



Vocabulary Progression in PE

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Games	Walking Running Throwing Fast slow Catching Rolling Space Pushing Patting Kicking Bounce Control Co-ordination Bounce Body parts	Avoiding; Tracking a ball; Rolling; Striking; Overarm throwing; Bouncing; Catching; Free space; Own space; Opposite team	Rebound; Tracking; Following the movement of a ball; Aiming; Speed; Direction; Passing; Controlling; Shooting; Scoring;	Defending Attacking Travel Bouncing Control Possession Co-ordination Co-operation Scoring Batting Space Pass Dribble Team Points Goals Rules Tactics Fielding Bowler Wicket Innings Rounder Backstop Court Target Net Striking Pitch Health and fitness warm up/ cool down/ heart rate	Possession Scoring Space Pass/send/receive Dribble Travel Team Striking Bowling Throwing Fielding Combinations Co - ordination Fluency Co - operation Competition Technique Partner Points Goals Rules Tactics	Possession Speed Direction Range of techniques Combinations Competition Tactics Co-operation Create Control Decisions Passing Dribbling Shooting Shield ball Support Marking Repossession Attackers Defenders Team play	Effective Use of space Control Accuracy Technique Combinations Co-operation Tactics Composition Fluency Create Rules Keeping possession Passing range Decisions Dribbling Shooting Shield ball Width Depth Support Marking Covering Repossession Attackers Defenders Marking Team play

Dance	Travelling - slither, gallop, shuffle, roll, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after. Direction – forwards, backwards Feeling - happy, excited, sad Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above.	Travel; Stillness; Gallop; Skip; Jump; Hop; Bounce; Spring; Turn; Spin; Freeze; Statue; Direction; Forwards; Backwards; Sideways; Space; Near; Far; In and out; On the spot; Beginning; Middle; End; Mood; Feelings; Jolly; Stormy; Fast; Strong; Gentle	Stimulus; High; Medium; Low; Direction; Pathways; Curved; Zigzag; Happy; Angry; Calm; Excited; Sad; Lonely; Tired; Hot; Sweaty; Heart rate; Warm up; Cool down	Dynamics; Space; Relationships; Square; Circle; Line; Partner; Copy; Follow; Lead; Unison; Canon; Repeat; Structure; Motif; Improvisation; Explore	Character; Narrative; Costume; Props; Describe; Analyse; Interpret; Evaluate; Communication; Gesture; Unison; Canon; Repetition; Action; Reaction; Question and answer; Myth; Legend; Mobilise joints; Diet	Dance style; Technique; Formation; Pattern; Gesture; Rhythm; Haka; Motif; Variation	Style; High energy; Fast footwork; Contact work; Lean; Push; Pull; Lift; Unison; Canon; Lindy Hop; Scarecrow; Frog; Stamina
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Gymnastics	Straight, Pike, Tuck, Straddle, Star, Shape, Curl, Roll, Position, Body parts, Travel Balance Jump	Jump; Land; Rock; Roll; Grip; Hang; Push; Pull; Bounce; Hop; Skip; Step; Spring; Crawl; Slide; Speed; Stop; Still; Slowly; Shape; Tall; Long; Wide; Narrow; Up; Down; Forwards; Level; High; Low; Zigzag; Straight; Feet; Hands; Toes; Heels; Knees; Head; Elbows; Bottom; Back; Tummies; Along; Around; Across; On; Off; Over; Under; Through; Tension; Extension; Relaxation	Hang; Swing; Sequence; Copy; Upside-down; Take off; Smooth; Quarter-turn; Fast; Shape; Twisted; Curled; Wide; Narrow; Medium; Backwards; Sideways; Zigzag; Angular; Legs; Arms; Hips; Fingers; Shoulders; Tummy; Sides; Under; Through; Towards; In front; Behind; Over	Inverted; Contrasting; Flow; Combinations; Half-turn; Sustained; Explosive;	Rotation; 90°; 180°; 270°; Spinning; Axis; Strength; Suppleness; Stamina; Combine; Approaching; Leaving; Height; Inversion; Against; Towards; Away; Across; Balance	Asymmetry; Symmetry; Display; Matching; Flight; Feet apart; Feet together; Crouch; Inclined	Counterbalance; Counter-tension; Tension; Obstacle; Straddle over; Aesthetic; Judgement
Athletics	Walking Running Throwing Fast slow	travelling jumping climbing repeat sequence space Speed - fast, slow Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn Running	Movement Control Speed Travel and stillness - gallop, skip, jump, hop, bounce, Direction - forwards, backwards, sideways Space -	Running Speed Throw Skip Aim Bounce Jump Leap Hop Target Overarm Underarm Walking Jogging Baton Relay Take off Landing Health	Run; Catch; Hop; Skip; Step; Sideways; Forwards; Backwards; Throw; High; Low; Far; Near; Straight; Aim; Drop; Bounce; Fast; Medium; Slow; Safely	Sprint; Jog; Pace; Steady; Fast; Medium; Slow; Sling; Push; Pull; Power; Stamina; Speed; Safety; Relay; Time; Measure; Record;	Race; Run-up; Position of feet on last stride; Pacing; Stamina; Strength; Speed; Power; Suppleness; Safety; Rules; Relay take-over area; Time; Measure; Record; Set targets

