



PE

Key Vocabulary



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Body Management	Speed, Agility and Travel	Dance	Gymnastics	Manipulation and Coordination	Cooperative 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	dance, step, music, beat, stretch, feet, curl, high, low, fast, turn, twist	balance, control, fast, high, jump, link, low, movement, music, pattern, roll, sequence, shape, slow, speed, timing, travel, stretch, weight	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, powerful	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

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Run, Jump and Throw (1)	Attack, Defend, Shoot (1)	Gymnastics (2)	Send and Return (2)	Hit Catch Run (1)	OAA
	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	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.	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, hitter, pick up, retrieve, roll, stop, strike, throw	sequence, verbal , problems, instructions, perform, symbol , core strength, coordination, combination, map, repeat, individual, group
	Send and Return (1)	Gymnastics (1)	Yoga	Attack, Defend, Shoot (2)	Dance	Run, Jump and Throw (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.	sequence, downward facing dog, child's pose, relax, meditation , breathe, tree pose, butterfly pose, mountain pose, link, muscles, tension	attack , catch, compete, cooperate, defend , fluency, heart heartrate, outwit, over-arm, physical activity, pitch, play against, receive, rolling, send, throw, under-arm	beat, curl, dance, fast, feet, high, low, music, rhythm, step, stretch, swing, turn, twist, mood, feeling, theme, story, static, start, middle, end, compose , canon	run, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, track, relay , tag, partner, sprint

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 2	Run, Jump and Throw (1)	Hit, Catch and Run (1)	Send and Return (2)	Dance (2)	Hit, Catch and Run (2)	OAA
	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.	hit, catch, runs, bats, bowl, throw, catch, underarm , overarm , field, hitter, bowler, posts.	front, back, court, send, serve, receive, feed, feeder, volleyball, tactics, compete, score, umpire, wide, deep, rotate.	unison , phrase, links, dance, dynamic, independent, pair, clock face, time, motif, freestyle, formation, on stage, off stage, mirror , match, copy, repeat, mood, emotion	hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm , overarm , field, hitter, bowler, umpire, posts, stumps	search, find, explore, teamwork, speed, verbal, tactile, map, key , equipment, variety, recognition, symbols, compose, unison, problem solving .
	Send and Return (1)	Attack, Defend, Shoot	Dance (1)	Gymnastics	Golf	Run, Jump and Throw (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	aim, attack, compete , controlling, cooperate, defend, direction, fluency, following, heartrate, kick, outwit , physical activity, pitch, play against, rebound, receive, scoring, send, speed.	dance, twist, turn, rhythm, step, beat, stretch, feet, curl, high, low, fast, slow, direction, huddle, group, mood, feeling, musicality, respond, galloping, flying, jumping.	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	putt, aim, target, swing, hole, grip, tee, clubs, putter, course, chipping,	lunge, strength, power, repetition accuracy, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Football	Basket Ball	Hockey	Tennis	Tag Rugby	Rounders/Stoolball
	control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession	control, bounce, shoot, target, assist, jump ball, attack, defend, shoot, offensive, dribble, space , contact, rebound	hockey, sticks, pitch, run, agility, stop, trap, attack, defend, shoot, control, aim, tackle, block, ball, quick sticks, shaft.	hit, return, court, forehand , backhand , bounce, points, score, net, tactics, underarm, overarm	space, pass, accurately, mark, dodge, attack, defend, footwork, possession, change of direction, tactics, teamwork, zones, intercept, sidestep, send, tag, release, safe, passing, back, feint.	batting, fielding, bowling, bat, bases, ball, run, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders.
	Netball	Dance	Gymnastics	Badminton	Athletics	OAA
	space, pass, accurately, mark, dodge, attack, defend, footwork, possession, change of direction, tactics, teamwork, shooting, zones, intercept	dance, twist, turn, rhythm , step, music, beat, stretch, levels, fast, slow, direction, huddle, group, mood, feeling, musicality, emotions, facial expressions, improvisation , rehearse, director, prop.	fluency, contrasting, unison, low, combinations , full turn, half-turn, sustained, explosive , power, control, group, similar, different.	hit, return, court, forehand , backhand , shuttlecock, points, score, net, tactics, underarm, overarm, racquet.	run, jump, throw, agility, power , speed, track, force, dynamic, distance, curve, accelerate, bounce, pull, record, pace , approach, combine.	maps, diagrams, scale, symbols, orienteering, controls, challenges, problem-solving, lead, follow, plan, trust, coordination , tactile .

