

St. James



C. of E. PRIMARY SCHOOL

Key Vocabulary for Physical Education 2026-2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE Unit 1: avoid, freeze, space, backwards, safe, stop, forwards, sideways, partner.	Gymnastics unit 1: balance, bend, copy, hold, jump, land, rock, roll, shape, squeeze, star, still, straight.	Gymnastics Unit 2: bounce, catch, dribble, hit, kick, points, roll, run, safely, score, space, target, throw.	Ball skills: bounce, catch, dribble, hit, kick, points, roll, run, safely, score, space, target, throw.	Dance Unit 1: action, counts, direction, finish position, high, low, move, quickly, shape, slowly, space, travel, start position.	Games: catch, caught, jog, rules, run, safe, safely, score, space, stop, team, throw, turn.
Year 1	Gymnastics: action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel. Invasion games: attacker, defender, dodge, goal, marking, points, score, space.	Gymnastics: action, control, direction, level, speed. Fitness: active, bones, brain, breathing, calm, exercise, healthy, heart, memory, mood, muscles, quick, strong.	Dance: balance, beat, copy, fast, level, pathway, pose, timing. Ball Skills: control, ready position, soft, swing, track, underarm.	Dance: balance, beat, copy, fast, level, pathway, pose, timing. Sending and Receiving: attacker, batter, batting, bowler, bowling, defender, dodge, fielder, fielding, goal, hit, mark, net, out,	Athletics: control, further, leap, overarm, quickly, time, underarm, walk. Striking and Fielding Games: batter, batting, bowler, bowling, fielder, fielding, hit, out, overarm, ready	Team building: challenge, co-operate, instruction, lead, listen, plan, share, talk. Net and Ball games: net, partner, point, racket, ready position, score, track, underarm.

				overarm, racket, ready position, track, underarm.	position, track, underarm.	
Year 2	Dance: create, dynamics, expression, matching, mirroring, perform, speed, unison. Fitness: speed, sprint, steady, time, tired.	Dance: create, dynamics, expression, matching, mirroring, perform, speed, unison. Invasion games: attack, defend, defender, goalkeeper, mark, opponent, possession, receive, score, send, shoot, tactic, teammate.	Gymnastics: link, pathway, pike, sequence, straddle, tuck. Sending and Receiving: against, attack, backstop, collect, defend, goalkeeper, opponent, possession, quickly, receive, return, runs, send, shoot, stump, tactics, teammate, trap.	Gymnastics: link, pathway, pike, sequence, straddle, tuck. Ball Skills: collect, prepare, receive, release, touch.	Athletics: aim, distance, far, height, landing, sprint, take off. Net and wall games: against, defend, partner, point, quickly, ready position, receive, return, trap.	Striking and Fielding: backstop, collect, runs, stump, tactics, teammate. Team Building: communicate, include, map, solve, successful, support.
Year 3	Dance: canon, explore, extend, feedback, formation, interact. Netball: accurate, communicate, control, court, intercept, invasion, offside, onside, opposition, pitch, receiver, referee,	Gymnastics: body tension, contrast, extend, flow, landing position, match, patch, point, take off. Football: accurate, attack, communicate, control, defend, delay, intercept,	Fitness: agility, control, co- ordination, progress, stamina, strength, technique. OAA: collaborate, compass, course, discuss, honest, interrupt, route,	Athletics: accuracy, baton, event, personal best, power, relay, speed, strength, technique. Rugby: attack, communicate, control, defend, dodge, opposition, pitch, receiver,	Ball Skills: accurate, block, opponent, personal best, possession, power, technique. Handball: accurate, communicate, court, control, intercept, invasion, offside, onside, opposition, pitch,	Cricket: accuracy, caught out, grip, no ball, run out, short barrier, strike, technique, tournament, umpire, wicket. Tennis: backhand, competition, control, court, face,

