



Vocabulary: Physical Education

	Nursery	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p><u>Locomotion & Object Control</u></p> <p>2-3-year olds go, stop, run, walk, jump.</p> <p>3-4-year olds Run, hop, throw, catch, far, near.</p>	<p><u>Speed, Agility, Travel</u></p> <p><u>Unit 1</u> Pause, prepare, freeze, high, low, switch, music, beat</p> <p><u>Unit 2</u> Run, travel, direction, stop, jump, crawl, hands, feet, pick up, place.</p>	<p><u>Run, jump, throw</u></p> <p><u>Unit 1</u> Run, jump, throw, forwards, backwards, sideways, fast, slow, far, power</p>	<p><u>Run, jump, throw</u></p> <p><u>Unit 1</u> Run, throw, hop, skip, forwards, sideways, distance, power, stamina, control.</p>	<p>run, jump, throw, speed, power, distance, accelerate, pace, approach, record</p>	<p>run, jump, throw, speed, power, distance, accelerate, accuracy, take-off, exchange.</p>	<p>Sprint, relay, baton, power, distance, accelerate, sustain, safety, record, hop-step-jump.</p>	<p>sprint, relay, baton, accelerate, distance, power, trajectory, optimum, judge, shuttle.</p>
Dance	<p><u>(Movement & Expression)</u></p> <p>2-3-year olds Music, move, shake, clap, spin, stretch, still</p> <p>3-4-year olds rhythm, beat, slow, fast, high, low, turn, freeze</p>	<p><u>Unit 1</u> Dance, twist, travel, turn, step, music, fast, slow, high, low</p> <p><u>Unit 2</u> Fast, step, rhythm, flow, stretch, feet, join, link, teamwork</p>	<p><u>Unit 1</u> stretch, swing, mood, feeling, theme, story, static, start, middle, end</p> <p><u>Unit 2</u> Compose, emotions, theme, character, respond, round, canon, rhyme, select</p>	<p><u>Unit 1</u> solo, duet, mood, feeling, musicality, respond, gentle, stormy, unison, canon.</p> <p><u>Unit 2</u> Dynamic, independent, pair, motif, time, formation, freestyle, on stage, off stage, clock face.</p>	<p><u>Unit 1</u> Rhythm, beat, musicality, mood, feeling, emotions, levels, direction, improvise, rehearse.</p> <p><u>Unit 2</u> Solo, duo, dynamics, phrases, timings, layers, travel, improvise, zones, categories.</p>	<p><u>Unit 1</u> Rhythm, levels, direction, mood, feeling, emotions, facial expressions, improvisation, formation, rehearse.</p>	<p><u>Unit 1</u> Levels, mood, emotions, facial expressions, improvisation, rehearse, choreographer, formation, dance style, locomotion.</p> <p><u>Unit 2</u> Inversion, instrumentation, fragmentation, motif, contrast, variation, structure, timing, transition, dynamics.</p>	<p><u>Unit 1</u> Motif, phrase, composition, dynamics, formations, collaborate, expression, gesture, rebound, stag leap.</p> <p><u>Unit 2</u> Narrative, tension, relationships, aural setting, accompany, contact, qualify, confidence, focus, intention.</p>

