

PE Vocabulary progression

Subject

PE

	KS1	LKS2	UKS2
Gymnastics	Action Direction Speed Travel Squeeze High Low Shape Balance Star Straight Jump Roll Barrel Straight Forward Sequence	Body tension Extend Patch Point Control Direction Landing position Take off Direction Flow Match Contrast	Symmetrical Asymmetrical Backward roll Straddle roll Canon Synchronisation Shoulder stand Cartwheel Bridge Mirror Matching
Dance and movement	Count of 8 Beat Pose Travelling Pathways	Unison Pathways Canon Formation	Motif Actions Space Dynamics Relationships Structure
Invasion Games	Dribble Control Bounce Roll Target Accuracy Soft Catch Sole Toe Heel Inside Outside Track	W shape Pass Tag Dodge Forward pass Offside Try Tactics	Space Ball carrier Staggered Intercept Delay Spread out Defensive unit Teamwork
Net and wall	Racket Net Ball Underarm Point Score	Court Rally Forehand Backhand	Groundstroke Return Continuous rally Serve Let Volley – Forehand and backhand

Striking and fielding	Throwing Catching Underarm Overarm Strike Fielder Batter Bowler Fielder Collect Out Score	Bowl Rounder No ball Backstop Short barrier stop Caught out Stumped out	Close catch Deep catch Underarm bowl Power Placement Long barrier Short barrier
Athletics	Run Jog Steady Sprint Jump Distance Height Vertical Throw Accuracy	Sprint Balls of feet Power Baton Changeover Relay Stamina Pace Take off Distance Push Accuracy Heave Fling Pitch Throw Pull Javelin	Pace Steady breathing Stride length Changeover Communicate Hop Step Jump Rhythm Follow through Shuffle
Swimming		Swim Unaided strokes movements coordination breathing surface competent self-rescue safety	
Orienteering		Follow Route Equipment safely Manage risks/problems.	Control card Control marker Orienteering map Team work Key Route Tactics Communication Location Compass Navigate Plan Safety Leadership

Health, Exercise & Fitness	Agility Balance Co-ordination Strength Flexibility Fitness Health Apparatus control	Basic muscles Repetitions Stretching Technique Lifestyle Exercise	Muscles Pulse Sets Range of motion Aerobic Anaerobic Cardiovascular
----------------------------------	---	--	---