

Shurdington C of E
Physical Education
Vocabulary Progression

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Real PE Fundamental Movement skills	March, high knees, still, forwards, backwards, run, bounce, side-step, direction, gallop, skip, hopscotch, jump, land, control, roll, ball, catch, balance, warm up, cool down	Side to side, send, receive, task, instruction, take turns, share, position, seated, performance, movements, sequence, direction, health, exercise, personal best	Footwork, gallop, leading foot, fluency, control, balance, quarter turn, landing position, speed, technique, fluidity, rules, variety, skill, changeover, consistency, agility	Regular practice, coordination, combine, opposite, relay, tactics, roles, responsibilities, support, variety, score, dominant, non-dominant	Consistency, changes in level, link skills, fitness components, distance, opponent, awareness of space, record, monitor, body changes during exercise	Outwit opponents, patterns of play, awareness of space, criteria, tactics, attacking, defending, pivot,	
Gymnastics	Forwards, backwards, sideways, bench, mat, table, roll stretch, tuck, pike, straddle star, shape hold, still, jump, hop, bounce, travel copy, flight, cool down, warm up, muscles, joints, skip, hop, walk, balance, mirror	Stretch, push, pull, spring, tall, long, wide, narrow, extension, land, flight, straight, dish, arch, rotation, patter turn, transfer, twist	Long, sideways, tension, smooth, sequence, height, cannon, straddle, points, patches, A-frame, passe, low arabesque, flag balance, rotate, dynamic balance, counter balance	Flow, symmetrical, asymmetrical, combination, curled, stretched, suppleness, strength, inverted, straight, opposite, supported, jete, cat leap	90 degrees 180 degrees, leaving approaching, stamina Level, wide, twisted points, twist, turn away, beside, mini-front support, mini-back support	Dynamics, combination contrasting, control matching, accurately, asymmetry, refinements, acrobatic, climbing, plank, fluidity	Audience, elements, extension, judgement, tension, inverted, counter-tension, imaginative, parallel, rhythmic sequences
Dance	Shape, partner, music, circles, exercise, solo, individual, standing, move, turn, jump, sequence, movement, performance, create	Repeat, standing shape, floor shape, combine, reverse, artistry, musicality, beat, rhythm, compose, direction	Partnering, partnership, unison, artistry abstraction, combine, shape, colour, patterns	Reverse, choreography, speed, height, direction, curve, impression	Criteria, theme, similarities, differences link movements, lift	Variety, vary, tactics, creative choices, element, inspiration, Dance style, technique, formation, variation, improvisation, unison, canon, action, reaction, motif, phrase, interpret, exploration.	
Swimming					Front crawl, backstroke, breaststroke, butterfly, kick, glide, push, freestyle, underwater, self-rescue, water safety, float, sink, deep end, shallow end, side breathing, shape.		

			Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop Repeat Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Evaluate	Steady pace Accuracy Height Rhythm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Stamina Obstacles Stance	Steady pace Accuracy Height Rhythm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Stamina Obstacles Stance	Obstacles Hurdles Throwing Speed Accuracy Take off Stamina Measure	Measure Height Target Pacing Rhythm Obstacles Hurdles Throwing Accuracy Take off Distance Target Time Position Measure Control Height Hurdles
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