



Vocabulary Progression in PE



| | Fundamentals | | Multiskills | | Conditioning | | Constantly refer to and discuss the impact of exercise on the human body | |
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| | | | | | OAA | Athletics | | |
| Reception | Walk Jump Running Gallop Space Skip Direction | 1 Foot to 2 Feet Hop Land Stop Still Down Step | Under Over Through Balancing Climbing | Pushing Patting Hitting Throwing Kicking | Space Around Over Under Through | Speed | Hot Tired Heart Beats Faster Chest | |
| Year 1 | Travelling Speed Pencil Roll Tuck Roll Body Parts Shapes Wide Narrow Along Around | Forwards Backwards Tall Long Tuck Pike Star Straddle Dish Arch | Catch Roll Target Aim Dribble Hit Pass Underarm Throw | Balance Strike Obstacle Own Space Team Speed Passing Shooting | Team Instructions Follow Challenge | Athletics Target Take off Landing Underarm Obstacle Sprinting Pace | I understand that there are different areas of fitness and how this helps me in different activities. | Exercise Sweats Cools |
| Year 2 | Straddle Roll Forward Roll Backward Roll Balance Control Dominant Foot Non Dominant Foot Levels Agility Coordination | Back Support Counterbalance Trust Bodyweight Movement Stretch Beats Sequence Movement Patterns Front Support | Dominant Hand Non Dominant Hand Direction Controlling Scoring | Opponent Control Rules Team Cooperate Control Accuracy Team Work | Plan Map Symbols Problem Solving | Distance Weight Height Fluency Technique Grip Stance | I can describe how my body feels during | Muscles Healthy Bones Joints Protect |



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|---------------|---|--|--|---|--|---|---|--|
| Year 3 | Spring Direction Describe Adapt Improve Stretched Explore | Extension Flow Combinations Group Formations Repeat Flexibility | Keep Possession Scoring Goals Keeping Score Making Space Pass Receive Travel With A Ball Overarm Throw | Make Use Of Space Points/Goals Rules Batting Fielding Hitting Invasion | Diagrams Scale Orienteering Controls Challenges Lead Trust Pace | Strike Power Accuracy Shot put Relay Estimating Performance Improve | I understand the benefits of exercise Triceps Biceps Quadriceps Hamstring Gluteals Abdominals Gastrocnemius | Femur Tibia Fibula Humerus Ulna Radius Patella Sternum Rib Cage Sternum Clavicle Pelvis |
| Year 4 | Spinning Axis Strength Suppleness Stamina Combine Height | Posture Pivot Exaggeration Choreography Synchronised Tension | Tactics Chest Pass Bounce Pass Shoulder pass Volley Dribble | Attacking Defending Dodge Mark Signal for the ball Position Stance | Route Team Building Strategy Orientate Orientation Symbols Co-operate, Responsibility | Propel Long jump High jump Exchange Rotation | I can explain what happens to my body when I exercise and how this helps to make me healthy. Pulse Heart Beat Oxygen | Blood Carries Breathe In Breathe Out Organs Increase Decreases Breathing |



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|---------------|--|---|--|---|---|--|---|---|
| Year 5 | Asymmetry Symmetry Display Matching | Precision Formation Simultaneous Flight Rotation, 90°, 180°, 270° | Offside Pitch Forehand/Backh and Negotiate Space | Intercept Dodge Weave Outwit Spatial awareness | Assess Assessment Route Check point | Tactic Discus Evaluate Consecutively Retrieving Component | I can identify how different activities can benefit my physical health. Benefits | Nutrition Nutrients Balanced Lungs Heart |
| Year 6 | Motif Refine Evaluate Counterbalance Counter-Tension | Transition Transfer Poise Obstacle Straddle Over Aesthetic | Possession Repossession Defenders Marking Covering | Impact Strike Defensive Unit Monitoring Accuracy Fluency | Implement Refine Compass Control point | Endurance Resistance Stamina Aerobic Capacity High intensity Sustain Efficiency | Circulatory System Cardio Inhale Exhale Carbon Dioxide | Circulates Transports Cells Exchange Oxygenated Blood Deoxygenated Blood |