

PE Key Vocabulary Progression



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals	Run Stop Space Jump Skip Balance	Fast Hop Slow Direction Land Safely	Dodge Jog Hurdle Speed Steady Sprint	Distance Technique Control Tension Coordination Rhythm	Momentum Decelerate Transfer Accelerate Pace Stability		
Ball Skills	Run Stop Throw Roll Team Kick Catch	Far Aim Safely Direction Balance Send	Overarm Collect Target Underarm Dribble Distance	Track Receive Chest Shoulder Overhead Accurate	Release Select Control Consistently Technique Persevere		
Athletics	Push Stop Jump Space Forwards Safely Balance Backwards	Far Hop Aim Fast Slow Bend Improve Direction Travel	Sprint Jog Distance Height Take off Landing Overarm Underarm	Speed Power Strength Accurately Higher Pace Control Faster Further	Power Stamina Officiate Perseverance Determination Accuracy Personal Best	Technique Upsweep Rhythm Downsweep Flight Stride	Rotation Trajectory Continuous Pace Force Compete Momentum Transfer of Weight
Gymnastics	Move Copy Over Shape Space Rock Around Safely Sideways Forwards Backwards	Action Jump Roll Level Direction Speed Point Balance	Link Pathway Sequence Tuck Straddle Speed Star Pike	Flow Explore Create Matching Interesting Control Contrasting	Quality Perform Inverted Technique Apparatus Extension	Symmetrical Rotation Aesthetics Canon Asymmetrical Synchronisation Progression	Formation Momentum Counter Balance Fluently Counter Tension Stability
Invasion Games	Pass Term Tag Balance Safely Forwards Backwards	Defender Points Dribbling Attacker Score Partner	Received Send Teammate Chest Pass Possession Goal Dodge Bounce Pass	Receiver Footwork Rebound Tracking Interception Mark Travelling Playing Area	Outwit Opposition Opponent Contact Pivot Court Field Pitch	Tactics Control Foul Pressure Onside Offside Support Obstruction	Consecutive Formation Consistently Conceding Dictate Contest Turnover Shut down