gymnastics	<p>(Balance & Body Control)</p> <p>2-3-year olds</p> <p>Roll, crawl, climb, sit, stand, balance, stretch, bend</p> <p>3-4-year olds</p> <p>balance, strong, tall, small, straight, curled, wide, narrow</p>	<p><u>Unit 1</u> Balance, control, fast, high, jump, link, low, stretch, pattern.</p> <p><u>Unit 2</u> Pattern, shape, sequence, pattern, movement, timing, pathway, direction.</p>	<p><u>Unit 1</u> Balance, body tension, tensed, relaxed, shape, stretched, curled, controlled, link, safety.</p> <p><u>Unit 2</u> Balance, body tension, roll, rock, turn, spin, twist, link, unison, canon.</p>	<p><u>Unit 1</u> balance, shape, bridge, jump power, weight-on, point, v-sit, tuck(teddy), straddle, arabesque.</p> <p><u>Unit 2</u> Body tension, control, extension, timing, travel, turn, transition, smooth, relevé, core muscles.</p>	<p><u>Unit 1</u> Fluency, control, unison, combinations, full turn, half turn, sustained, explosive, power, contrasting.</p> <p><u>Unit 2</u> Sustained, explosive, power, control, fluency, dynamic, static, extension, half lever, bounce.</p>	<p><u>Unit 1</u> Fluency, control, unison, combinations, sustained, explosive, compositional, stamina, leap, contrasting.</p> <p><u>Unit 2</u> Tension, core, engage, stabilise, abdominals, obliques, travelling steps, muscles, control, balance.</p>	<p><u>Unit 1</u> Symmetry, asymmetrical, sequences, combinations, control, balance, strength, flexibility, aesthetics, elements.</p> <p><u>Unit 2</u> Warm-up, core temperature, bridge, injury, control, strength, balance, partner, speed, engage.</p>	<p><u>Unit 1</u> Flight, vault, sequences, combinations, symmetry, asymmetry, control, balance, strength, flexibility.</p> <p><u>Unit 2</u> Half lever, box splits, bridge, splits, arch, dish, competency, complex, mirror, match.</p>	
	Invasion	<p>(Spatial Awareness & Simple Team Play)</p> <p>2-3-year olds</p> <p>Ball, kick, push, roll, mine, yours, stop, go</p> <p>3-4-year olds</p> <p>Space, goal, pass, turn, share, ready, aim, move</p>	<p><u>Manipulation and co-ordination</u></p> <p><u>Unit 1</u> Jump, hop, one foot, freeze, pause, music, hands, feet, hold, prepare.</p> <p><u>Unit 2</u> Grip, weight, slide, spin, hop, jump, freeze, high, low, baton.</p>	<p><u>Attack, Defend, Shoot</u></p> <p><u>Unit 1</u> Attack, defend, catch, throw, send, receive, over-arm, under-arm, rolling, compete.</p> <p><u>Unit 2</u> Attack, defend, cooperate, outwit, catch, throw, over-arm, under-arm, heart rate, pitch.</p>	<p><u>Attack, Defend, Shoot</u></p> <p><u>Unit 1</u> Aim, attack, defend, receive, kick, scoring, cooperate, direction, rebound, pitch.</p> <p><u>Unit 2</u> Aim, attack, defend, send, speed, receive, kick, outwit, scoring, cooperate.</p>	<p><u>Football</u> Control, pass, dribble, attack, defend, space, shoot, possession, tactics, teamwork.</p> <p><u>Netball</u> pass, accurately, space, mark, dodge, attack, defend, possession, intercept, shooting.</p>	<p><u>Football</u> Control, use space, defend, defensive, attack, dribble, pass, tactics, direction, tackle</p> <p><u>Netball</u> Pass, control, defend, attack, chest pass, intercept, tactics, teamwork, shoot, footwork.</p>	<p><u>Football</u> Possession, tactics, defend, attack, mark, dribble, pass, shoot, regain, goal side.</p> <p><u>Netball</u> Chest pass, pivot, defend, attack, positions, teamwork, intercept, footwork, foul, free pass.</p>	<p><u>Football</u> Possession, tactics, strategy, defend, attack, tackle, counterattack, assist, covering, fair play.</p> <p><u>Netball</u> Chest pass, pivot, intercept, blocking, rebound, shoot, footwork, foul, free pass, organisation.</p>
		Net / wall games	<p>(Hand–Eye Coordination)</p> <p>2-3-year olds</p> <p>Throw, catch, roll, bounce, up, down, ball</p> <p>3-4-year olds</p> <p>Bounce, catch, throw, target, ready, watch, hit, control</p>	<p><u>Body management</u></p> <p><u>Unit 1</u> Climb, balance, one foot, stand, stop, reach, hold, crawl, jump, roll, ball</p> <p><u>Unit 2</u> Climb, balance, stop, reach, hold, crawl, jump, roll, apparatus.</p>	<p><u>Send and Return</u></p> <p><u>Unit 1</u> hit, send, catch, throw, roll, strike, net, collect, forehand, court.</p> <p><u>Unit 2</u> Hit, serve, catch, forehand, backhand, strike, net, court, opposition, umpire.</p>	<p><u>Send and Return</u></p> <p><u>Unit 1</u> Hit, strike, catch, throw, roll, net, court, forehand, backhand, serve.</p> <p><u>Unit 2</u> hit, rally, serve, forehand, backhand, net, court, strike, catch, bounce.</p>	<p><u>Tennis</u> Racket, ball, bounce, catch, hit, ready, net, space, turn.</p> <p><u>Volleyball</u> Hit, return, court, underarm, overarm.</p>	<p><u>Tennis</u> Forehand, backhand, serve, rally, target, partner, court, control, respect.</p> <p><u>Volleyball</u> Hit, return, court, underarm, overarm serve, boundary, seated, inclusive, send, rally, score.</p>	<p><u>Tennis</u> Return, boundary, volley, consistency, attack, defend, position, referee, leader, focus.</p> <p><u>Volleyball</u> Serve, receive, send, net, court, rally.</p>

