



Progression of P.E Vocabulary

Topic specific vocabulary key stage 1						
Dance - Body Movements	Multi-sports/games	Athletics	Throwing ,Catching, sending & receiving	Basic movements	Gymnastics	
action movement shapes speed level direction combine pattern sequence count	dodge defender dribble control protect dodge avoid ball rules game	direction quickly run throw distance measure jumping landing rules	rolling striking kicking catching gathering opponents targets throw	safe space obstacles start stop jumps leaps heart rate exercise body	direction travelling shape wide tall curved hop bounce skip forwards backwards sideways	

Topic specific vocabulary lower key stage 2					
Basketball	Athletics	Dance	Gymnastics	Football	Cricket
Dribbling pass control bounce shoot target assist jump ball attack defend offensive	Track force distance curve accelerate hurdles foam javelin vortex howler bounce target take off sling exchange accuracy	Dance Jazz beat repeat character timing solo moves steps count improvising music props expression routine	body tension muscles shapes travelling balance sequence level contrast fluency roll speed jump	foot ball pass defend goal kick score possession pass target referee offside intercept shoot pass dribble team	bat ball travel run field bowl batter drive backswing fielding score team overarm wicket keeper

Progression of P.E Vocabulary

Topic specific vocabulary lower key stage 2			
Netball	Rounders	Rugby	Tennis
ball Splay Attack Pass player chest pass team dodge defend space goal net shoot	Fielder Batter runs retrieve throw stationary backstop bases overhead	player ball direction balance score dodge try handle defenders attackers backwards	ball racket net bounce position out serve return forehand hit motion shot

Topic specific vocabulary upper key stage 2

Basketball	gymnastics	dance	hockey	OAA
chest pass bounce pass overhead pass travel pivot blocking dribbling crossover 3 point rules	balance rolls combinations direction speed partner symmetry vaulting control strength match complex arch sequence	collaboratively perform beats expression movement choreograph patterns steps rhythm	power distance control power distance dribbling sweeping blocking position space	challenge plan trust maps direction challenges instructions design orienteering code solve team



Progression of P.E Vocabulary

Topic specific vocabulary upper key stage 2					
swimming	dodgeball	Tag rugby	Athletics	rounders	netball
front crawl breaststroke backstroke self saving floating submerge breath kicking	running throwing catching dodging ducking tactics awareness balance strength power accuracy technique	tagging running forward pass attack defence W grip agility try	Bounce relay jump sprint strength shuttle record targets STEP (space,task,eq uipment,peop le) hop-step- jump push receive safety rules	power accuracy stump base backstop fielder bowler tactics miss hit back hit strength striking	score shoot footwork pivot teamwork blocking thirds defence stationary tactics foul dodging