

PE Vocabulary

	Reception	Year 1 Fundamentals	Year 2 Fundamentals	Year 3	Year 4	Year 5	Year 6
Gymnastics	Balance; stretch; jump; land; climb; rock and roll; roll; travel; space	<p>Standing (posture); crouch to support; forward roll to long lie; teddy bear roll; back support; rolling on back; step turn; one foot balance; stretch jump and landing:</p> <p>Hurdle step; squat on; take off; flight; travel; landing; (vault/bench)</p>	<p>Starting position and step forward (lunge); forward roll; travelling steps; arabesque; ½ turn jump; backward roll onto knees; front support; press-up; side support; back support; shoulder stand; pivot; cartwheel;</p> <p>Squat on; tuck jump; straight jump; flight on; flight off; springboard; (Vault)</p>			<p>Round off; Side scale (Y balance); Backward roll to straddle; full turn jump; consecutive cartwheels; handstand forward roll; right/left leg splits; ½ lever; bridge;</p> <p>chassis step; cat leap; japana (straddle fold);</p> <p>Squat over/ through; straddle over; flight on/flight off; trajectory; (vault)</p>	

<p style="text-align: center;">Net and Wall</p>	<p>Safely Space Throw Catch Stop Run Points Direction Score Aim Rules Partner Lose Win Hit target</p>	<p>Stop Kick Gallop Tag Underarm throw Aim Hopping Skipping Overarm throw Roll Fast Slow Underarm roll Bounce Catch</p>	<p>Throw Gallop Catch Self-feed Strike Underarm Low High Change direction Pass Move Agility Control Accuracy Tactics</p>	<p>Tennis skills: Ready position Throw Underarm Overarm Hard Soft Tennis Return Better Improve Evaluate Roll Control Low High Free space Opponents Outwit Catching Tactics Pass Rally Strike Bounce Target Forehand</p>	<p>Badminton skills: Aim Grip Badminton Shuttlecock Backhand</p>	<p>Tennis skills: In Out Volley Serve Chasse Side-step Court Target areas Score</p> <p>Badminton skills: In Out Serve Chasse Side-step Court Target areas Score</p>	<p>Tennis skills: Lob shot Drop shot Attack Defend</p> <p>Badminton skills: Drop shot Smash shot Block shot Attack Defend</p> <p>Volleyball skills: Volleyball Dig shot Underarm serve Set shot Spike shot The block</p>

