



St Joseph's RC Primary School

PE Vocabulary Progression

Vocabulary is continuously used throughout school but is up-levelled

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Push Stop Jump Space Forwards Safely Balance backwards	Far Hop Aim Fast Slow Bend Improve Direction Travel	Sprint Jog Distance Height Take off Landing Overarm Underarm	Speed Power Strength Accurately Higher Pace Control Faster further	Power Stamina Officiate Perseverance Determination Accuracy Personal best	Technique Upsweep Rhythm Down sweep Flight stride	Rotation Trajectory Continuous pace Force Compete Momentum Transfer of weight
Ball Skills	Run Stop Throw Roll Team Kick Space catch	Far Aim Safely Direction Balance send	Overarm Collect Target Underarm Dribble distance	Track Receive Chest Shoulder Overhead Accurate	Release Select Control Consistently Technique persevere	Vocabulary is continuously used throughout school but is up-levelled	Vocabulary is continuously used throughout school but is up-levelled
Dance	Move Copy Shape Space Safely Around Travel Sideways Forwards Backwards	Counts Pose Level Slow Fast balance	Mirror Action Pathway Direction Speed timing	Flow Explore Create Perform Match Feedback expression	Represent Reaction Dynamics Unison control	Formation Posture Performance Canon relationship	Choreograph Phrase Contrast Structure Fluently connect

Fitness	Push Stop Space Jump Balance safely	Exercise Body Heart Mood lungs	Strong Speed Pace Jog Race Steady sprint	Strength Distance Balance Accurately control	Technique Progress Muscle Co-ordination Stamina healthy	Technique Agility Momentum Drive Rhythm power	Generate force Continuous Measure Flexibility Analyse Record
Fundamentals	Run Stop Space Jump Balance skip	Fast Hop Slow Direction Land safely	Dodge Jog Hurdle Speed Steady sprint	Distance Technique Control Tension Coordination rhythm	Momentum Decelerate Transfer Accelerate Pace stability	Vocabulary is continuously used throughout school but is up-levelled	Vocabulary is continuously used throughout school but is up-levelled
Gymnastics	Move Copy Over Shape Space Rock Around Safely Sideways Travel Forwards backwards	Action Jump Roll Level Direction Speed Point balance	Link Pathway Sequence Tuck Straddle Speed Star pike	Flow Explore Create Matching Interesting Control contrasting	Technique Quality Apparatus Perform Extension inverted	Symmetrical Asymmetrical Rotation Synchronisation Aesthetics Progression canon	Formation Momentum Counter balance Fluently Counter tension stability
Invasion Games	Pass Team Tag Balance Safely Space Forwards backwards	Defender Points Dribbling Attacker Score partner	Received Send Teammate Chest pass Possession Goal Dodge Bounce pass	Receiver Footwork Rebound Tracking Interception Mark Travelling Playing area	Outwit Opposition Opponent Contact Pivot Court Field pitch	Tactics Control Foul Pressure Onside Offside Support obstruction	Consecutive Formation Consistently Conceding Dictate Turnover Contest Shutdown

Net and Wall Games	Team Space Catch Throw Safely Bounce Forward backward	Ready Position Partner Net Underarm Score points	Receive Quickly Trap Defend Return Collect against	Serve Accurately Track Racket Control Rally opponent	Outwit Receiver Court Backhand forehand	Tactics Volley Co-operatively Footwork Continuously Set dig	Consecutive Deep Consistently Forecourt Defensive attacking
OAA	Share Team Path Listen Space Travel Follow safely	Lead Co-operate Teamwork Solve instructions	Support Successful Map Direction communicate	Rules Route Trust Navigate Grid Discuss plan	Leader Effectively Symbol Inclusive orientate	Collaborate Collective Navigation Tactical Control card orientteering	Location Boundaries Critical thinking Symbol Co-operatively Strategy
Striking and Fielding Games	Run Pass Roll Team Space Safely Around Forwards backwards	Hit Points Target Throw Score catch	Fielder Send Teammate Runs Batter Received bowler	Strike Grip Rounder Backstop Bowl Post Wicket Batting Wicket keeper fielding	Stance Retrieve Opposition Stumped Two-handed pickup Technique Short barrier	Pressure Backing up Support Overtake Tracking Outwit tactics	Obstruction Continuous Drive hit Consecutive Consistently Co-operatively Defensive hit
Swimming	-	Exit Enter Front Travel Rules Safely Kicking back	Pulling Splash Unaided Gliding Floating breathing	Sculling Crawl Breaststroke Submersion Rotation backstroke	Stroke Huddle Alternate Survival Treading water buoyancy	Exhale Flutter kick Surface Somersault Personal best inhale	Endurance Propel Continuous Streamline Synchronised Retrieve

Target Games	Aim Space Team Pass Safely balance	Points Throw Far Distance Score partner	Accurate Send Teammate Against Overarm Release Target underarm	Rules Dodge Drive Receiver Putt Court/course block	Communicate Chipping Protect Opponent Align swing	Par Tactics Hole Officiate Pressure Fair play power	Support Consistently Cooperatively Sportsmanship Tournament Outwit Hazard bunker
Yoga	Move Still Space Travel Shape safely	Feel Breath Copy Listen slowly	Focus Position Flow Pose Create choose	Strength Try Link Perform Flexibility technique	Relax Stable Control Grounded Mindfulness Down dog	Quality Develop Notice High lunge Calm fluidity	Salutation Collaboratively Transition Practice Aware connected