



Key Vocabulary: PE



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Body Management	Speed, Agility, Travel	Gymnastics	Dance	Manipulation and Coordination	Cooperate and solve problems
	balance, step, feet, one foot, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, weight, forwards, backwards, slide, slither, apparatus, low, climb , roll	pause, freeze, high, low, switch, beat, softly, quietly, quickly, powerful, fast, slow, agility , travel	balance , control , fast, high, jump, link, low, movement, music, pattern, roll, sequence, shape, slow, speed, timing, travel, stretch,	dance, step, music, beat, stretch, feet, curl, high, low, fast, turn , twist	apparatus , balance, beat, carry, crawl, freeze, grip, high, hold, hop, jump, low, one foot, pause, reach, roll, slide, slither, step, stop, stretch , switch, weight, softly, quietly, quickly	cooperate , team, individual, partner, pair, choose, try, travel, roll, jump, twist, turn, crawl, roll, run, line, width, length, carry, challenge, shape, count, collect, trail , body shape

Year 1	Run, Jump, Throw – 1	Attack, Defend, Shoot – 1	Hit, Catch, Run – 1	OAA	Run, Jump, Throw – 2	Attack, Defend, Shoot – 2
	backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, power, run, sideways, skip, skipping, slow, step, straight, thrown	attack , catch, compete, defend , over-arm, play against, receive, rolling, send, throw, under-arm	batter , bowler , catch, collect, feed, field, hitter, pick up, retrieve, roll, stop, strike, throw,	sequence, verbal , problems, instructions, perform, symbol , core strength, coordination, combination, map, repeat, individual, group	run, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, track, relay , tag, partner, sprint	attack , catch, compete, cooperate, defend , fluency, heart heartrate, outwit, overarm, physical activity, pitch, play against, receive, rolling, send, throw, under-arm
	Send and Return – 1	Gymnastics – 1	Gymnastics - 2	Dance	Send and Return – 2	Hit, Catch, Run – 2
	hit, send, collect, stop, net, throw, roll, strike, catch, bowler , feed, pick, up, batter , hitter, forehand, backhand, court	balance, body tension, carry, control, extension, fast, hang, high, jump, like, link, low, movement, muscles, music, pattern, relaxation, roll, sequence , shape , slow, speed, strength, timing, travel.	balance, body tension, carry, control, extension, fast, hang, high, jump, like, link, low, movement, muscles, music, pattern, relaxation, rock, roll, sequence , shape , slow, speed, spin, strength, timing, travel, turn.	beat, curl, dance, fast, feet, high, low, music, rhythm, step, stretch, swing, turn, twist, mood, feeling, theme, story, static, start, middle, end, compose , canon	backhand, bowl, catch, collect, court , feed, forehand, hit, hitter, net , pick up, roll, serve, stop, strike, throw, opposition, umpire.	batter, bowl, catch, collect, feed, field, hit , pick up, retrieve, roll, stop, strike, throw, court

Year 2	Run, Jump, Throw - 1	Attack, Defend, Shoot – 1	Hit, Catch, Run – 1	OAA	Run, Jump, Throw – 2	Attack, Defend, Shoot – 2
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	run, throw, hop, skip, step, forwards, backwards, sideways, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, quick, burpee, obstacle, control, stamina , static , collect.	aim, attack, compete , controlling, cooperate, defend, direction, fluency, following, heartrate, kick, outwit , physical activity, pitch, play against, rebound, receive, scoring	hit, catch, runs, bats, bowl, throw, catch, underarm , overarm , field, hitter, bowler, posts.	search, find, explore, teamwork, speed, verbal, tactile, map, key , equipment, variety, recognition, symbols, compose, unison, problem solving .	lunge, strength, power, repetition accuracy, burn, stamina , fitness, persevere, tally, develop, lap, cooperate, static , compete.	aim, attack, compete , controlling, cooperate, defend, direction, fluency, following, heartrate, kick, outwit , physical activity, pitch, play against, rebound, receive, scoring, send, speed.
	Send and Return – 1	Gymnastics - 1	Dance – 1	Dance - 2	Send and Return – 2	Hit, Catch, Run – 2
	hit, collect, stop, net, throw, roll, strike, catch, bowl. Feed, pick up, hitter, forehand, backhand, court, serve , bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet, rally	jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern, movement, music, timing, hang, carry, relaxation , extension , body tension, muscles, strength, rock, roll, turn, spin	dance, twist, turn, rhythm, step, beat, stretch, feet, curl, high, low, fast, slow, direction, huddle, group, mood, feeling, musicality, respond, galloping, flying, jumping	unison , phrase, links, dance, dynamic, independent, pair, clock face, time, motif, freestyle, formation, on stage, off stage, mirror , match, copy, repeat, mood, emotion	hit, collect, stop, net, throw, roll, strike, catch, bowl. Feed, pick up, hitter, forehand, backhand, court, serve , bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet, rally	hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm , overarm , field, hitter, bowler, umpire, posts, stumps

