PE Vocabulary

Year Group	Sport/Activity	Vocabulary
Year 1	Gymnastics	• **Stretch** • **Travel** • **Roll** (log/pencil or egg) • **Balance** *(5 Patch balances: Back, Front, Shoulder, Side, Bottom)* • **Jump** *(straight or shape)* • **Gymnastic shapes** *(Tuck, Pike, Straddle, Star, Dish & Arch)* • **Equipment/Apparatus** *(ball, hoop, beam, table, mat)* • **Sequence** • **Performance**
	Invasion Games	• **Attack** • **Defend** • **Shoot/ Hit / Throw** • **Catch** • **Travel** • **Pass** • **Receive** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** (forwards, backwards, sideways) • **Space (**near, far, in and out, on the spot, own • **Sequence** (beginning, middle, end) • **Moods** and **feelings** (expressive qualities) (jolly, stormy) • **Nature of movement** (dynamic qualities) (fast, strong, gentle) • **Balance** • **Coordination**
	Co-operation games	• **Teamwork / team building** • **Communication / talking** • **Trust** • **Problems / problem solving** • **Solutions** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Rhythmic dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** (forwards, backwards, sideways) • **Space (**near, far, in and out, on the spot, own • **Sequence** (beginning, middle, end) • **Moods** and **feelings** (expressive qualities) (jolly, stormy) • **Nature of movement** (dynamic qualities) (fast, strong, gentle) • **Equipment → balls, hoops, ribbons**
	Chasing and fleeing	• **Tag / IT** • **Tactics** • **Evading opponents** • **Reaching opponents** • **Trapping** • **Sending/reacting to misleading signals**

PE Vocabulary

		• **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Target Games	• **Score** • **Shoot/ Hit / Throw** • **Judging distance** • **Protect the shot** • **Prevent the points / goals** • **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Net and Wall Games	• **Shoot/ Hit / Throw** • **Attack** • **Over the net** • **Create space on offence** • **Reduce space on offence** • **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	OAA *Outdoor Adventurous Activities*	• **Orienteering** (positional language) • **Map skills** (compass, symbols) • **Communication** • **Confidence / Self-esteem** • **Strength / Agility** • **Balance / Coordination** • **Personal barriers** • **Perseverance** • **Determination** • **Risk-taking**
	Striking and Fielding	• **Batting** • **Fielding** • **Defending** • **Attacking** • **Teams** • **Bowl / Throw** • **Backstop** • **Catch** • **Run** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Personal Challenges	• **Resilience** • **Various Techniques** • **Effectiveness** • **Personal Best (PB)**
	Athletics	• **Run, Jump, Throw** • **Speed** • **Height** • **Distance** • **Accuracy** • **Fitness, Health/Wellbeing** • **Equipment** – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.
Year 2	Gymnastics	• **Stretch / Flexibility** • **Travel** • **Roll** (log/pencil or egg)

PE Vocabulary

		• **Patch Balance** *(Back, Front, Shoulder, Side, Bottom)* • **Point Balance** *(hands, feet, elbows, knees & head)* • **Jump** *(straight or shape)* • **Gymnastic shapes** *(Tuck, Pike, Straddle, Star, Dish & Arch)* • **Equipment/Apparatus** *(ball, hoop, beam, table, mat)* • **Sequence** • **Performance**
	Invasion Games	• **Attack** • **Defend** • **Shoot/ Hit / Throw** • **Catch** • **Travel** • **Pass** • **Receive** • **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** *(forwards, backwards, sideways)* • **Space (**near, far, in and out, on the spot, own • **Sequence** *(beginning, middle, end)* • **Moods** and **feelings** *(expressive qualities)* *(jolly, stormy)* • **Nature of movement** *(dynamic qualities)* *(fast, strong, gentle)*
	Cooperation games	• **Teamwork / team building** • **Communication / talking** • **Trust** • **Problems / problem solving** • **Solutions** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Rhythmic gym/dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** *(forwards, backwards, sideways)* • **Space (**near, far, in and out, on the spot, own • **Sequence** *(beginning, middle, end)* • **Moods** and **feelings** *(expressive qualities)* *(jolly, stormy)* • **Nature of movement** *(dynamic qualities)* *(fast, strong, gentle)* • **Equipment → balls, hoops, ribbons**
	Chasing and Fleeing	• **Tag / IT** • **Tactics** • **Evading opponents** • **Reaching opponents** • **Trapping** • **Sending/reacting to misleading signals** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*

