

P.E Vocabulary

EYFS

Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll walk jog throw target jump hop skip fast pass

P.E Vocabulary

Year 1

Gym

Place stretch push pull hop skip step spring crawl still slowly tall long wide narrow up down forwards high low elbows bottom back around through extension roll copy pathway along jump land balance tension curved straight zig-zag shape over hang grip

Games

Avoiding tracking (ball) rolling striking over arm throw bouncing catching free space own space opposite team rebound follow aiming speed direction controlling shooting scoring

Dance

Travel stillness direction space beginning middle end feelings body parts levels directions pathways speed rhythm

Athletics

Throw high low skip aim fast slow safely step bounce jump leap hop repeat run target overarm underarm walking jogging accelerate baton relay push take off landing evaluate improve

P.E Vocabulary

Year 2

Gym

In front speed slow fast wide shape narrow long land over jump off high low stretch point balance twisted curled level medium backwards sideways forwards zig-zag angular under through behind tension copy smooth sequence height

Games

Avoiding tracking (ball) rolling striking over arm throw bouncing catching free space own space opposite team rebound follow aiming speed direction controlling shooting scoring

Dance

Travel stillness direction space beginning middle end feelings body parts levels directions pathways speed rhythm

Athletics

Throw high low skip aim fast slow safely step bounce jump leap hop repeat run target overarm underarm walking jogging accelerate baton relay push take off landing evaluate improve

P.E Vocabulary

Year 3

Gym

Flow explosive symmetrical asymmetrical combination evaluate improve stretch refine adapt pathway contrasting curled stretched suppleness strength inverted jump land over under

Games

Keep possession keep the ball scoring goals keeping score making space passing, sending, receiving dribble travel back away support partner use space points goals rules tactics batting fielding bowler wicket tee base boundary innings rounder backstop court target net defending hitting stance offside pitch forehand backhand volley overhead singles doubles rally

Dance

Space repeat dance phrase improvisation character gesture repetition action and reaction myth legend costume prop pattern

Athletics

Sling pull distance sprint steady pace accuracy height record joints rhythm landing leg measure underarm overarm heart beat pulse rate jobbing walk hurdles landing control preferred landing foot time stamina obstacles stance diagonal approach speed relay

P.E Vocabulary

Year 4

Gym

90 degrees 180 degrees leaving approaching balance forwards backwards combine rotation against towards across evaluate improve height strength suppleness stamina speed level wide tucked straight twisted constructive points twist turn safety refine away

Games

Keep possession keep the ball scoring goals keeping score making space passing, sending, receiving dribble travel back away support partner use space points goals rules tactics batting fielding bowler wicket tee base boundary innings rounder backstop court target net defending hitting stance offside pitch forehand backhand volley overhead singles doubles rally

Dance

Space repeat dance phrase improvisation character gesture repetition action and reaction myth legend costume prop pattern

Athletics

Sling pull distance sprint steady pace accuracy height record joints rhythm landing leg measure underarm overarm heart beat pulse rate jobbing walk hurdles landing control preferred landing foot time stamina obstacles stance diagonal approach speed relay

P.E Vocabulary

Year 5

Gym

Dynamics combination contrasting control mirroring matching accurately refine evaluate display asymmetric performance create symmetry refinements suppleness strength cool down warm up muscles joints explore rotation spin turn shape landing take –off flight

Games

Keeping possession passing dribbling shooting shielding width depth support marking covering repossession attackers defenders team play batting fielding bowler wicket tee base boundary innings rounder backstop court target net defending hitting stance offside pitch forehand backhand volley overhead singles doubles rally

Dance

Dance style technique formation pattern rhythm variation improvisation unison canon action reaction motif phrase interpret exploration

Athletics

Sprint team distance measure height target pacing rhythm obstacles leading leg hurdles throwing speed accuracy take off stamina time projectory release performance time position control run up

P.E Vocabulary

Year 6

Gym

Co-operate audience assessment elements twist obstacles refine aesthetically criteria extension judgement tension judge dynamics combination canon counter-tension counter-balance criteria performance imaginative parallel creativity flight timing

Games

Keeping possession passing dribbling shooting shielding width depth support marking covering repossession attackers defenders team play batting fielding bowler wicket tee base boundary innings rounder backstop court target net defending hitting stance offside pitch forehand backhand volley overhead singles doubles rally

Dance

Dance style technique formation pattern rhythm variation improvisation unison canon action reaction motif phrase interpret exploration

Athletics

Sprint team distance measure height target pacing rhythm obstacles leading leg hurdles throwing speed accuracy take off stamina time projectory release performance time position control run up