Striking	<p>(cause and effect)</p> <p>2-3-year olds</p> <p>Hit, kick, ball, run, back</p> <p>3-4-year olds</p> <p>Hit, strike, kick, aim, collect, return, wait, turn</p>	<p><u>Manipulation and co-ordination</u></p> <p><u>Unit 1</u> Jump, hop, one foot, freeze, pause, music, hands, feet, hold, prepare.</p> <p><u>Unit 2</u> Grip, weight, slide, spin, hop, jump, freeze, high, low, baton.</p>	<p><u>Hit, catch run</u></p> <p><u>Unit 1</u> Batter, bowler, catch, throw, roll, strike, field, collect, retrieve, stop.</p>	<p><u>Hit, catch run</u></p> <p><u>Unit 1</u> hit, catch, bowl, throw, underarm, overarm, batter, bowler, field, runs.</p>	<p><u>Cricket</u> Bat, bowl, batting, bowler, field, wicket, stumps, crease, boundary, feed.</p>	<p><u>Cricket</u> Bat, bowl, batting, bowler, fielding, wicket, stumps, crease, boundary, retrieve.</p>	<p><u>Cricket</u> Bowling, batting, wicket, boundary, crease, over, strike, four, six, wicket keeper.</p>	<p><u>Cricket</u> Batting, bowling, wicket, innings, boundary, over, strike, four, six, wicket keeper.</p>
	OAA	<p>2-3-year olds</p> <p>Climb, up, down, over, under, help, careful</p> <p>3-4-year olds</p> <p>Balance, trail, follow, safe, try, together, finish, challenge</p>	<p><u>Cooperate and Solve Problems</u></p> <p><u>Unit 1</u> Cooperate, team, partner, pair, work, choose, collect, trail, body shape, number</p> <p><u>Unit 2</u> Hop, step, over, under, though, around, grip, switch, agility, den.</p>	<p>Instructions, sequence, problems, map, perform, group, individual, repeat, coordination, combination.</p>	<p>Search, find, explore, teamwork, map, symbols, key, problem solving, verbal, equipment.</p>	<p>Map, symbols, diagrams, challenges, problem-solving, plan, lead, follow, trust, coordination.</p>	<p>Map, symbols, scale, orienteering, controls, challenges, problem-solving, plan, lead, trust.</p>	<p>Orienteering, compass, scale, problem solving, lead, plan, trust, design, orient, decipher.</p>

	Beginners	Intermediate	Advanced
Swimming	Swim, kick, front, back, breath, float, glide, arms, legs, splash.	Stroke, glide, kick, breath, front, back, pace, float, arms, legs	Metres, distance, front crawl, back crawl, breaststroke, compete, improve, challenge, treading, personal survival.