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 4	Athletics (1)	Football	Gymnastics	Tag Rugby	Hockey	Tennis
	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	fluency, contrasting , unison, low, combinations, full turn, half turn, sustained, explosive, power, control, group, similar, different, speed, partner, actions, compositional, stamina, leap	passing, running, backwards, tag, straight, space, teamwork, try-area, defend, attack, compete, evade, pace, pickup, step.	control, use space, defend, attack, dribble, pass, push, slap, tactics, compete, collaborate, teamwork, score, shoot.	hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, ready position .
	Swimming	Swimming	Dance	Netball	Athletics (2)	Golf
	swim, kick, front, back, arms, legs, lie, breath, splash, jump, bounce, armbands, noodle, floats, support, float, doggy paddle, stroke, float , pace, front crawl, back stroke.	submerge , sink, breaststroke, dive, propel , meters, distance, compete, improve, challenge, personal survival, glide .	dance, turn, rhythm, stretch, levels , fast, slow, direction, huddle, mood, feeling, emptions, facial expressions , improvisation, rehearse, director, choreographer, slide, formation, freeze frames.	control, space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, goal shooter (GS), goal attack (GA), center (C), goal defence (GD), goal keeper (GK)	run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate , bounce, target, take off , sling, exchange, accuracy.	putt, aim, target, swing, hole, grip, tee, clubs, putter, course, chipping, green, bunker, stance, power

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Year 5	Football	Netball	Hockey	Tennis	Athletics (2)	Cricket
	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, score, shoot, footwork, foul, free pass, pivot.	control, space, defend, attack, dribble, pass, push, slap, tactics, compete, collaborate, teamwork, score, shoot, positions , power, distance, perform, consistent, fair play.	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, hop-step-jump, sprint	accuracy, stance , bowling, bat, wicket, stumps, crease, boundary, batsman, bowler, wicket keeper, bail, field, innings, strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive.
	Athletics (1)	Tag Rugby	Gymnastics	Dance	Rounders	OAA
	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	Passing, running, backwards, tag, straight, teamwork, try-area, defend, attack, retain, contest, possession, pressure, support, pop pass, turn over, lose pass	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	stance, bowling, bat, box, batsman, bowler, backstop, field, innings, strike, cross, rounder, half rounder, over, balls, shot, defensive, offensive	scale, orienteering, compass, ingenuity , maps, diagrams, symbols, challenges, problem solving, lead, plan, trust, solve, design, instructions, extend, orient, morse code, decipher, individual.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 6	Football	Netball	Gymnastics	Tag Rugby	Athletics (2)	Rounders
	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, feint	control, space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, pivot, blocking, metre, organisation, knocking, rebound, free.	flight, vault, sequences, combinations, direction, speed, partner, asymmetry, symmetry , elements, control, balance, strength, flexibility.	passing, running, backwards, tag, straight, space, teamwork, try-area, defend, attack, retain, contest, possession, pressure, support	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, STEP	stance, bowling, bat, box, batsman, bowler, backstop, field, innings , strike, cross, rounder, half-rounder, over, balls, shot, defensive, offensive, predict, place, select, tactics, stance.
	Athletics (1)	Dance	Hockey	Tennis	Yoga	OAA
	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, STEP	motif, phrase, street dance, Hakka, step, slide, repeat, beat, composition, collaborate, formations, stag leap, rebound, expression, gesture, dynamics	control, space, defend, attack, dribble, pass, push, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, covering, supporting, tackle.	positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement, lob, offensive play	sequence, downward facing dog, child's pose, relax, meditation, breathe, tree pose, butterfly pose, mountain pose, chair pose, cobra, link, muscles, salutation, chaturanga, namaste, inhale, exhale , warrior	maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, team, design, instructions, extend, knot, orient, decipher