<p style="text-align: center;">Fitness</p>			<p>Control, accuracy Grip target heart breathing jumping exercise leap, score</p>	<p>Balance Circuit training Control Co-ordination Direction Level (height) Lunge Sidestep Speed Travel Strength Technique Flexibility</p>	<p>Aerobic Fitness Target Energy Health Training Oxygen Improve Upper body Lower body Core Effect Performance Personal Best Exercise Sustain</p>	<p>Individual challenge Agility Repetitions Muscle groups Cardio Competition Sportsperson Workout Warm up Cool down Stamina Encouragement Stretching Teamwork Quickness Motivation</p>	<p>Heart rate Pulse Intensity Moderate Vigorous Mental health Wellbeing Physical health Muscles Safe Intensity Leading</p>
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<p style="text-align: center;">Movement</p>			<p>Wellbeing Stretch feeling</p>	<p>Movement Reclining butterfly pose Mountain pose Warrior pose Sunrise pose Triangle pose Sunset pose Washing machine pose Star pose Massage Lungs Partnership Spine Inhale Exhale Abdominals Support Ragdoll pose Warrior friends pose Double boat pose Submarine pose Huddle pose Child's pose Balance Temple Breath Co-operation</p>	<p>Strength Rotate Pelvis Upward dog pose Downward dog pose Butterfly pose Lotus pose Cow pose Cat pose Hips Calf Tree pose Aeroplane pose Bridge pose Temple Thigh Waist Cobra pose</p>	<p>Shin Runner pose Plank pose Crab pose Candle pose Bow pose Lying Butterfly pose Huddle pose</p>	<p>Core Half forward bend pose Camel pose Table pose Flag pose Diaphragm Expand Contract Visualisation</p>
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<p style="text-align: center;">Invasion Games</p>	<ul style="list-style-type: none"> Pass Team Safely Throw Kick Catch Stop Run Direction Bounce Path Dribble Score Points Land Jump Partner Aim Win Lose 	<ul style="list-style-type: none"> Stop Kick Gallop Tag Underarm throw Aim Hopping Skipping Overarm throw Roll Fast Slow Underarm roll Bounce Catch 	<ul style="list-style-type: none"> Throw Catch Tactics Underarm Low High Change direction Pass Move Agility Dodge Accuracy 	<p>Netball skills:</p> <ul style="list-style-type: none"> Invasion game Send Receive Pass Attack Tactics Feinting a pass Defend Space Move Teamwork Chest pass Bounce pass Intercept Pivot Calling Signalling Marking a player <p>Football skills:</p> <ul style="list-style-type: none"> Football Invasion game Technique Ball control Dribbling Toe taps Side to side taps Balance Direction Space Opponent Dodge Attack Defend Pass 	<p>Basketball skills:</p> <ul style="list-style-type: none"> Shoulder pass Dribble Evaluate Outwit <p>Rugby skills:</p> <ul style="list-style-type: none"> Rugby Swing pass Pitch Tag Try Sidestep Backwards Sideways Starting line Try line 	<p>Hockey skills:</p> <ul style="list-style-type: none"> Hockey Umpire Block tackle Push pass Stationary Interceptor Weave <p>Football skills:</p> <ul style="list-style-type: none"> Width Wing Body position Angle Turn Difficult ball Through ball Striker Cross 	<p>Rugby skills:</p> <ul style="list-style-type: none"> Sportsmanship Agile <p>Hockey skills:</p> <ul style="list-style-type: none"> Indian dribble <p>Netball skills:</p> <ul style="list-style-type: none"> One-handed catch Power Double-dodge Footwork Hi 5 Goal circle Goal Attack Goal Shoot Centre Goal Keep Goal Defence
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				Possession Receive Marking a player Tackling Intercept Shoot Power Accuracy Fitness Aim Goal Target Goalkeeper Endurance Strength Speed Agility			
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Dance	Action Counts Direction Finish position High Low Move Shape Quickly Slowly Space Travel Start position	Aboriginal Associate Practise Energy Movement Formation Order Counts Gestures Sequence Key movements Repetition Beginning Ending Expression Travel Jump Turn Balance	Hoedown Speed Energy Flow Jerky Moderate Strong	Japanese style Dynamics Direction Communicate Improvement Stillness Beat Contrast Formation Phrase Space Sequence	Punches Sumo Sharp Levels Portray Emotion Exaggerate Associate Adapt Body parts Expression Gesture Level Narrative Rhythm	Line dance Unison Mirroring Muscle memory Stamina Hand jive Twist Grapevine Choreography Choreographic devices Improvise Genre	Charleston Co-ordination Facial expression Scale Canon Rehearse Stimulus
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<p style="text-align: center;">Striking and Fielding</p>	Pass Team Safely Space Catch Throw Run Stop Direction Score Points Partner Jump Land Rules Aim Lose Win	Stop Kick Gallop Tag Underarm throw Aim Hopping Skipping Overarm throw Roll Fast Slow Underarm roll Bounce Catch	Throw Self-feed Strike Tactics Underarm Move Carry Control Accuracy Tactics	Cricket skills: Striking Fielding Long Barrier Stop Fielder Throwing Wicket Stumps Out Wicketkeeper Intercept Catching Bouncing Umpire Runs Teammate Overarm Power Speed Striker Stance Cricket bat Grip Tees Rounders skills: Rounders Form Throw Striking Fielding Underarm OverarmCatching Bouncing Posts	Cricket skills: Consistency Accuracy High ball Straight ball Target Aim Two-handed pick up and throw Innings Overs Rounders skills: Distance Control Accuracy Underarm bowl Good ball Technique Deep fielding Receive Tactics Backstop No Ball	Cricket skills: Distance Ready position Overarm bowl Space Attacking the ball Meeting the ball Rounders skills: Bases Stance Short barrier stop Effective Stumped out First base Second base Third base Fourth base	Cricket skills: Line Length Forward defensive stroke Cut shot Pull shot Stumped out Communication Teamwork Rounders skills: Review Backstop stance Develop Aim Awareness Accuracy Space Communication
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				Challenges Strike Static Bat Tees Self-hit Handshake grip Teammates Teamwork Out			
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<p style="text-align: center;">Athletics</p>	<p>Balance Bend Direction Fast Hop Jump Land Jog Rules Run Safe Safety Slow Space Stop Target Throw</p>	<p>Run Throw Jump Balance Catch Throw.</p>	<p>Run (knee lift) Collect Underarm throw Overarm throw Collect Starting position Push throw Obstacle</p>	<p>Pull throw Push throw Sling throw Standing long jump Control Sprint Running form Long distance Pace Relay</p>	<p>Vortex Sprint start (box/crouch) Personal best Five basic jumps</p>	<p>Javelin Shot putt Distance Stamina Discus Hop, step and jump Hurdles Endurance</p>	<p>Accuracy Triple jump with a run up Release Projectory Run up</p>
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<p style="text-align: center;">OAA</p>				<p>Outdoor Adventurous Activity (OAA) Communication Focus Memory Control point Orienteering Navigate Teamwork Problem solving Responsibility Observation Clipper/Puncher Flag</p>	<p>Setting the map Map symbols Orientate Recognition Map features Course Route</p>	<p>Map reading Competitive Key features Teamwork Similarities</p>	<p>Compass Compass point Critical thinking Strategy North East Competitive South West Retain</p>
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