

# St. James

C. of E. PRIMARY SCHOOL

## Key Vocabulary for Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>Introduction to PE Unit 1</b> Backwards; direction; forwards; partner; path; rules; safely; score; sideways; space; stop; team	<b>Introduction to PE Unit 2</b> Backwards; direction; forwards; partner; path; rules; safely; score; sideways; space; stop; team	<b>Gymnastics Unit 1</b> Around; balance; bend; copy; hold; jump; land; over; rock; roll; shape; squeeze; star; still; straight; travel; through	<b>Gymnastics Unit 2</b> Around; balance; bend; copy; hold; jump; land; over; rock; roll; shape; squeeze; star; still; straight; travel; through	<b>Dance Unit 1</b> action; counts; direction; finish position; high; low; move; quickly; shape; slowly; space; travel; start position	<b>Dance Unit 2</b> action; counts; direction; finish position; high; low; move; quickly; shape; slowly; space; travel; start position
Year 1	<b>Gymnastics</b> action; control; direction; level; speed <b>Fundamentals</b> dodge; jog; skip; swing; ready position	<b>Gymnastics</b> action; control; direction; level; speed <b>Fitness</b> active; brain; breathing; calm; exercise; healthy; heart; memory; mood; muscles; bones; quick; strong	<b>Dance</b> balance; beat; copy; fast; level; pathway; pose; timing <b>Ball Skills</b> ready position; soft; swing; track;	<b>Dance</b> balance; beat; copy; fast; level; pathway; pose; timing <b>Sending and Receiving</b> attacker; defender; goal; track; mark; dodge; net; ready	<b>Athletics</b> walk; time; quickly; leap; underarm; overarm; further; control <b>Striking and Fielding Games</b> batter; batting; bowling; bowler; fielder; fielding;	<b>Team Building</b> co-operate; share; instructions; lead; listen; plan; challenge; talk  <b>Invasion Games</b> attacker; defender; goal; track; mark; dodge

			underarm; control	position; racket; underarm; batter; batting; bowling; bowler; fielder; fielding; hit; overarm; out; ready position;	hit; overarm; out; ready position; track; underarm	
Year 2	<p><b>Dance</b> dynamics; expression; matching; mirroring; perform; speed; unison; create</p> <p><b>Fitness</b> sprint; speed; steady; time; tired</p>	<p><b>Dance</b> dynamics; expression; matching; mirroring; perform; speed; unison; create</p> <p><b>Fundamentals</b> sprint; weight; take off; hurdle; speed</p>	<p><b>Gymnastics</b> link; pathway; pike; sequence; straddle; tuck</p> <p><b>Sending and Receiving</b> goalkeeper; possession; teammate; opponent; tactics; send; defend; attack; receive; shoot; against; quickly; trap; return; backstop; collect; runs; stump</p>	<p><b>Gymnastics</b> link; pathway; pike; sequence; straddle; tuck</p> <p><b>Ball Skills</b> collect; release; receive; prepare; touch</p>	<p><b>Athletics</b> distance; sprint; height; landing; far; aim; take off</p> <p><b>Invasion Games</b> goalkeeper; possession; teammate; opponent; tactic; send; defend; attack; receive; shoot</p>	<p><b>Team Building</b> successful; map; support; solve; communicate; include</p> <p><b>Striking and Fielding</b> backstop; collect; runs; teammate; stump; tactics</p>
Year 3	<p><b>Dance</b> Canon; explore; extend; feedback; formation; interact</p> <p><b>Netball</b></p>	<p><b>Gymnastics</b> body tension; contrast; flow; extend; match; landing position; patch; point; take off</p> <p><b>Handball</b></p>	<p><b>Fitness</b> agility; co- ordination; control; progress; stamina;</p>	<p><b>Athletics</b> personal best; speed; technique; relay; power; baton; accuracy; event; strength</p>	<p><b>Ball Skills</b> power; block; opponent; personal best; possession;</p>	<p><b>Cricket</b> accuracy; grip; caught out; no ball; run out; short barrier; strike; technique;</p>

