

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	Introduction to PE Unit 1 Backwards; direction; forwards; partner; path; rules; safely; score; sideways; space; stop; team	Introduction to PE Unit 2 Backwards; direction; forwards; partner; path; rules; safely; score; sideways; space; stop; team	Gymnastics Unit 1 Around; balance; bend; copy; hold; jump; land; over; rock; roll; shape; squeeze; star; still; straight; travel; through	Gymnastics Unit 2 Around; balance; bend; copy; hold; jump; land; over; rock; roll; shape; squeeze; star; still; straight; travel; through	Dance Unit 1 action; counts; direction; finish position; high; low; move; quickly; shape; slowly; space; travel; start position	Dance Unit 2 action; counts; direction; finish position; high; low; move; quickly; shape; slowly; space; travel; start position
Year 1	Gymnastics action; control; direction; level; speed Fundamentals dodge; jog; skip; swing; ready position Team Building co-operate; share; instructions; lead; listen; plan; challenge; talk	Gymnastics action; control; direction; level; speed Fitness active; brain; breathing; calm; exercise; healthy; heart; memory; mood; muscles; bones; quick; strong	Dance balance; beat; copy; fast; level; pathway; pose; timing Ball Skills ready position; soft; swing; track;	Dance balance; beat; copy; fast; level; pathway; pose; timing Sending and Receiving attacker; defender; goal; track; mark; dodge; net; ready	Athletics walk; time; quickly; leap; underarm; overarm; further; control Striking and Fielding Games batter; batting; bowling; bowler; fielder; fielding;	Invasion Games 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>Dance dynamics; expression; matching; mirroring; perform; speed; unison; create</p> <p>Fitness sprint; speed; steady; time; tired</p>	<p>Dance dynamics; expression; matching; mirroring; perform; speed; unison; create</p> <p>Fundamentals sprint; weight; take off; hurdle; speed</p>	<p>Gymnastics link; pathway; pike; sequence; straddle; tuck</p> <p>Sending and Receiving goalkeeper; possession; teammate; opponent; tactics; send; defend; attack; receive; shoot; against; quickly; trap; return; backstop; collect; runs; stump</p>	<p>Gymnastics link; pathway; pike; sequence; straddle; tuck</p> <p>Ball Skills collect; release; receive; prepare; touch</p>	<p>Athletics distance; sprint; height; landing; far; aim; take off</p> <p>Invasion Games goalkeeper; possession; teammate; opponent; tactic; send; defend; attack; receive; shoot</p>	<p>Team Building successful; map; support; solve; communicate; include</p> <p>Striking and Fielding backstop; collect; runs; teammate; stump; tactics</p>
Year 3	<p>Dance Canon; explore; extend; feedback; formation; interact</p> <p>Netball</p>	<p>Gymnastics body tension; contrast; flow; extend; match; landing position; patch; point; take off</p> <p>Handball</p>	<p>Fitness agility; co- ordination; control; progress; stamina;</p>	<p>Athletics personal best; speed; technique; relay; power; baton; accuracy; event; strength</p>	<p>Ball Skills power; block; opponent; personal best; possession;</p>	<p>Cricket 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 OAA collaborate; compass; discuss; honest; interrupt; course; route; symbol; tactics; trust; teamwork	Fundamentals agility; co-ordination; control; rhythm; technique	accurate; technique Rounders accuracy; grip; caught out; no ball; run out; short barrier; strike; technique; tournament; wicket; umpire	tournament; wicket; umpire Dodgeball agility; caught out; chip; communicate; drive; grip; opposition; hit out; putt; power; technique; tactic; tournament
Year 4	Gymnastics bridge; fluidly; inverted; momentum; perform; rotation; shoulder stand; stability; wrist grip Handball decision; limit; deny; pressure; delay; gain; protect; obstruct; option; cushion; opposing; momentum; supporting; accelerate	Dance action and reaction; flow; order; phrase; performance; relationship; represent; rhythm; structure Netball decision; limit; deny; pressure; delay; gain; protect; obstruct; option; cushion; opposing; momentum; supporting; accelerate	Fitness record; accelerate; react; decelerate; static; dynamin Fundamentals momentum; stability; accelerate; decelerate; react	Athletics stamina; pace; stride; transfer of weight; measure; heave; launch; official; officiate; record OAA effectively; key; leader; reflect; role; orientate; navigate	Ball Skills decision; cushion; pressure; react; momentum Dodgeball decision; cushion; avoid; adjust; relaxed; support	Cricket decision; momentum; pressure; retrieve; limit; compete; cushion Rounders decision; momentum; pressure; retrieve; limit; compete; cushion
Year 5	Gymnastics decide; canon; cartwheel; asymmetrical; extension; mirroring; observe; identify; performance; quality; transition; stable; symmetrical; synchronisation	Dance choreograph; choreography; collaboratively; genre; motif; posture; quality; transition Football	OAA cardinal points; compromise concise; critical thinking; landmark; negotiate;	Athletics consistent; changeover; track; approach; momentum; drive; dominant; shot put; field; force; javelin	Cricket close catch; deep catch; long barrier; situation; stance; backing up Volleyball pressure; dominant; grip;	Rounders close catch; deep catch; long barrier; situation; stance; backing up Tennis pressure; dominant; grip;

	<p>Netball 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 Tag Rugby angle; ball carrier; barrier; close down; dominant; create; drive; sportsmanship; support; stance; rebound</p>	<p>Handball 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>Gymnastics aesthetics; contrasting; counter tension; competent; progression; counter balance; engage; flight; formation; structure; execution; handstand; refine; vault Football consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p>Netball consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p>OAA adhere; evaluate; contribute; inclusive; approach; determine; location Handball consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p>Athletics maximum; strategy; rhythm; pattern; phase; grip; fling; stance; release; meet; explosive; discus Tag Rugby consecutive; dictate; appropriate; ball side; turnover; transition; abide; consistently; contest; draw; assess</p>	<p>Cricket abide; consecutive; assess; appropriate; consistently; collaborate Tennis prepare; stance; direct; doubles; thrust; placement; limit; service; abide; recover; opposing; appropriate; footwork</p>	<p>Rounders abide; consecutive; assess; appropriate; consistently; collaborate Volleyball prepare; stance; direct; doubles; thrust; placement; limit; service; abide; recover; opposing; appropriate; footwork</p>