



PE Vocabulary Progression



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Multiskills Space, movement, travel, up, down, side to side, walk, hop, jump, run, turn, follow, start, stop, safely	Games catch, throw, balance, follow, roll, games, together, hit,	Dance movement, freeze, follow, create, pattern, travel, body, parts, space	Cricket Catch, throw, ball, bat, catchers, space	Athletics Jump, throw, race, run, speed	Football Kick, goal, score, pass, ball, team
Y1	Multiskills Twist, reach, stretch, high, low, speed, forwards, backwards, equipment, roll	Games Predict, underarm, overarm, target, decide, catching, direction, passing	Dance perform, levels, coordination, feelings, speed, direction, hold, repeat, copy	Cricket Fielders, target, teamwork, power, swing	Athletics Sprint, distance, different races,	Football Tackle, goal keeper, pitch, save, shoot
Y2	Multiskills Rotate, change direction, resources, rules	Games track, anticipate, control, release, send and receive,	Dance mood, stillness, sequence, control, repetition, beat,	Cricket Batter, aim, release, send and receive, out	Athletics Send, alone, together, activity, relay	Football Laces, control, dribble, touches, attack and defend, long pass, short pass, throw in,
Y3	Tag rugby Invasion game, own, attack, defend, score,	Basketball Pass, chest pass, shoulder pass,	Dance environment, changing	Swimming Breathing, tread water, front	Athletics Release, compete,	Tennis Racquet, grip, left, right, net, court,

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	try, control, try line, space, throw, tag belt, non-contact, side-step, dodge, offside, grip	bounce pass, teamwork, other team, keeping score, travel, backboard, court, attack and defend, positions, strategy, interrupt, mark,	speed and direction, plan, share, alone, dance team, practice, rehearse, adapt	crawl, back crawl, breastroke, unaided, safety, streamline, kick, pull, sink, float, aided, swim	individual, team, event, pace, personal target	serve, singles, doubles, back and forth, points, across from, strike
Y4	Tag Rugby Advance, take charge, referee, attack and defend position, own half, side-step to avoid	Basketball Strategic passing, varied passing, controlled passing, opposition, layup , boundary, attack position, defence positions, tactics, intercept, space awareness	Dance environment, changing speed and direction, plan, share, alone, dance team, practice, rehearse, adapt, choreograph, structure, fluency, posture, rhythm	Cricket Bowler, wicket-keeper, predict, score-keeper, bowl,	Athletics Height of release, track and field event, controlled pace, stamina, personal best	Tennis Rally, love, diagonal, controlled power, dominant, non dominant,
Y5	Tag rugby Team work, lead, attack and defence strategy, counterattack, evasive side-step, evade,	Netball Strategic passing, varied passing, controlled passing, opposition, bounce pass, chest pass, hoop, shoulder pass, strategic play,	Dance atmosphere, purposeful speed and direction, fluidity, precise posture, accompany,	Cricket Trajectory, cumulative score, fielding rotation	Athletics Angle of release, unison, cardiovascular fitness,	OAA Route, appropriate equipment, familiar, environment, risk, communication,

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		rebound, spatially aware, pivot, landing foot	unison, style, interpretation, timing			cooperate, problem solving
Y6	Tag rugby Cooperate, possession, strategic attack and defence	Netball Manoeuvre, teamwork communication and collaboration	Dance atmosphere, purposeful speed and direction, fluidity, precise posture, accompany, unison, style, interpretation, timing, canon, improvisation, motifs, technique	Cricket Velocity, strategy based upon player strengths	Athletics Trajectory of release, cohesive contributions, improved cardiovascular fitness,	OAA Risk assessment, location, compass, navigation, overcoming problems, hazardous, leadership

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