

Physical Education Vocabulary Progression-2022/23

Dance Vocabulary	
EYFS	Travel, Direction, Space, Body parts, Levels, Speed, Repeat, Do-si-do, Promenade, Beat, Control, Rhythm, Timing,
Year 1	Travel, Direction, Space, Body parts, Levels, Speed, Repeat, Do-si-do, Promenade, Beat, Control Rhythm, Timing, Sequence, Expression, Emotion, Unison,
Year 2	Travel, Direction, Space, Body parts, Levels, Speed, Repeat, Do-si-do, Promenade, Unison, Expression, Flow, Timing
Year 3	Space, Repetition, Action and reaction, Pattern, Direction pattern.
Year 4	Space, Repetition, Action and reaction, Pattern, Direction pattern.
Year 5	Dance style, Technique, pattern, Rhythm, Variation, Unison, Canon, Action, Reaction
Year 6	Dance style, Technique, pattern, Rhythm, Variation, Unison, Canon, Action, Reaction

Gymnastics Vocabulary	
EYFS	Forwards, Backwards, Sideways, Roll, Slow, Body parts, Shape, Jump, Travel, Stretch, Wide, Narrow, High, Low, Over, Under, apparatus, Transition
Year 1	Wide, Narrow, Curled, Transition, Interesting, Linking
Year 2	Linking, Flow, Transition, Jump, Roll, Sequence, Curved
Year 3	Stretch, Push, Pull, Step, Spring, Crawl, Still, Slowly, Tall, Long, Forwards, High, Low, Roll, Copy, Jump, Land, Balance, Linking, Flow, Interesting, Extension, Symmetrical, Asymmetrical.
Year 4	Extension, Control, Interesting, Bridge, Levels
Year 5	Flow, Levels, Counter balance, Unison, Canon, Symmetrical, Asymmetrical, Muscles, Joints
Year 6	Flow, Levels, Counter balance, Unison, Canon, Symmetrical, Asymmetrical, Muscles, Joints, Mirroring, Matching

Athletics Vocabulary	
EYFS	Throwing, Rolling, Speed, Direction, Jumping
Year 1	Throwing, Rolling, Speed, Direction, Jumping, Power
Year 2	Throwing, Rolling, Speed, Direction, Jumping, Power, Accuracy
Year 3	Relay, Change Over, Accuracy, Distance, Acceleration, Speed, Tactics
Year 4	Tactics, Speed, Distance, Pace, Power, Stride
Year 5	Tactics, Speed, Distance, Evaluation, Change Over, Personal Best, Laps
Year 6	Tactics, Teamwork, Speed, Distance, Evaluation, False Starts, Events

Games Vocabulary	
EYFS	Attacker, Defender, Space, Control, Dribbling, Passing, Opponent, Tackling, Bouncing, Rolling, Pushing, Aiming, Distance, Throwing, Catching, Rolling Stopping, Speed, Direction
Year 1	Attacker, Defender, Space, Control, Dribbling, Passing, Opponent, Tackling, Bouncing, Rolling, Pushing, Accuracy, Power, Batter, Fielder, Throwing Catching, Rolling, Shooting, Scoring
Year 2	Attacker, Defender, Space, Control, Dribbling, Passing, Opponent, Tackling, Bouncing, Rolling, Pushing, Accuracy, Power, Chest Pass, Batting, Fielding, Space, Tactics, Team, Shooting, Scoring
Year 3	Attacker, Defender, Dribbling, Possession, Chest Pass, Send, Receive, Travelling, Rules, Throwing, Catching, Strike, Batting, Fielding, Out, Free Kick, Penalty
Year 4	Possession, Marking, Space, Bounce Pass, Pivot, Travelling, Rules, Tactics, Retrieving, Bowling, Strike, Batting, Fielding, The Long Barrier, Turning, Transition, Goal Keeper, Intercepting, Shooting
Year 5	Tactics, Transition, Marking, Rebound, Travelling, Double Dribble, Bowling, Run Out, Wicket Keeper, No ball, Wide, Bye, Pressure, Tackle, Shadowing, Passing
Year 6	Tactics, Transition, Counter attack, High Press, Foul, Marking, Umpire, Boundary, Four Runs, Six Runs, Overs, Referee, Formations, Positions

Net Games Vocabulary	
EYFS	Control, Racket, Space
Year 1	Accuracy, Power, Striking
Year 2	Accuracy, Power, Striking, Return
Year 3	Space, Return, Cover, Baseline, Forehand, Rally, Out
Year 4	Space, Accuracy, Power, Baseline, Forehand, Backhand, Rally, Out
Year 5	Tactics, Space, Accuracy, Forehand, Backhand, Volley, Serve
Year 6	Tactics, Space, Forehand, Backhand, Volley, Serve, Doubles.