



Physical Education Vocabulary Progression

EYF S		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Independence	Resilience	<b>All of previous plus:</b>		<b>All of previous plus:</b>		<b>All of previous plus:</b>	
Perseverance	Challenge	Cooperative	Combine	Strokes		Strokes	
Rules	Space	Fluently	Confidently	(swimming)		(swimming)	
Obstacles	Safely	Competently	Collaboratively	Effectively		Effectively	
Balance	Coordination	Control	Passing	Self-rescue.		Self-rescue.	
Walking	Side-step	Receiving	Shooting	Ankle extensions.			
Running	Jumping	Aiming	Accuracy	Areas of improvement	Adapting	Distance	
Dancing	Hopping	Flexibility	Technique	Adjusting	Basic	Applied force	
Skipping	Gallop	Evaluate	Compare	principles	Body tension	360 degrees	
Climbing	Marching	Tactics	Attacking		Criteria	Curved	
Dribbling	Opponents	Defending	Kicking (passing)	Support position		pathway	
Stance	Point	Tackling	Tagging		Transfer	Lateral	
Support	Lean	Dodging	Relay	Tucked jump.	Short base.	step-over	
Body part names.	Copy	Acceleration	Transition	Simultaneously	Recognise	Vertical stance	
Forwards	Backwards	Possession	Apply	Respond		Volley	
Fluidity	Minimum wobble	Hopscotch	Zig-zag pattern		Expressio	Criss-	
Apart	Together	Swap	Mini-squats	nFitness components		crosses	
Roll	Rebound	Return	Lead leg		Record	Officiating.	
Bounce	Pushing	Reverse	Alternate	Monitor	Marking	Blocking	
Rolling	Catch	90 Degrees	180 degrees	Ducking	Long jump	Shot Put	
Throw	Overarm	Lunge	Continuous	Standing triple jump	Blocking	Hurdles	
Chase	Underarm	Pivot	Tuck	Stride pattern	Javelin	Umpiring	
Opposite	Partner	Long base	Counter balance	Sprinting	Batting	Compositional principles	
Direction	React	Control	Power	Outwit	Forehand	Incorporate	
Equipment	Respond	Strike	Rally	Backhand	Serve	Props	
Observe	Exercise	Circuit	Sequence	Fielding	Bowling	Technical	
Sustain	Pathways	Imaginatively	Creatively	Backstop		control	
Taking turns	Score	Audience	Benefits	Retrieving	Angels	Imagery.	
Team	Create	Perform	Motifs	Symmetry	Asymmetry	Formations	
Explore	Express	Improvisation	Choreography			Manage	
						Volley	

Rhythm	Sequence	Rackets	Curled	Bridges Mindfulness Cooperation	Training Responsibility Motivating	(tennis) Counter tensionCardio Orienteering Navigate
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