



## VOCABULARY PROGRESSION

### PE

The words in bold are introduced within that year group

Nursery	Reception	Year 1	Year 2
<p>Fundamentals <b>run, stop, jump, skip, push, stop safely</b></p> <p>Dance <b>move, copy, shape, forwards, backwards, sideways</b></p> <p>Gymnastics <b>over, rock, move, copy, forwards, backwards, sideways, shape</b></p> <p>Athletics <b>push, stop, jump, forwards, backwards,</b></p> <p>OAA <b>share, team, listen, path</b></p> <p>Striking and Fielding <b>run, pass, roll, forward, backwards</b></p> <p>Net and Wall Games <b>catch, throw, forward, backward, bounce</b></p>	<p>Fundamentals run, stop, <b>space</b>, jump, <b>balance</b>, safely skip</p> <p>Dance move, copy, shape, forwards, backwards, sideways, <b>around, travel</b></p> <p>Gymnastics over, rock, move, copy, forwards, backwards, sideways, shape, <b>space</b>, safely</p> <p>Athletics push, stop, jump, forwards, backwards, safely, <b>space</b></p> <p>OAA share, team, listen, path, <b>travel, follow</b>, safely</p> <p>Striking and Fielding</p>	<p>Fundamentals run, stop, space, jump, balance, skip, <b>hop, slow, direction, land, heart, lungs, body, mood, exercise</b></p> <p>Dance move, copy, shape, forwards, backwards, sideways, around, travel, <b>pose, counts, level, fast, slow, balance</b></p> <p>Gymnastics over, rock, move, copy, forwards, backwards, sideways, shape, space, safely, <b>action, roll, level, balance</b></p> <p>Athletics push, stop, jump, forwards, backwards, safely, space, <b>far, hop, aim, fast, slow, bend, improve, travel</b></p> <p>OAA</p>	<p>Fundamentals run, stop, space, jump, balance, skip, hop, slow, direction, land, safely, <b>dodge, jog, hurdle, speed, steady, spring, strong, pace, race, steady, sprint</b>, heart, lungs, body, mood, exercise</p> <p>Dance move, copy, shape, forwards, backwards, sideways, around, travel, pose, counts, level, fast, slow, balance, <b>mirror action, pathway, speed, timing, direction</b></p> <p>Gymnastics over, rock, move, copy, forwards, backwards, sideways, shape, space, safely, action, roll, level, balance, <b>speed, direction, point, link, pathway, sequence, tuck, straddle, star, pike</b></p> <p>Athletics</p>

