



PE Vocabulary Progression Map

	Y1	Y2	Y3	Y4	Y5	Y6
Games	Avoiding; Tracking a ball; Rolling; Striking; Overarm throwing; Bouncing; Catching; Free space; Own space; Opposite team	Rebound; Tracking; Following the movement of a ball; Aiming; Speed; Direction; Passing; Controlling; Shooting; Scoring;				
Dance	Travel; Stillness; Gallop; Skip; Jump; Hop; Bounce; Spring; Turn; Spin; Freeze; Statue; Direction; Forwards; Backwards; Sideways; Space; Near; Far; In and out; On the spot; Beginning; Middle; End; Mood; Feelings; Jolly; Stormy; Fast; Strong; Gentle	Stimulus; High; Medium; Low; Direction; Pathways; Curved; Zigzag; Happy; Angry; Calm; Excited; Sad; Lonely; Tired; Hot; Sweaty; Heart rate; Warm up; Cool down	Dynamics; Space; Relationships; Square; Circle; Line; Partner; Copy; Follow; Lead; Unison; Canon; Repeat; Structure; Motif; Improvisation; Explore	Character; Narrative; Costume; Props; Describe; Analyse; Interpret; Evaluate; Communication; Gesture; Unison; Canon; Repetition; Action; Reaction; Question and answer; Myth; Legend; Mobilise joints; Diet	Dance style; Technique; Formation; Pattern; Gesture; Rhythm; Haka; Motif; Variation	Style; High energy; Fast footwork; Contact work; Lean; Push; Pull; Lift; Unison; Canon; Lindy Hop; Scarecrow; Frog; Stamina
Gymnastics	Jump; Land; Rock; Roll; Grip; Hang; Push; Pull; Bounce; Hop; Skip; Step; Spring; Crawl; Slide; Speed; Stop; Still;	Hang; Swing; Sequence; Copy; Upside-down; Take off; Smooth; Quarter-turn; Fast; Shape; Twisted; Curled;	Inverted; Contrasting; Flow; Combinations; Half-turn; Sustained; Explosive;	Rotation; 90°; 180°; 270°; Spinning; Axis; Strength; Suppleness; Stamina; Combine;	Asymmetry; Symmetry; Display; Matching;	Counterbalance; Counter-tension; Tension; Obstacle; Straddle over; Aesthetic; Judgement

	Slowly; Shape; Tall; Long; Wide; Narrow; Up; Down; Forwards; Level; High; Low; Zigzag; Straight; Feet; Hands; Toes; Heels; Knees; Head; Elbows; Bottom; Back; Tummies; Along; Around; Across; On; Off; Over; Under; Through; Tension; Extension; Relaxation	Wide; Narrow; Medium; Backwards; Sideways; Zigzag; Angular; Legs; Arms; Hips; Fingers; Shoulders; Tummy; Sides; Under; Through; Towards; In front; Behind; Over		Approaching; Leaving; Height; Inversion; Against; Towards; Away; Across	Flight; Feet apart; Feet together; Crouch; Inclined	
Athletics				Run; Catch; Hop; Skip; Step; Sideways; Forwards; Backwards; Throw; High; Low; Far; Near; Straight; Aim; Drop; Bounce; Fast; Medium; Slow; Safely	Sprint; Jog; Pace; Steady; Fast; Medium; Slow; Sling; Push; Pull; Power; Stamina; Speed; Safety; Relay; Time; Measure; Record;	Race; Run-up; Position of feet on last stride; Pacing; Stamina; Strength; Speed; Power; Suppleness; Safety; Rules; Relay take-over area; Time; Measure; Record; Set targets
OAA				Listen; Explore; Plan and do; Maps; Diagrams; Pictures; Symbols; Follow a trail; Seek and find; Challenges; problem solving; Plan, do and talk	Maps; Diagrams; Symbols; Scale; Orienteering; Controls; Challenges; Problem solving; Plan alone; Plan in pairs; Groups; Try; Review	Maps; Diagrams; Orienteering; Planning a journey; Challenges; Problem solving; Plan; Strategies; Try review try again; Improve; Talk about; Agree good ways of working; Team work; Collaborate; Roles and responsibilities

Invasion games			Keeping possession; Keeping the ball; Scoring goals; Keeping the score; Making space; Pass; Send and receive; Dribble; Travel with the ball; Back up; Support partners	Keep; Keep control; Make and use space; Support; Pass; Points; Goals; Rules; Tactics	Passing; Dribbling; Shooting; Shielding the ball; Width; Depth; Support; Marking; Covering	Possession; Repossession; Attackers; Defenders; Marking; Covering; Supporting; Team play; Team positions
Striking and Fielding			Batting; Fielding; Bowler; Wicket; Tee; Base; Boundary; Innings; Rounder; Backstop; Score		Stance; Crease; Batting point; Non-striker; Leg-side; Offside; Home base; Pitch; Over; Innings	
Net / Wall games			Court; Target; Net; Striking; Hitting; Defending; Making it difficult for the opponent; Tactics; Scoring points		Forehand; Backhand; Volley; Overhead; Rally; Singles; Doubles; Width; Depth; Changing direction; Changing speed; Short tennis; Badminton; Defending court; Covering court; Partner	