	accurate; communicate; intercept; invasion; offside; tackle; opposition; pitch; court; receiver; referee; teamwork; tournament; control; umpire; onside; technique	accurate; communicate; intercept; invasion; offside; tackle; opposition; pitch; court; receiver; referee; teamwork; tournament; control; umpire; onside; technique	strength; technique <b>OAA</b> collaborate; compass; discuss; honest; interrupt; course; route; symbol; tactics; trust; teamwork	<b>Fundamentals</b> agility; co-ordination; control; rhythm; technique	accurate; technique <b>Rounders</b> accuracy; grip; caught out; no ball; run out; short barrier; strike; technique; tournament; wicket; umpire	tournament; wicket; umpire <b>Dodgeball</b> agility; caught out; chip; communicate; drive; grip; opposition; hit out; putt; power; technique; tactic; tournament
Year 4	<b>Gymnastics</b> bridge; fluidly; inverted; momentum; perform; rotation; shoulder stand; stability; wrist grip <b>Handball</b> decision; limit; deny; pressure; delay; gain; protect; obstruct; option; cushion; opposing; momentum; supporting; accelerate	<b>Dance</b> action and reaction; flow; order; phrase; performance; relationship; represent; rhythm; structure <b>Netball</b> decision; limit; deny; pressure; delay; gain; protect; obstruct; option; cushion; opposing; momentum; supporting; accelerate	<b>Fitness</b> record; accelerate; react; decelerate; static; dynamin <b>Fundamentals</b> momentum; stability; accelerate; decelerate; react	<b>Athletics</b> stamina; pace; stride; transfer of weight; measure; heave; launch; official; officiate; record <b>OAA</b> effectively; key; leader; reflect; role; orientate; navigate	<b>Ball Skills</b> decision; cushion; pressure; react; momentum <b>Dodgeball</b> decision; cushion; avoid; adjust; relaxed; support	<b>Cricket</b> decision; momentum; pressure; retrieve; limit; compete; cushion <b>Rounders</b> decision; momentum; pressure; retrieve; limit; compete; cushion
Year 5	<b>Gymnastics</b> decide; canon; cartwheel; asymmetrical; extension; mirroring; observe; identify; performance; quality; transition; stable; symmetrical; synchronisation	<b>Dance</b> choreograph; choreography; collaboratively; genre; motif; posture; quality; transition <b>Football</b>	<b>OAA</b> cardinal points; compromise concise; critical thinking; landmark; negotiate;	<b>Athletics</b> consistent; changeover; track; approach; momentum; drive; dominant; shot put; field; force; javelin	<b>Cricket</b> close catch; deep catch; long barrier; situation; stance; backing up <b>Volleyball</b> pressure; dominant; grip;	<b>Rounders</b> close catch; deep catch; long barrier; situation; stance; backing up <b>Tennis</b> pressure; dominant; grip;

	<p><b>Netball</b> angle; ball carrier; barrier; close down; dominant; create; drive; sportsmanship; support; stance; rebound</p>	<p>angle; ball carrier; barrier; close down; dominant; create; drive; sportsmanship; support; stance; rebound</p>	<p>strategy; verbal; visual <b>Tag Rugby</b> angle; ball carrier; barrier; close down; dominant; create; drive; sportsmanship; support; stance; rebound</p>	<p><b>Handball</b> angle; ball carrier; barrier; close down; dominant; create; drive; sportsmanship; support; stance; rebound</p>	<p>serve; adjust; baseline; situation; readjust; release; option; cushion; create; technique; consecutive; communicate; sportsmanship; non-dominant; groundstroke</p>	<p>serve; adjust; baseline; situation; readjust; release; option; cushion; create; technique; consecutive; communicate; sportsmanship; non-dominant; groundstroke</p>
Year 6	<p><b>Gymnastics</b> aesthetics; contrasting; counter tension; competent; progression; counter balance; engage; flight; formation; structure; execution; handstand; refine; vault <b>Football</b> consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p><b>Dance</b> aesthetic; freeze/frame; mood; inspiration; style; rehearse; express; refine; stimulus <b>Netball</b> consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p><b>OAA</b> adhere; evaluate; contribute; inclusive; approach; determine; location <b>Handball</b> consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p><b>Athletics</b> maximum; strategy; rhythm; pattern; phase; grip; fling; stance; release; meet; explosive; discus <b>Tag Rugby</b> consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p><b>Cricket</b> abide; consecutive; assess; appropriate; consistently; collaborate <b>Tennis</b> prepare; stance; direct; doubles; thrust; placement; limit; service; abide; recover; opposing; appropriate; footwork</p>	<p><b>Rounders</b> abide; consecutive; assess; appropriate; consistently; collaborate <b>Volleyball</b> prepare; stance; direct; doubles; thrust; placement; limit; service; abide; recover; opposing; appropriate; footwork</p>