<p>Invasion Games <b>pass, tag, forwards, backwards</b></p>	<p>run, pass, roll, forward, backwards, <b>around, safely, space, team</b></p> <p>Net and Wall Games catch, throw, forward, backward, bounce, <b>team, space, safely</b></p> <p>Invasion Games pass, tag, forwards, backwards, <b>team, safely, balance</b></p>	<p>share, team, listen, path, travel, follow, safely, <b>lead, teamwork, solve, instructions, co-operate</b></p> <p>Striking and Fielding run, pass, roll, forward, backwards, around, safely, space, team, <b>hit, points, target, throw, catch, score</b></p> <p>Net and Wall Games catch, throw, forward, backward, bounce, team, space, safely, <b>position, partner, score, points, net</b></p> <p>Invasion Games pass, tag, forwards, backwards, team, safely, balance, <b>defender, points, dribbling, attacker, score</b></p>	<p>push, stop, jump, forwards, backwards, safely, space, far, hop, aim, fast, slow, bend, improve, travel, <b>spring, jog, height, take off, landing, overarm, underarm</b></p> <p>OAA share, team, listen, path, travel, follow, safely, lead, teamwork, solve, instructions, co-operate, <b>support, successful, map, direction, communicate</b></p> <p>Striking and Fielding run, pass, roll, forward, backwards, around, safely, space, team, hit, points, target, throw, catch, score, <b>fielder, teammate, send, runs, batter, received, bowler</b></p> <p>Net and Wall Games catch, throw, forward, backward, bounce, team, space, safely, position, partner, score, points, net, <b>receive, quickly. trap, defend, return, collect, against</b></p> <p>Invasion Games pass, tag, forwards, backwards, team, safely, balance, defender, points, dribbling, attacker, score, <b>received, send, teammate, chest pass, possession, goal, dodge, bounce pass</b></p>
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Year 3/4	Year 4/5	Year 5/6
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<p>Fundamentals run, stop, space, jump, balance, skip, hop, slow, direction, land, safely, dodge, jog, hurdle, speed, steady, spring, <b>distance, technique, control, rhythm, tension, coordination, pace, strength, distance, control</b>, strong, pace, race, steady, sprint, heart, lungs, body, mood, exercise</p> <p>Dance move, copy, shape, forwards, backwards, sideways, around, travel, pose, counts, level, fast, slow, balance, mirror action, pathway, speed, timing, direction, <b>flow, create, perform, match, feedback, expression, represent, reaction, control</b></p> <p>Gymnastics over, rock, move, copy, forwards, backwards, sideways, shape, space, safely, action, roll, level, balance, speed, direction, point, link, pathway, sequence, tuck, straddle, star, pike, <b>flow, explore, create, matching, interesting, control</b></p> <p>Athletics push, stop, jump, forwards, backwards, safely, space, far, hop, aim, fast, slow, bend, improve, travel, spring, jog, height, take off, landing, overarm, underarm, speed, <b>power, strength, accuracy, higher, pace, faster, further, stamina, determination, personal best</b></p> <p>OAA</p>	<p>Fundamentals run, stop, space, jump, balance, skip, hop, slow, direction, land, safely, dodge, jog, hurdle, speed, steady, spring, distance, technique, control, rhythm, tension, coordination, strong, pace, race, steady, sprint, heart, lungs, body, mood, exercise <b>momentum, decelerate, accelerate, co-ordination, healthy, progress, muscle, stamina, agility, drive, power</b></p> <p>Dance move, copy, shape, forwards, backwards, sideways, around, travel, pose, counts, level, fast, slow, balance, mirror action, pathway, speed, timing, direction, flow, create, perform, match, feedback, expression, represent, reaction, <b>dynamics, unison, control, formation, posture, canon</b></p> <p>Gymnastics over, rock, move, copy, forwards, backwards, sideways, shape, space, safely, action, roll, level, balance, speed, direction, point, link, pathway, sequence, tuck, straddle, star, pike, flow, explore, create, matching, interesting, control, <b>technique, quality, apparatus, extension, inverted, symmetrical, asymmetrical, rotation, aesthetics</b></p> <p>Athletics push, stop, jump, forwards, backwards, safely, space, far, hop, aim, fast, slow, bend, improve, travel, spring, jog, height, take off, landing, overarm, underarm, speed, power,</p>	<p>Fundamentals run, stop, space, jump, balance, skip, hop, slow, direction, land, safely, dodge, jog, hurdle, speed, steady, spring, distance, technique, control, rhythm, tension, coordination, momentum, decelerate, accelerate, <b>transfer, pace, stability</b> strong, pace, race, steady, sprint, heart, lungs, body, mood, exercise, co-ordination, healthy, progress, muscle, stamina, agility, drive, power, <b>generate force, measure, analyse, record, flexibility</b></p> <p>Dance move, copy, shape, forwards, backwards, sideways, around, travel, pose, counts, level, fast, slow, balance, mirror action, pathway, speed, timing, direction, flow, create, perform, match, feedback, expression, represent, reaction, dynamics, unison, control, formation, posture, canon, <b>relationship, choreograph, phrase, contrast, fluently, structure</b></p> <p>Gymnastics over, rock, move, copy, forwards, backwards, sideways, shape, space, safely, action, roll, level, balance, speed, direction, point, link, pathway, sequence, tuck, straddle, star, pike, flow, explore, create, matching, interesting, control, technique, quality, apparatus, extension, inverted, symmetrical, asymmetrical, rotation, aesthetics, canon, <b>progression, synchronisation, formation, stability, counter balance, counter tension</b></p>
