck | Apparatus Balance Patches Points Shapes Travelling Shoulder stand Tension | Analyse Balance Co-operation Empathy Jumps Landing Shapes Roll Teamwork Travel | Asymmetry Balance Body Canon Counterbalance Moves Pike Posture Sequence Straddle Symmetry Techniques Tension Tuck Unison Aesthetic | Arch Asymmetrical Balance Bridging Canon Counterbalance Direction Dish Dynamic Evaluate Extend Level Points of balance Pull Push Rolling Rotation Sequence Shape Star Symmetrical Techniques Tension Unison | Asymmetrical Balance Canon Direction Dynamic Front and back support Level Movement Rolling and bridging Rotation Sequence Shape Symmetrical Unison |

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|--------------|--|-----------------------------------|--|---|--|--|---|
| Dance | Beat March Move Speed Fast Slow Body parts (arms,leg, head) | Beat Gesture Perform Rap | Beat Flow Independent Medieval Methods Movements Performance Travel | Canon Clock Confidence Direction Formation Performance Pivot Tempo Timing Unison | Agility Balance Charleston step Chassé Co-ordination Dynamics Emotion Endurance Expression Improve Line dancing Muscular strength Phrasing Rhythm Sequence Flexibility Space Stamina Strut Aesthetic Timing | Agility Back point step Posture Balance Beats Bollywood dancing Break-it-down Canon Co-ordination Collaboration Control Dynamics Emotion Endurance Expression Flexibility Fluency Improve Lotus Motif Muscular strength Phrasing Prayer Rhythm Sections Sequence Space Stamina Timing Unison Variation | Beat Canon Choreograph Fluency Match Mirror Pose Routine Street dance Timing Unison |

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| Active athletics | Walk Jog Throw Target Jump Run Hop Skip Fast | Active Athletics Balance Hopping Jog Mobility Obstacle Overarm throw Relay Speed Sprint Take-off and landing Underarm | Active Athletics Balance Direction Distance Hurdle Obstacle Power Relaxed Relay Speed Swing | Active Athletics Changeover Competition Direction Improve Landing Overarm Relay Take-off Technique Underarm | Young Olympians - Athletics Arm action Bend Carousel Control Direction Distance Effort Extend Handover Javelin Knee lift Landing Long jump Pace Position Pull Relax Relay Stride length Take off Target Technique | Young Olympians - Athletics Baton Bend Carousel Continuous Control Distance Extend Landing Long jump Pull Push Push technique Relay Take off Throw | Young Olympians - Athletics Bend Carousel Control Direction Distance Extend Handover Javelin Landing Long jump Pace Position Pull Relay Sprint start Standing start Take off Target Technique |

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| Multi skills (Y1-3) Invasion games (Y4-6) | Pass In pairs Throw Catch Strike Space Speed Jump | Multi skills Accuracy Agility Aim Balance Base Co-ordination Control Fluency Guide Movement Push Rotate Target Technique Timing Transitions Travel | Multi skills Accuracy Agility Aim Balance Base Co-ordination Crab Guide Movement Pattern Rock and roll Rotate Skittles Target Timing Tuck Twist and turn | Ball Handling Agility Balance Bounce Control Dribble Observation Safety Send Speed Travel | Invasion - Football/Hockey Attack Defend Dribble Passing Play Receiving Support | Invasion - Netball + Football Beats Bounce pass Break-it-down Canon Chest pass Collaboration Defend Dodging Footwork Goal High 5 Netball Intercepting Land Marking Motif Names of positions Non-contact Overhead pass Pivot Point Positions Push Receive Sections Shoulder pass Signal Step Unison Variation | Invasion - Rugby+ Hockey Competition Forfeit Handover Hop Rules Skip Tag Tournament Try Dodging |

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| Games | Pass In pairs Throw Catch Strike Space Speed | Throwing and Catching - field games Bat Racket Catch Fielding Rounders Scoring Strike Target Throw Warm-up | Throwing and Catching - field games Bounce Circuit Cushion Kwik Cricket Overarm throw Sideways Underarm | Striking and Fielding Games Accuracy Bowling Defenders Fielding Long barrier Overarm throw Retrieve Run Safe zone Soft hands Striking Stumped Surface area Target hands Underarm throw Wickets | Tennis Backhand Drop serve Forehand Rally Rally building Receive Send Trap | n/a | n/a |