**Basildon CE Primary**

**PE – Vocabulary Progression**

*Below are the core vocabulary lists for PE:*

*They give examples of the subject specific vocabulary that children will use and become familiar with during each key stage, reflecting their increasing knowledge, breadth and depth of experience and can be used across a range of topic areas. They are not intended to be used to test pupils but give an indication of the language and terms used by staff in lessons and across units of learning to broaden vocabulary and understanding.*

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| **EYFS** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll. | **Games**  Throw, roll, underarm, overarm, hit, move, safely, kick, tactics, decide, rules, own space, team.  **Gymnastics**  Forwards, backwards, sideways, roll, curl, shape, tense, stretch, relax, control, balance, copy, repeat, sequence, improve, plan, perform, feedback, hold, independent, equipment.  **Dance**  Move, still, copy, perform, create, control, speed, coordination, linking mood or feeling.  **General**  Copy, compare and contrast, repeat, team, direction. | **Games**  Throw, roll, underarm, overarm, hit, move, safely, kick, tactics, decide, rules, own space, team, speed, direction, passing, control, scoring.  **Gymnastics**  Forwards, backwards, sideways, roll, curl, sequence, shape, travel, tense, stretch, relax, control, balance, copy, repeat, sequence, improve, plan, perform, feedback, hold, independent, wide, narrow equipment.  **Dance**  Move, travel, stillness, copy, direction, space, levels, perform, create, pattern, coordination, linking mood or feeling.  **General**  Copy, compare and contrast, repeat, team, direction | **Games**  Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt, pass, send, receive, travel, tactics, defend.  **Gymnastics** Adapt sequences, combination, apparatus, criteria, strength, suppleness, performance, compare and contrast stamina, improve, push, pull, land, balance, fluency.  **Dance**  Changing speed and direction, space, levels, share and create phrases, pattern, plan, control, repeat, remember and perform phrases, communicate, choreography, sequence.  **Athletics**  Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best, relay.  **Outdoor and Adventurous** Follow, map, route, appropriate equipment, safely, familiar context, manage risks/problems. | **Games**  Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt pass, send, receive, travel, tactics, defend  **Gymnastics** Adapt sequences, combination, apparatus, criteria, strength, suppleness, performance, compare and contrast stamina, improve, push, pull, land, balance, fluency.  **Dance**  Changing speed and direction, space, levels, share and create phrases, plan, control, repeat, remember and perform phrases, rhythm, communicate, action and reaction, choreography sequence.  **Athletics**  Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best, relay.  **Outdoor and Adventurous** Follow, map, route, appropriate equipment, safely, familiar context, manage risks/problems.  **Swimming**  Swim, unaided, basic stroke, movements, backstroke, front crawl, coordinate breathing, surface. | **Games**  Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy, support, marking, team play.  **Gymnastics** Complex extended sequences, transitions, combine, perform, consistency, audience, link, vault, spring, muscles, joints, symmetrical, asymmetrical, rotation, turn, shape, landing, take-off, flight, evaluation.  **Dance**  Compose, creative, perform, dance styles/names, accompaniment, demonstrate clarity, fluency, variation, accuracy and consistency. Style, interpret, technique, rhythm, precise and posture, interpretation, improvisation.  **Athletics** Control, accuracy, techniques, combine, distance, compete, improve personal best, pace, sprint, stamina.  **Outdoor and Adventurous** Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership. | **Games**  Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy, support, marking, team play, co-ordination.  **Gymnastics** Complex extended sequences, transitions, combine, perform, consistency, audience, link, vault, spring, muscles, joints, symmetrical, asymmetrical, rotation, turn, shape, landing, take-off, flight, evaluation.  **Dance**  Compose, creative, perform, dance styles/names, accompaniment, demonstrate clarity, fluency, variation, unison, canon, accuracy and consistency. Style, interpret, technique, rhythm, precise and posture, interpretation, improvisation.  **Athletics** Control, accuracy, techniques, combine, distance, compete, improve personal best, pace, sprint, stamina.  **Outdoor and Adventurous** Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership. |