

PE Vocabulary Progression Map
(Vocabulary is accumulative and builds upon previous years)

	Fitness	Ball skills	Dance	Gymnastics	Athletics	Invasion Games	Net and Wall	Striking and fielding	OAA	Swimming
Rec	Push, stop, space, jump, balance, safety	Run, stop, throw, roll, team, kick, space, catch	Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards	Move, copy, over, shape, space, rock, safely, around, sideways, travel, forwards, backwards	Push, stop, jump, space, forwards, safely, balance, backwards	Pass, team, tag, balance, safely, space, forwards, backwards	Team, space, catch, throw, safely, bounce, forward, backward	Run, pass, roll, team, space, safely, around, forwards, backward	Share, team, path, listen, space, travel, follow, safely	-
Year 1	Heart, exercise, lungs, body, mood	Far, aim, safely, direction, balance, send	Counts, pose, level, slow, fast, balance	Action, jump, roll, level, direction, speed, point, balance	Far, hop, aim, fast, slow, bend, improve, direction, travel	Defender, points, dribbling, attacker, score, partner	Ready position, partner, net, underarm, score, point	Hit, points, target, throw, score, catch	Lead, cooperate, teamwork, solve, instructions	Exit, enter, front, travel, rules, safely, kicking, back
Year 2	Strong, pace, race, speed, jog steady, sprint	Overarm, collect, target, underarm, dribble, distance	Mirror, action, pathway, direction, speed, timing	Link, pathway, Sequence, tuck, straddle, speed, star, pike	Sprint, jog, distance, height, take off, landing, overarm, underarm	Received, send, teammate, chest pass, possession, goal, dodge, bounce pass	Receive, quickly, trap, defend, return, collect, against	Fielder, send, teammate, runs, batter, received, bowler	Support, map, successful, direction, communicate	Pulling, splash, unaided, gliding, floating, breathing
Year 3	Strength, distance, balance, accurately, control	Track, receive, chest, shoulder, overhead, accurate	Flow, explore, create, perform, match, feedback, expression	Flow, explore, create, matching, interesting, control, contrasting	Speed, power, strength, accurately, higher, pace, control, faster, further	Receiver, footwork, rebound, tracking, interception, mark, travelling, playing area	Serve, accurately, track, racket, control, rally, opponent	Strike, grip, rounder, backstop, bowl, post, wicket, batting, wicket keeper, fielding	Rules, route, trust, navigate, grid, discuss, plan	Sculling, crawl. Breaststroke, submersion, rotation, backstroke,
Year 4	Technique, co-ordination, health, progress, muscle, stamina	Release, select, control, consistently, technique, persevere	Reaction, unison, represent, dynamics, control	Quality, perform, inverted, technique, apparatus, extension	Power, stamina, officiate, perseverance, determination, accuracy, personal best	Outwit, opposition, opponent, contact, pivot, court, field, pitch	Receiver, backhand, outwit, court, forehand	Stance, retrieve, opposition, stumped, two-handed pickup,	Leader, effectively, symbol, inclusion, orientate	Stroke, huddle, alternate, survival, treading water, buoyancy

								technique, short barrier		
Year 5	Technique, momentum, rhythm, drive, agility, power	All of above	Formation, posture, performance, canon, relationship	Symmetrical, asymmetrical, rotation, synchronization, progression, canon, aesthetics	Technique, upsweep, rhythm, downsweep, flight, stride	Tactics, control, foul, pressure, onside, offside, support, obstruction	Volley, footwork, set, tactics, cooperatively, continuously	Pressure, backing up, support, overtake, tracking, outwit, tactics	Collaborate, collective, navigation, tactical, control card, orienteering	Exhale, flutter kick, surface, summersault, personal best, inhale
Year 6	Generate fore, continuous, measure, flexibility, analyse, record	All of above	Choreography, phrase, contrast, structure, fluently, connect	Momentum, fluently. Stability, formation, counter-balance, counter tension, stability	Rotation, trajectory, continuous pace, force, compete, momentum, transfer of weight	Consecutive, consistently, dictate, contest, formation, conceding, turnover, shut down	Deep, forecourt, defensive, consecutive, consistently, back court, attacking	Obstruction, continuous, drive, hit, consecutive, consistently, cooperatively, defensive hit	Location, symbol, strategy, boundaries, critical thinking co- operatively	Endurance, propel, continuous, streamline, synchronized, retrieve