

Vocabulary Progression in PE

KS1		LKS2		UKS2	
Dance counts, action, travel, pose, move, direction, forwards, backwards, speed, fast, slow, level, shape, balance, timing, mirror, pathway	Fitness fast, slow, balance, direction, jump, bounce, hop, speed, pace, steady, health	Dance unison, perform, timing, levels, flow, dynamics, expression, actions, reaction, represent	Football dribble, defender, attacker, control, outside, inside, possession, tackle, available	Dance levels, actions, formation, timing, expression, posture, dynamics, cannon, phrase, choreograph, structure	Football control, intercepting, possession, foul, tracking, touch, conceding
Gymnastics action, travel, balance, jump, direction, roll, point, shape, speed, fast, slow, link, sequence, tuck, pike, straddle, star	Ball Skills aim, catch, throw, roll, bounce, send, receive, overarm, underarm, dribble, target	Gymnastics direction, flow, explore, control, shape, create, matching, contrasting, sequence, technique, extension, apparatus, rotation, inverted	Tag Rugby defence, receiver, possession, attack, tag, try, score, mark, dodge, onside, offside	Gymnastics symmetrical, asymmetrical, synchronisation, extension, inverted, rotation, cannon, momentum, counter balance, counter tension	Tag Rugby defence, receiver, possession, attack, onside, offside, dictate, pressure, turnover
Striking & Fielding throw, points, target, pass, space, score, team, hit, catch, send, runs, received, batter, bowler, fielder	Team Building teamwork, lead, solve, direction, cooperate, listen, share, plan, support, communicate	Golf rules, strike, putt, drive, club, target, course, distance, least, align, putter, tee, accurately, swing, chipping	Basketball traveling, double dribble, V dribble, pivot, double dodge, rebound	Rounders strike, retrieve, fielding, batting, overtake, obstruction	Basketball traveling, set shot, double dribble, possession, foul, rebound, jump shot, tactics
Net & Wall ready position, partner, score, racket, net, underarm, space, points, receive, defend, return, collect	Yoga Balance, focus, listen, breath, focus, position, flow, pose	Cricket strike, runs, wicket, wicket keeper, fielding, batting, grip, bowl, stance, retrieve, technique, stumped	Athletics speed, accurately, power, personal best, further, faster, higher, control, strength, pace, technique, perseverance, determination, officiate	Cricket strike, wicket, wicket keeper, fielding, batting, retrieve, defensive hit, drive hit	Netball rebound, possession, attack, defend, contact, obstruction, interception, conceding
Invasion defender, dribbling, pass, attacker, space, possession, send, receive, chest pass, dodge, bounce pass	Target Games team, score, balance, throw, overarm, underarm, accurate, target, send	Tennis ready position, racket, rally, control, return, opponent, serve, forehand, backhand	Fitness fitness, speed, strength, balance, pace, control, steady, agility, stamina, muscle, coordination	Badminton backhand, forehand, backcourt, forecourt, control, ready position, return, serve, defensive, attacking	Athletics technique, force, control, trajectory, stride, momentum, flight, compete, transfer of weight, continuous pace, rhythm, upsweep, downsweep
Athletics fast, slow, jump, aim, direction, travel, balance,		Dodgeball throw, catch, possession, dodge, block, court,	OAA navigate, grid, plan, route, symbol, orientate	Tennis	Fitness agility, technique, strength, balance, control, stamina, power, record, analyse, measure

speed, jog, sprint, pace, take off, landing, swing, underarm, overarm, distance	defend, caught, attack, protect Netball footwork, receiver, pivot, attack, defence, mark, rebound, obstruction	mindfulness, down dog, control, grounded, relax Swimming crawl, breaststroke, backstroke, stroke, survival, alternate, treading water	ready position, serve, return, control, volley, forehand, backhand Volleyball control, dig, serve, return, volley, set, defensive, attack, deep Dodgeball pressure, tactics, fair play, sportsmanship	OAA orienteering, navigation, location, symbol, boundaries Yoga calm, fluidity, high lunge, connected, aware, salutation, transition
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