Year 3	Invasion – football	Athletics - 1	Invasion – hockey	OAA	Striking and fielding – rounders	Striking and fielding – cricket
	control, space , defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession	run, jump, throw, agility, power , speed, track, force, dynamic, distance, curve, accelerate, bounce, pull, record, pace , approach, combine.	hockey, sticks, pitch, run, agility, stop, trap, space , attack, defend, shoot, control, aim, tackle, block, ball, quick sticks, shaft, possession	maps, diagrams, symbols, controls, challenges, problem-solving, lead, follow, plan, trust, coordination , tactile .	batting, field , bowling, bat, bases, ball, run, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders.	Bat, wicket, stumps, crease, boundary, feed , bowling, batting, wicket, bowler, field

	Invasion - netball	Invasion – tag rugby	Gymnastics	Dance	Net/ wall - tennis	Athletics - 2
	space , pass, accurately, mark, dodge, attack, defend, footwork, possession , change of direction, tactics, teamwork, shooting, zones, intercept	space , pass, accurately, mark, dodge, attack, defend, footwork, possession , change of direction, tactics, teamwork, zones, intercept, sidestep, send, tag, release, safe, passing, back, feint.	fluency, contrasting, unison, low, combinations , full turn, half-turn, sustained, explosive , power, control, group, similar, different.	dance, twist, turn, rhythm , step, music, beat, stretch, levels, fast, slow, direction, huddle, group, mood, feeling, musicality, emotions, facial expressions, improvisation , rehearse, director, prop.	hit, return, court, forehand, backhand , bounce, points, score, net, tactics, underarm, overarm	run, jump, throw, agility, power , speed, track, force, dynamic, distance, curve, accelerate, bounce, pull, record, pace , approach, combine

Year 4	Athletics - 1	Invasion – football	Invasion – netball	OAA	Striking and fielding – rounders	Striking and fielding – cricket
	run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate , bounce, target, take off , sling, exchange, accuracy	control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork , score, shoot, intercept , foot, inside of the foot, touch, possession	control, space, defend, attack, chest pass, tactics, compete, collaborate, teamwork , score, shoot, footwork, intercept , foul, free pass, goal shooter (GS), goal attack (GA), center (C), goal defence (GD), goal keeper (GK)	maps, diagrams, scale , symbols, orienteering , controls, challenges, problem-solving, lead, follow, plan, trust, coordination, tactile.	batting, field, bowling, bat, bases, ball, run, batter, bowler, fielder, retrieve, collect , no ball, backstop, rounders, half rounders	Bat, wicket, stumps, crease, boundary, Feed, bowling, batting, wicket, bowler, fielding, retrieve, collect
	Swimming	Swimming	Gymnastics	Dance	Net/ wall - tennis	Athletics - 2