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<p>share, team, listen, path, travel, follow, safely, lead, teamwork, solve, instructions, co-operate, support, successful, map, direction, communicate, <b>navigate, rules, route, grid, discuss, plan, leader, effectively, symbol</b></p> <p>Striking and Fielding run, pass, roll, forward, backwards, around, safely, space, team, hit, points, target, throw, catch, score, fielder, teammate, send, runs, batter, received, bowler, <b>strike, grip, rounder, backstop, bowl, post, wicket, batting, fielding</b></p> <p>Net and Wall Games catch, throw, forward, backward, bounce, team, space, safely, position, partner, score, points, net, receive, quickly. trap, defend, return, collect, against, <b>serve, accurate, track, racket, control, rally, opponent, receiver, court, forehand, backhand</b></p> <p>Invasion Games pass, tag, forwards, backwards, team, safely, balance, defender, points, dribbling, attacker, score, received, send, teammate, chest pass, possession, goal, dodge, bounce pass, <b>receiver, footwork, rebound, tracking, interception, mark, travelling, playing area, opponent, contact, court, field, pitch</b></p>	<p>strength, accuracy, higher, pace, faster, further, stamina, determination, personal best, <b>officiate, perseverance, technique, upsweep, downsweep, flight, stride</b></p> <p>OAA share, team, listen, path, travel, follow, safely, lead, teamwork, solve, instructions, co-operate, support, successful, map, direction, communicate, navigate, rules, route, grid, discuss, plan, leader, effectively, symbol, <b>inclusive, orientate, tactical, collaborate, collective, navigation</b></p> <p>Striking and Fielding run, pass, roll, forward, backwards, around, safely, space, team, hit, points, target, throw, catch, score, fielder, teammate, send, runs, batter, received, bowler, strike, grip, rounder, backstop, bowl, post, wicket, batting, fielding, <b>stance, retrieve, opposition, stumped, short barrier, pressure, support</b></p> <p>Net and Wall Games catch, throw, forward, backward, bounce, team, space, safely, position, partner, score, points, net, receive, quickly. trap, defend, return, collect, against, serve, accurate, track, racket, control, rally, opponent, receiver, court, forehand, backhand, <b>outwit, volley, footwork, set, tactics</b></p> <p>Invasion Games</p>	<p>Athletics push, stop, jump, forwards, backwards, safely, space, far, hop, aim, fast, slow, bend, improve, travel, spring, jog, height, take off, landing, overarm, underarm, speed, power, strength, accuracy, higher, pace, faster, further, stamina, determination, personal best, officiate, perseverance, technique, upsweep, downsweep, flight, stride, <b>rotation, force, trajectory, compete, transfer of weight, continuous pace</b></p> <p>OAA share, team, listen, path, travel, follow, safely, lead, teamwork, solve, instructions, co-operate, support, successful, map, direction, communicate, navigate, rules, route, grid, discuss, plan, leader, effectively, symbol, inclusive, orientate, tactical, collaborate, collective, navigation, <b>orienteeing, boundaries, location, strategy</b></p> <p>Striking and Fielding run, pass, roll, forward, backwards, around, safely, space, team, hit, points, target, throw, catch, score, fielder, teammate, send, runs, batter, received, bowler, strike, grip, rounder, backstop, bowl, post, wicket, batting, fielding, stance, retrieve, opposition, stumped, short barrier, pressure, support, <b>overtake, outwit, tactics, obstruction, consecutive, consistent, drive hit, defensive</b></p> <p>Net and Wall Games</p>
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	<p>pass, tag, forwards, backwards, team, safely, balance, defender, points, dribbling, attacker, score, received, send, teammate, chest pass, possession, goal, dodge, bounce pass, receiver, footwork, rebound, tracking, interception, mark, travelling, playing area, opponent, contact, court, field, pitch, <b>opposition, pivot, tactics, control, foul, pressure, onside, offside, support</b></p> <p>Swimming  <b>exit, enter, front, travel, rules, safely, kicking, pulling, splashing, gliding, floating, breathing, sculling, crawl, breaststroke, backstroke, submersion, rotation, stroke, huddle, alternate, survival, treading water, buoyancy</b></p>	<p>catch, throw, forward, backward, bounce, team, space, safely, position, partner, score, points, net, receive, quickly. trap, defend, return, collect, against, serve, accurate, track, racket, control, rally, opponent, receiver, court, forehand, backhand, outwit, volley, footwork, set, tactics, <b>co-operatively, deep, forecourt, backcourt, attacking, defensive, consecutive</b></p> <p>Invasion Games  pass, tag, forwards, backwards, team, safely, balance, defender, points, dribbling, attacker, score, received, send, teammate, chest pass, possession, goal, dodge, bounce pass, receiver, footwork, rebound, tracking, interception, mark, travelling, playing area, opponent, contact, court, field, pitch, opposition, pivot, tactics, control, foul, pressure, onside, offside, support, <b>obstruction, formation, dictate, contest, conceding, turnover, shut down</b></p> <p>Swimming  exit, enter, front, travel, rules, safely, kicking, pulling, splashing, gliding, floating, breathing, sculling, crawl, breaststroke, backstroke, submersion, rotation, stroke, huddle, alternate, survival, treading water, buoyancy, <b>exhale, flutter kick, surface, inhale, personal best, endurance, propel, continuous, streamline, synchronised</b></p>
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