



## PE Vocabulary Progression

The PE vocabulary below is a list of suggested vocabulary for each year group and is to be used as a guideline to ensure progression. The list is not exhausted and can vary slightly depending on each cohort and ability.

EYFS	1	2	3	4	5	6
<b>General Games</b>	<b>General Games</b>		<b>General Games</b>		<b>General Games</b>	
Warm up	Warm up	Warm up	Keep possession	Keeping possession	Keeping possession	Keeping possession
Cool down	Cool down	Cool down	Keep the ball	Passing	Passing	Passing
Avoiding	Avoiding	Avoiding	Scoring goals	Dribbling	Dribbling	Dribbling
Tracking a ball	Tracking a ball	Tracking a ball	Keeping score	Shooting	Shooting	Shooting
Roll/Rolling	Rolling	Rolling	Making space	Shield ball	Shield ball	Shield ball
Striking	Striking	Striking	Pass/send/receive	Width	Width	Width
Underarm throw	Underarm throw	Underarm throw	Dribble/Dribbling	Depth	Depth	Depth
Overarm throw	Overarm throw	Overarm throw	Travel with a ball	Support	Support	Support
Bounce/Bouncing	Bounce/Bouncing	Bounce/Bouncing	Back up	Marking	Marking	Marking
Catching	Dribble/Dribbling	Dribble/Dribbling	Support partner	Covering	Covering	Covering
Push	Catching	Catching	Make use of space	Repossession	Repossession	Repossession
Own space	Push	Push	Points	Attackers	Attackers	Attackers
Opposite	Pass/passing	Pass/passing	Goals	Defenders	Defenders	Defenders
Team	Receive	Receive	Rules	Marking	Marking	Marking
Follow	Free space	Free space	Tactics	Team play	Team play	Team play
Aim/Aiming	Own space	Own space	Batting	Batting	Batting	Batting
Speed	Opposite	Opposite	Fielding	Fielding	Fielding	Fielding
Direction	Team	Team	Bowler	Bowler	Bowler	Bowler
Pass	Rebound	Rebound	Wicket	Wicket	Wicket	Wicket
	Follow	Follow	Tee	Tee	Tee	Tee
	Aiming	Aiming	Base	Base	Base	Base
	Speed	Speed	Boundary	Boundary	Boundary	Boundary
	Direction	Direction	Innings	Innings	Innings	Innings
	Passing	Passing	Rounder	Rounder	Rounder	Rounder
	Controlling	Controlling	Backstop	Backstop	Backstop	Backstop
	Shooting	Shooting	Court	Court	Court	Court
	Scoring	Scoring	Target	Target	Target	Target



## PE Vocabulary Progression

	Goal Defend	Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally
	<b>Basketball</b>	Basket, block, backboard, bounce, bounce pass, chest pass, dribble, shoot, tackle, defend, attack, basketball, net, backboard	<b>Basketball</b> Basket, block, backboard, bounce, bounce pass, chest pass, dribble, shoot, tackle, defend, attack, basketball, net, backboard, double dribble, foul, 2 v 1 Situation, 2 v 1 situation, overhead pass, shadowing/defending,
	<b>Tag Rugby</b>	Attack, backward pass, defender, dodge, dodger, incept, invasion, non-contact, offside, sidestep, try, tagging, w-grip	<b>Tag Rugby</b> Attack, backward pass, defender, dodge, dodger, incept, invasion, non-contact, offside, sidestep, try, tagging, w-grip
	<b>Football</b>	Ball carrier, control, cushion cool down, corner flag, dribbler, dribbling, foul, free kick, score.	<b>Football</b> Attack, backward pass, defender, dodge, corner kick, dive, foul, dribbler, dribbling, foul, free kick,



