



ST Helens Primary School Physical Education Vocabulary Progression

EYFS	Year 1 & 2	Year 3 & 4	Year 5 & 6
<p>Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll, ball, team, safely.</p>	<p>Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules, defence, overarm, release, catching, own space, team, speed, direction, passing, control, shoot, score.</p> <p>Gymnastics Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent, equipment, shapes, forwards, backwards, sideways, rolls, slow, body parts, jump, stretch, narrow, wide.</p> <p>Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling, music, sequence, patterns, travel, stillness, direction, space, body parts, levels, speed.</p>	<p>Games Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics, co-ordination, agility, opposition, pass, keeping score, create space send and receive, travel, points, rules, batting, fielding, bowling, defending.</p> <p>Gymnastics Adapt sequences, apparatus, criteria, strength, suppleness, performance, compare and contrast sequences, stamina, improve, stretch, push, pull, step, , leap, crawl, still, slowly, tall, long, high, low, copy, landing.</p> <p>Dance Changing speed and direction, share and create phrases, plan, repeat, remember and perform phrases, communicate,</p>	<p>Games Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy, support, marking, offside, pitch, court, pressing, pressure.</p> <p>Gymnastics Complex extended sequences, combine, perform, consistency, audience, link, vault, spring, evaluate, control, core, muscles, joints, flexibility, symmetrical, counter-balance, rotation, turn, take-off, dismount, flight.</p> <p>Dance Compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy and Consistency. Style, interpret, precise and posture, pace, timing, improvisation, reaction, motifs, technique, rhythm, Variation, unison, canon.</p>

	<p>General Copy, compare and Contrast, repeat.</p>	<p>Choreograph, unison, partner, structure, action and reaction.</p> <p>Athletics Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best, relay, combination.</p> <p>Outdoor and Adventurous Follow, route, appropriate equipment, safely, familiar context, manage risks/problems, communication, cooperate.</p> <p>Swimming Swim, unaided, basic stroke, movements, coordinate breathing, surface, safety, rescue, streamline, front crawl, breaststroke, butterfly, backstroke, kick, pull, sink, float.</p>	<p>Athletics Control, accuracy, techniques, combine, distance, compete, improve personal best, stamina, pace, communication, angle of release.</p> <p>Outdoor and Adventurous Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership.</p>
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