	tackle, technique, teamwork, tournament, umpire.	invasion, pitch, possession, referee, shoot, tactics, teamwork, tournament, track.	symbol, tactics, teamwork, trust.	tactics, teamwork, technique, tournament.	receiver, referee, tackle, technique, teamwork, tournament, umpire.	feeder, forehand, opponent, opposition, rally, react, return, tactics, track.
Year 4	Gymnastics: bridge, fluidly, inverted, momentum, perform, rotation, shoulder stand, stability, wrist grip. Football: accelerate, communicate, control, cushion, decision, delay, deny, invasion, opposition, option, pitch, possession, referee, tournament, track.	Dance: action and reaction, flow, order, performance, phrase, relationship, represent, rhythm, structure. Netball: accelerate, cushion, decision, delay, deny, gain, limit, momentum, obstruct, opposing, option, pressure, protect, supporting.	Fitness: accelerate, decelerate, dynamic, react, record, static. Rugby: accelerate, delay, dodge, forward pass, gain, invasion, limit, offside, onside, option, pitch, possession, supporting, tournament, track, try.	Athletics: heave, launch, measure, official, officiate, pace, record, stamina, stride, transfer of weight. OAA: effectively, key, leader, navigate, orientate, reflect, role.	Ball Skills: cushion, decision, momentum, pressure, react. Tennis: alternate, co-operative, compete, contact, continuous, control, court, deny, extend, rally, receiver, reflect, swing, tactic.	Cricket: compete, cushion, decision, limit, momentum, pressure, retrieve. Handball: accelerate, cushion, decision, delay, deny, gain, limit, momentum, obstructing, opposing, option, pressure, protect, supporting.
Year 5	Gymnastics: asymmetrical, canon, cartwheel, decide, extension, identify, mirroring, observe,	Dance: choreograph, choreography, collaboratively, genre, motif,	OAA: cardinal points, compromise, concise, critical thinking, landmark,	Athletics: approach, changeover, consistent, dominant, drive, field, force, javelin,	Cricket: backing up, close catch, deep catch, long barrier, situation, stance. Hockey:	Rounders: backing up, close catch, deep catch, long barrier, situation, stance. Tennis:

	performance, quality, stable, symmetrical, synchronisation, transition. Netball: angle, ball carrier, barrier, close down, create, dominant, drive, rebound, sportsmanship, stance, support.	posture, quality, transition. Football: angle, ball carrier, barrier, close down, create, dominant, drive, rebound, sportsmanship, stance, support.	negotiate, strategy, verbal, visual. Rugby: angle, ball carrier, barrier, close down, create, dominant, drive, rebound, sportsmanship, stance, support.	momentum, shot put, track. Handball: angle, ball carrier, barrier, close down, create, dominant, drive, rebound, sportsmanship, stance, support.	ball carrier, barrier, close down, create, maintain, possession, pressure, situation, sporting behaviour, support, tactics, transition, umpire.	adjust, baseline, communicate, consecutive, create, cushion, dominant, grip, groundstroke, non-dominant, option, pressure, readjust, release, serve, situation, sportsmanship, technique.
Year 6	Gymnastics: aesthetics, competent, contrasting, counter balance, counter tension, engage, execution, flight, formation, handstand, progression, refine, structure, vault. Football: abide, appropriate, assess, ball side, consecutive, contest, dictate, draw, transition,	Dance: action, aesthetic, choreography, dynamics, express, formation, freeze frame, inspiration, mood, motif, phrase, pose, refine, rehearse, stimulus, structure, style, transition. Netball: abide, appropriate, assess, ball side, consecutive, consistently, contest, dictate,	OAA: adhere, approach, contribute, determine, evaluate, inclusive, location. Handball: abide, appropriate, assess, ball side, consecutive, consistently, contest, dictate, draw, transition, turnover.	Athletics: discus, explosive, fling, grip, maximum, meet, pattern, phase, release, rhythm, stance, strategy. Rugby: abide, appropriate, assess, ball side, consecutive, consistently, contest, dictate, draw, transition, turnover.	Cricket: abide, appropriate, assess, collaborate, consecutive, consistently. Tennis: abide, appropriate, direct, doubles, footwork, limit, opposing, placement, prepare, recover, service, stance, thrust.	Rounders: abide, appropriate, assess, collaborate, consecutive, consistently. Hockey: abide, appropriate, barrier, close down, create, cushion, draw, pressure, situation, sportsmanship, stance, support, tactics, transition, turnover.

	turnover, consistently.	draw, transition, turnover				
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