	See below.	See below.	fluency, contrasting, unison, low, combinations, full turn, half turn, sustained, explosive, power, control, group, similar, different, speed, partner, actions, compositional, stamina, leap	dance, turn, rhythm, stretch, levels , fast, slow, direction, huddle, mood, feeling, emotions, facial expressions , improvisation, rehearse, director, choreographer, slide, formation, freeze frames.	hit, return, clear , court, backcourt , forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, ready position.	run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate , bounce, target, take off , sling, exchange, accuracy
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Year 5	Athletics - 1	Invasion – football	Invasion – netball	OAA	Striking and fielding – rounders	Striking and fielding – cricket
	run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, bounce, relay, baton, safety, rules, targets, record, set, take over pass sustain, push, receive, hop-step jump, sprint	control, space, speed, mark, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, interchange, regain , shoot, positions , power, distance, perform, consistent, fair play, possession, goal side.	control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, positions , score, regain , shoot, footwork, foul, free pass, pivot	scale, orienteering, compass, ingenuity , maps, diagrams, symbols, challenges, problem solving, lead, plan, trust, solve, design, instructions, extend, orient, morse code, decipher, individual	stance , bowling, bat, box, batsman, bowler, backstop, field, innings, strike, cross, rounder, half rounder, over, balls, shot, defensive, offensive	accuracy , bowling, bat, wicket, stumps, crease, boundary, batsman, bowler, wicket keeper, bail, field, strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive.
	Swimming	Swimming	Gymnastics	Dance	Net/ wall – tennis	Athletics - 2

	See below.	See below.	Symmetry, sequences, combinations, direction, speed, partner, asymmetrical, elements, control, balance, strength, flexibility, aesthetics.	stretch, levels, mood, feelings, emotions, facial expressions, improvisation, rehearse, director, choreographer, formation, locomotion, steps, dance style, pivot step, choreographer, formation	hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position. ready, volley, overhead , singles, doubles	force, sustain , agility, power, speed, track, force, distance, curve, accelerate, bounce, relay, baton, safety, rules, targets, record, set, take over pass sustain, push, receive, hopstep-jump, sprint
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Year 6	Invasion – football	Invasion – tag rugby	Invasion – netball	OAA	Striking and fielding – rounders	Striking and fielding – cricket
	control, space, defend, attack, dribble, pass, tactics, strategy, compete, collaborate, teamwork, positions, power, distance, perform, consistent, fair play, tackle, covering, supporting, set up, assist, deny, counterattack	passing, running, backwards, tag, straight, space, teamwork, tryarea, defend, attack, retain, contest, possession, pressure, support, feint, counterattack	control, space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, pivot, blocking, metre, organisation, knocking, rebound, free, feint	maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, team, design, instructions, extend, knot, orient, decipher	stance, bowling, bat, box, batsman, bowler, backstop, field, innings , strike, cross, rounder, half-rounder, over, balls, shot, pick up , defensive, offensive, predict, place, select, tactics, stance	accuracy, bowling, bat, pick up , wicket, stumps, crease, boundary, batsman, bowler, wicket keeper, bail, field, innings , strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive.
	Athletics – 1	Invasion – hockey	Gymnastics	Dance	Net/ wall – tennis	Athletics - 2

	sprint, jump, throw, agility, power, speed, tack, distance, curve, accelerate, bounce, relay, baton, safety, rules, targets, record, set, take over, pass, strength, judge, optimum, trajectory, shuttle	control, space, defend, attack, counterattack, dribble, pass, push, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, covering, supporting, tackle	flight, vault, sequences, combinations, direction, speed, partner, asymmetry, symmetry, elements, control, balance, strength, flexibility	motif, phrase, street dance, Hakka, step, slide, repeat, beat, composition, collaborate, formations, stag leap, rebound, expression, gesture, dynamics	positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement, lob, offensive play	sprint, jump, throw, agility, power, speed, tack, distance, curve, accelerate, bounce, relay, baton, safety, rules, targets, record, set, take over, pass, strength, judge, optimum, trajectory, shuttle
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swimming	Beginner	Intermediate	Advanced
	swim, kick, front, back, arms, legs, feet, lie, breath, splash, jump, feet, armbands, noodle, floats, support, float, sculling, stroke.	submerge, sink, breaststroke, dive, propel, meters, distance, compete, improve, challenge, personal survival, glide, prone, front crawl, supine, back stroke, breaststroke	submerge, glide, sink, breaststroke, dive, propel, meters, distance, compete, improve, technique, challenge, personal survival, glide.