

LEYS FARM JUNIOR SCHOOL

P.E VOCABULARY PROGRESSION

P.E	Pre-KS2 (KS1)	Year 3	Year 4	Year 5	Year 6
Gymnastics					
	Along, Direction, Level, Link, Onto and off, Over, Pike, Posture, Rolling: egg, log, forward, teddy bear rolls. Sequence, Straddle, Straight, Tension, Travel, Tuck, Apparatus, Balance, Patches, Points, Shapes, Travelling, Shoulder stand, Tension	Analyse, Balance, Co-operation, Empathy, Jumps, Landing, Shapes, Roll, Teamwork, Travel	Asymmetry, Balance, Body, Canon, Counterbalance, Moves, Pike, Posture, Sequence, Straddle, Symmetry, Techniques, Tension, Tuck, Unison	Arch, Asymmetrical, Balance, Bridging, Canon, Counterbalance, Direction, Dish, Dynamic, Evaluate, Extend, Level, Points, of, balance, Pull, Push, Rolling, Rotation, Sequence, Shape, Star	Asymmetrical, Balance, Canon, Direction, Dynamic, Front, and, back, support, Level, Movement, Rolling and bridging, Rotation, Sequence, Shape, Symmetrical, Unison
Dance					
	Beat, Gesture, Perform, Rap, Beat, Flow, Independent, Medieval, Methods, Movements, Performance, Travel	Canon, Clock, Confidence, Direction, Formation, Performance, Pivot, Tempo, Timing, Unison	Agility, Balance, Charleston, step, Chassé, Co-ordination, Dynamics, Emotion, Endurance, Expression, Improvise, Line dancing, Muscular strength, Phrasing, Rhythm, Sequence, Flexibility, Space, Stamina, Strut, Timing	Agility, Back, point, step, Posture, Balance, Beats, Bollywood, dancing, Break-it-down, Canon, Co-ordination, Collaboration, Control, Dynamics, Emotion, Endurance, Expression, Flexibility, Fluency, Improvise, Lotus, Motif, Muscular strength, Phrasing, Prayer, Rhythm, Sections, Sequence, Space, Stamina, Timing, Unison, Variation	Beat, Canon, Choreograph, Fluency, Match, Mirror, Pose, Routine, Street, dance, Timing, Unison
Invasion Games					

	Accuracy, Agility, Aim, Balance, Base, Co-ordination, Control, Fluency, Guide, Movement, Push, Rotate, Target, Technique, Timing, Transitions, Travel, Multi, skills, Accuracy, Agility, Aim, Balance, Base, Co-ordination, Crab, Guide, Movement, Pattern, Rock and roll, Rotate, Skittles, Target, Timing, Tuck, Twist and turn	Agility, Balance, Bounce, Control, Dribble, Observation, Safety, Send, Speed, Travel	Attack, Defend, Dribble, Passing, Play, Receiving, Support	Beats, Bounce, pass, Break-it-down, Canon, Chest, pass, Collaboration, Defend, Dodging, Footwork, Goal, High, 5, Netball, Intercepting, Land, Marking, Motif, Names of positions, Non-contact, Overhead pass, Pivot, Point, Positions, Push, Receive, Sections, Shoulder pass, Signal, Step, Unison, Variation	Competition, Forfeit, Handover, Hop, Rules, Skip, Tag, Tournament, Try, Dodging
Net/Wall					
	Bat, Racket, Catch, Fielding, Rounders, Scoring, Strike, Target, Throw, Warm-up, Bounce, Circuit, Cushion, Kwik, Cricket, Overarm throw, Sideways, Underarm	Accuracy, Bowling, Defenders, Fielding, Long, barrier, Overarm, throw, Retrieve, Run, Safe, zone, Soft hands, Striking, Stumped, Surface, area, Target, hands, Underarm throw, Wickets	Backhand, Drop, serve, Forehand, Rally, Rally, building, Receive, Send, Trap	Backhand, Drop, serve, Forehand, Overhead serve, Rally, Rally building, Scoring, Volley	Attack, Back, line, Contact, Court, Disguise, Doubles, High, Long, Low, Net, Opponent, Outwit, Overhead clear, Pressure, Racket, Rally, Ready position, Serve, Shot, Shuttle, Target
Athletics					
	Balance, Hopping, Jog, Mobility, Obstacle, Overarm, throw, Relay, Speed, Sprint, Take-off and landing, Underarm, Active, Athletics, Balance, Direction, Distance, Hurdle, Obstacle, Power, Relaxed, Relay, Speed, Swing	Changeover, Competition, Direction, Improve, Landing, Overarm, Relay, Take-off, Technique, Underarm	Arm action, Bend, Carousel, Control, Direction, Distance, Effort, Extend, Handover, Javelin, Knee, lift, Landing, Long jump, Pace, Position, Pull, Relax, Relay, Stride length, Take off, Target, Technique	Baton, Bend, Carousel, Continuous, Control, Distance, Extend, Landing, Long, jump, Pull, Push, Push technique, Relay, Take off, Throw	Carousel, Control, Direction, Distance, Extend, Handover, Javelin, Landing, Long jump, Pace, Position, Pull, Relay, Sprint start, Standing start, Take off, Target, Technique

