

PE Vocabulary Progression

	DUCKLINGS	MINNOWS	DRAGONFLIES	FROGS	KINGFISHERS		
	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Games	Control Run Jump Hop Skip Roll Throw Catch Kick Pass Bat Aim Space Obstacles Direction Speed	Hit Strike Turn Team Teamwork Jog Sprint Pace Rules Goal	Teammate Opponent Field Tactics Possession Shoot Score Points	Dribble Competition Competitive Defend Attack Receive Travel Bowl Volley Forehand Backhand Hand-eye coordination	Accuracy Making space Position Direction Lead	Combine Technique Gain Direction of play Mark Support Team positions Fair Play Competitive Respect Role model Tournament	Advantage Disadvantage Anticipate Participation Adjustment
Gymnastics	Balance Control Body Crawl Roll Straddle Roll Slide Jump Land Climb Hang Safety Height Big Small Shape	Grip Apparatus Space Equipment Bend Stretch Strength Core Muscle Actions	Spatial Awareness Wide Narrow Link Sequence Contrast Straight Curved Wide Narrow Travel Flexibility Curl	Plan Perform Repeat Clear and Expressive Direction Level Placement and alignment Centre of gravity Organisation Inversions	Swing Refine Sequences Fluency Performance Flight	Complex Sequences Spring Vault Rotation Gestures Linking skills Hold Shapes Techniques Rehearse Upright	Well-executed Range of Movements Fluent Expressive Set pieces

Dance	Steps Travel Direction Body parts Speed Energy Balance Space Show	Routine Beat Turn Spin Kick Stamp Jump Repeat Stretch Position Audience Perform Pattern Speed	Sequence Section Action Reaction Rotate Leap Flick Levels Present Rhythm Tempo Control	Choreography Choreograph Choreographer Flex Extend Scuff Posture Formation Technique Solo Unison	Phrase Mirroring Break away Weight transference Flexibility Co-ordination Style	Canon Symmetry Structure Isolations Strut Style Variation Genre	Interpret Improvise Shadowing Lateral movement Syncopation Dynamics Swing
Athletics	Run Move Control Jump Hop Skip Throw Distance	Stamina Pace Speed Personal best Successful	Compete Style of Running Breathing	Sprint Cross Country Underarm Overarm Target Bounce Jump, Height, Distance Measure	Conserve Energy Tactics Develop Improve Technique	Hurdle Take-Off Landing Stride	Choose Pace Running technique Sustain Correct Breathing Analyse technique Competition
OAA	Spin Turn Climb Hang Balance Roll slide Explore Swing Hunt Boundary Den Choose	Ignite Extinguish fuel Saw Chop Locate Axe Loppers Secateurs Gloves Protect	Whittle Knife Tie Untie Plan Execute Explain	Self-Assess Risk Benefit Decide Improve	Individual Team Collaborate Orienteer Cave	Dynamic Manage Control Evaluate Measure Construct	Resilience Confidence Perseverance Kayak Raft Paddleboard Harness (other equipment specific language taught on residential)

Swimming			Swim Float Noodle Woggle Safety Breathing Technique Underwater Kick Pull	Unaided Stroke Control Mushroom float Star float Surface Below surface Push off	Co-ordinate Breathing Leg and Arm Stroke Submerge Front Crawl Backstroke Breaststroke		
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