

Key Vocabulary in P.E.

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Invasion games	roll push throw catch	chase tag turn run stop jump	pass catch dodge move space	send receive avoid dribble bounce pass	forward pass accelerate try line chest pass defend attack	possession opponent evade marking	knock on losing Ground progress zonal man to man	officiate staggered formation travel half court violation
Gymnastics	climb walk still squeeze hold run jump	tuck star straight roll balance (verb)	shape straddle pike T lever half turn cat spring control balance (noun) travel routine flight	apparatus scissor kick wheelbarrow combination timing forward roll straight jump	matching opposite chassis step headstand backward roll leap cat leap pike jump straddle jump	point balances handstand cartwheel straddle forward roll cat leap half turn levels	body weight balance hurdle step lunge pike forward roll stag leap split leap cat leap full turn good form	unison symmetry dive roll fluidity form effectiveness posture
Net and Wall	bat ball hit roll stop	bounce throw catch drop hit	control racquet forehand backhand send receive	target aim ready position balance rally	underarm serve underarm shot over arm shot range tactics court	strike self umpire weak side strong side opponent deuce love	backswing follow through variation of shots Shot choice advantage game Set	lob shot drop shot doubles singles backspin swerve top spin
Athletics	fast	throw	leap	height	pace	javelin	handover	trajectory

	slow run jump throw	high low skip aim hop	repeat target jogging	record joints rhythm leading leg measure underarm overarm distance	long distance heart beat pulse rate landing control preferred landing foot	relay stride position accuracy take off stamina	shot putt stride pattern lead leg trail leg measure control height run up hurdles	acceleration drive phase aerodynamic release performance accuracy take off distance personal best
Striking and fielding		bat ball hit catch throw	rolling catch bat release safety tee target cradle	aim control overarm bowl challenge bowl strike	long barrier scooping wicket teamwork bowler	accuracy batter score fielder cooperate	inspire speed distance wide wicket keeper over runs umpire	fluency motion technique bails bouncer boundary drive innings leg before wicket
Dance		move jump stretch tight fast slow beat	copy repeat speed actions mirror	unison motif movement cooperatively levels in time size represent performance	strength flexibility compare adapt expression confidence	improvise patterns canon dynamics precision vary rhythm compose sequence	compose reflect pace timing imagination creativity transitions fluency accuracy	the twist disco hip hop twisting flicking characteristic side to side hip patterns popping locking breakdancing
Healthy Participation		safe ready start	warm up cool down dress	prepare appropriately effects	speed strength skill	gracious humble	courage persevere function	Oxygenated Pulse rate flexibility

		stop hot cold	undress exercise safely healthy	equipment temperature breathing rate heart rate physical activity healthy (Y2 Sci -food groups)	organise consideration respect mental health		preparation recovery biceps	stamina speed suppleness sustain dynamic stretch fitness triceps quadriceps hamstrings abdominals gastrocnemius
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