		Jumping Rolling Striking Throwing Bouncing Catching	near, far, in and out, on the spot, own, beginning, middle end	and fitness – warm up/ cool down			
Invasion games	Walking Running Throwing Fast slow Catching Rolling Space Pushing Patting Kicking Bounce Control Co- ordination Bounce Body parts	Running Jumping Rolling Striking Throwing Bouncing Catching Space Opposite team Speed Direction Passing Controlling Shooting Scoring Co-ordination Participate Health and fitness – warm up/ cool down	Avoiding Accuracy Tracking a ball Rolling Striking Overarm throw Chest pass Bounce pass Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring Participate Co- ordination Technique Combinations Rules Tactics Health and fitness – warm up/ cool down	Keeping possession; Keeping the ball; Scoring goals; Keeping the score; Making space; Pass; Send and receive; Dribble; Travel with the ball; Back up; Support partners	Keep; Keep control; Make and use space; Support; Pass; Points; Goals; Rules; Tactics	Passing; Dribbling; Shooting; Shielding the ball; Width; Depth; Support; Marking; Covering	Possession; Repossession; Attackers; Defenders; Marking; Covering; Supporting; Team play; Team positions
Striking and Fielding	Walking Running Throwing Fast slow Catching Rolling	Running Jumping Rolling Striking Throwing	Avoiding Accuracy Tracking a ball Rolling	Batting; Fielding; Bowler; Wicket; Tee; Base;	Batting Fielding Bowler Wicket Tee Base Boundary Innings	Batting Fielding Bowler Wicket Tee Base Boundary Innings	Stance; Crease; Batting point; Non-striker; Leg- side; Offside; Home

	Space Pushing Patting Kicking Bounce Control Co-ordination Bounce Body parts	Bouncing Catching Space Opposite team Speed Direction Passing Controlling Shooting Scoring Co-ordination Participate Health and fitness – warm up/ cool down	Striking Overarm throw Chest pass Bounce pass Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring Participate Co-ordination Technique Combinations Rules Tactics Health and fitness – warm up/ cool down	Boundary; Innings; Rounder; Backstop; Score	Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch	Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles	base; Pitch; Over; Innings, Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop
Net / Wall games	Walking Running Throwing Fast slow Catching Rolling Space Pushing Patting Kicking Bounce Control Co-ordination Bounce Body parts	Running Jumping Rolling Striking Throwing Bouncing Catching Space Opposite team Speed Direction Passing Controlling Shooting Scoring Co-ordination Participate Health and fitness –	Avoiding Accuracy Tracking a ball Rolling Striking Overarm throw Chest pass Bounce pass Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing	Court; Target; Net; Striking; Hitting; Defending; Making it difficult for the opponent; Tactics; Scoring points	Court Target Net Defending Hitting Stance Offside Pitch Making it difficult for the opponent; Tactics; Scoring points	Forehand; Backhand; Volley; Overhead; Rally; Singles; Doubles; Width; Depth; Changing direction; Changing speed; Short tennis; Badminton; Defending court; Covering court; Partner	Court Target Net Defending Hitting Stance Offside Pitch, Forehand; Backhand; Volley; Overhead; Rally; Singles; Doubles; Width; Depth; Changing direction; Changing speed; Short tennis; Badminton; Defending court; Covering court; Partner

		warm up/ cool down	Controlling Shooting Scoring Participate Co-ordination Technique Combinations Rules Tactics Health and fitness – warm up/ cool down				
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