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			score, handball, offside, penalty, penalty area, strike, tackle
	<b>TriGolf</b>	putting, chipping, striking and playing	<p style="text-align: center;"><b>TriGolf</b></p> <p style="text-align: center;">putting, chipping, striking and playing</p> <p style="text-align: center;">Mid-irons required for striking and chipping activities</p> <p style="text-align: center;">Putters</p> <p style="text-align: center;">Golf balls</p> <p style="text-align: center;">Tees Ball markers</p> <p style="text-align: center;">Cones/markers Flags Putting cups</p> <p style="text-align: center;">Set up,</p> <p style="text-align: center;">Hole</p> <p style="text-align: center;">Par</p>
	<b>Hockey</b>	Dribble, flick, obstruction, push, scoop, tackle, defend, attack, hockey stick, ball, goal, Indian dribble, loose dribble, straight dribble, push pass, receiving/controlling the ball	<p style="text-align: center;"><b>Hockey</b></p> <p>Dribble, flick, obstruction, push, scoop, tackle, defend, attack, hockey stick, ball, goal, passing (Push-Sweep-Drive), dribbling (Straight-Loose-Left/Right), shoot (Flick – Slap), tackling (Block tackles), attacking (Overlaps-Lay offs), defending (Man-man marking), Block, Reverse Stick, Flat Side, Strong, dominant hand</p> <p>Feet in front of ball, Top hand is guide/follows dominant hand movement</p>
	<b>Netball</b>		<b>Netball</b>



## PE Vocabulary Progression

			Bounce pass, chest pass, centre pass, shoulder pass, overhead pass, dodge, defend, tackle		Bounce pass, chest pass, centre pass, shoulder pass, overhead pass, pivot, dodge, defend, tackle centre, obstruction, offside, two-foot landing, one foot landing, goal, goal defence, goal shooter, goal attack, goal keeper.	
		<b>Swimming</b> freestyle breaststroke, butterfly backstroke length width frog kick lap stroke				
<b>Athletics</b>  Walk Jog Throw Target Jump Run Hop Skip Fast Pass In pairs	<b>Athletics</b>  Throw High Low Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop Repeat Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Evaluate		<b>Athletics</b>  Sling Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay		<b>Athletics</b>  Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Protectory Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles	
<b>Gymnastics</b>  Forwards Backwards Sideways Bench	<b>Gymnastics</b>  place stretch push pull hop skip step spring crawl still	<b>Gymnastics</b>  In front Speed Slow fast Wide Shape Narrow Long Land	<b>Gymnastics</b>  Symmetrical Asymmetrical Combination	<b>Gymnastics</b>  90 degrees 180 degrees Leaving Approaching Balance Forwards	<b>Gymnastics</b>  Dynamics Combination Contrasting Control	<b>Gymnastics</b>  Co-operate Audience Assessment Elements Twist Obstacles Refine



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<p>Mat Table Roll Long Slow On Off Stretched Curled Tuck Body parts Tall Small Shape Hold Still Jump Hop Bounce Travel Copy</p>	<p>slowly tall long wide narrow up down forwards high low elbows bottom back around through extension roll copy pathway along jump land balance tension curved straight zig-zag shape over hang grip</p>	<p>Over Jump Off High Low Stretch Point Balance Twisted Curled Level Medium Backwards Sideways Forwards Zig zag Angular Under Through Behind Tension Copy Smooth Sequence Height</p>	<p>Evaluate Improve Stretch Refine Adapt Pathway Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under</p>	<p>Backwards Combine Rotation Against Towards Across Evaluate Improve Height Strength Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive Points Twist Turn Safety Refine Away</p>	<p>Mirroring Matching Accurately Refine Evaluate Display Asymmetry Performance Create Symmetry Refinements Assessment Suppleness Strength Cool down Warm up Muscles Joints Explore Rotation Spin Turn Shape Landing Take-off Flight</p>	<p>Aesthetically Criteria Extension Judgement Tension Inverted Judge Dynamics Combination Canon Counter-tension Counter- balance Criteria Performance Imaginative Parallel Creativity Flight Timing</p>
<p><b>Dance</b></p> <p>Travel Direction Space Feelings Body parts Directions Rhythm</p>	<p><b>Dance</b></p> <p>Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm</p>	<p><b>Dance</b></p> <p>Space Repeat Dance Phrase Improvisation Character Gesture Repetition Action and reaction Myth Legend Costume Prop Pattern</p>	<p><b>Dance</b></p> <p>Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration</p>			

- Some vocabulary is repeated to make sure it is fully embedded