



Physical Education Vocabulary Progression Map

Below are the core vocabulary lists for PE:

They give examples of the subject specific vocabulary that children will use and become familiar with during each key stage, reflecting their increasing knowledge, breadth and depth of experience and can be used across a range of topic areas. They are not intended to be used to test pupils but give an indication of the language and terms used by staff in lessons and across units of learning to broaden vocabulary and understanding.

EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
<p>Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll, dance, pulse,</p>	<p><u>Games</u> Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.</p> <p><u>Gymnastics</u> Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.</p> <p><u>Dance</u> Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling, mirroring, rhythm, heel and toe, pathway, promenade, levels</p> <p><u>Athletics</u> Push throw, opposition position, slalom, catch, throw, gallop, dodge, pivot, short distanced running, paced running.</p> <p><u>General</u> Copy, compare and contrast, repeat.</p>	<p><u>Games</u> Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics.</p> <p><u>Gymnastics</u> Adapt sequences, apparatus, criteria, strength, suppleness, performance, compare and contrast sequences, stamina, improve.</p> <p><u>Dance</u> Changing speed and direction, share and create phrases, plan, repeat, remember and perform phrases, communicate.</p> <p><u>Athletics</u> Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best.</p> <p><u>Outdoor and Adventurous</u> Follow, route, appropriate equipment, safely, familiar context, manage risks/problems.</p>	<p><u>Games</u> Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy.</p> <p><u>Gymnastics</u> Complex extended sequences, combine, perform, consistency, audience, link, vault, spring.</p> <p><u>Dance</u> Compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy and consistency. Style, interpret, precise and posture.</p> <p><u>Athletics</u> Control, accuracy, techniques, combine, distance, compete, improve personal best, stamina.</p> <p><u>Outdoor and Adventurous</u> Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership.</p> <p><u>Swimming</u> Swim, unaided, basic stroke, movements, coordinate breathing, surface.</p>