PE Vocabulary

	Target Games	• **Score** • **Shoot/ Hit / Throw** • **Judging distance** • **Protect the shot** • **Prevent the points / goals** • **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Net and Wall games	• **Shoot/ Hit / Throw** • **Attack** • **Over the net** • **Create space on offence** • **Reduce space on offence** • **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	OAA *Outdoor Adventurous Activities*	• **Orienteering** (positional language) • **Map skills** (compass, symbols) • **Communication** • **Confidence / Self-esteem** • **Strength / Agility** • **Balance / Coordination** • **Personal barriers** • **Perseverance** • **Determination** • **Risk-taking**
	Striking and Fielding	• **Batting** • **Fielding** • **Defending** • **Attacking** • **Teams** • **Bowl / Throw** • **Backstop** • **Catch** • **Run** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Personal Challenges	• **Resilience** • **Beat your previous goal** • **Various Techniques** • **Effectiveness** • **Personal Best (PB)**
	Athletics	• **Run, Jump, Throw** • **Speed** • **Height** • **Distance** • **Accuracy** • **Fitness, Health/Wellbeing** • **Equipment** – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.
Year 3	Gymnastics	• **Stretch / Flexibility** • **Travel** *(2→1 foot leap & cat leap)* • **Roll** (log/pencil, egg & shoulder roll) • **Patch Balance** *(Back, Front, Shoulder, Side & Bottom)*

PE Vocabulary

		• **Point Balance** *(hands, feet, elbows, knees, head & arabesque)* • **Jump** *(straight, shape, hop & leap)* • **Gymnastic shapes** *(Tuck, Pike, Straddle, Star, Dish & Arch)* • **Equipment/Apparatus** *(ball, hoop, beam, table, mat)* • **Sequence** • **Performance**
	Invasion Games	• **Attack** • **Defend** *(opponents)* • **Shoot** / **Hit** / **Throw** accurately • **Travel** *(and remain in control of the ball)* • **Pass** / **send** • **Catch** / **Receive** • **Tactics** • **Possession** *(adapt techniques to keep it)* • **Evaluate** performance to improve • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** *(forwards, backwards, sideways)* • **Space** (near, far, in and out, on the spot, own • **Sequence** *(beginning, middle, end)* • **Moods** and **feelings** *(expressive qualities)* *(jolly, stormy)* • **Nature of movement** *(dynamic qualities)* *(fast, strong, gentle)*
	Cooperation Games	• **Teamwork / team building** • **Communication / talking** • **Trust** • **Problems / problem solving** • **Solutions** • **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Cheerleading	• **Routines** • **Jump** • **Dismount** • **High V, Low V** • **Ready position** • **Pom-Poms / Ribbons** • **Gymnastic shapes – Tuck/Straddle**
	Chasing and Fleeing	• **Tag / IT** • **Tactics** • **Evading opponents** • **Reaching opponents** • **Trapping** • **Sending/reacting to misleading signals** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Target Games	• **Score** • **Shoot/ Hit / Throw** • **Judging distance** • **Protect the shot** • **Prevent the points / goals**

PE Vocabulary

		• **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Net and Wall	• **Shoot/Hit/Throw/Serve** • **Attack** • **Over the net** • **Create space on offence** • **Reduce space on offence** • **Tactics** • **Rally** • **Drop shot** • **Umpire** • **Volley** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	OAA *Outdoor Adventurous Activities*	• **Orienteering** (positional language) • **Map skills** (compass, symbols, contours) • **Communication** • **Confidence / Self-esteem** • **Strength / Agility** • **Balance / Coordination** • **Personal barriers** • **Perseverance** • **Determination** • **Risk-taking**
	Striking and Fielding	• **Batting** • **Fielding** • **Defending** • **Attacking** • **Teams** • **Bowl / Throw** • **Backstop** • **Catch** • **Run** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Personal Challenges	• **Resilience** • **Beat your previous goal** • **Various Techniques** • **Competence** • **Skills & Strategy** • **Effectiveness** • **Personal Best (PB)**
	Athletics	• **Run, Jump, Throw** • **Speed** • **Height** • **Distance** • **Accuracy** • **Fitness, Health/Wellbeing** • **Equipment** – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.
Year 4	Gymnastics	• **Stretch / Flexibility** • **Travel** *(Stag leap, scissor leap, cat leap & backwards)*

PE Vocabulary

		• **Roll** (log/pencil, egg, shoulder & teddy bear roll) • **Patch Balance** *(Back, Front, Shoulder, Side, Bottom, symmetrical & asymmetrical)* • **Point Balance** *(hands, feet, elbows, knees, head & arabesque)* • **Jump** *(straight jump, shape jump- star/tuck/stretch, jump ¼ turn and jump ½ turn)* • **Gymnastic shapes** *(Tuck, Pike, Straddle, Star, Dish & Arch)* • • **Equipment/Apparatus** *(ball, hoop, beam, table, mat)* • **Sequence** • **Performance**
	Invasion Games	• **Attack** *(mark)* • **Defend** *(opponents)* • **Shoot** / **Hit** / **Throw** accurately *(in a variety of ways)* • **Travel** *(changing speed, direction and remaining in control of the ball)* • **Pass** / **send** • **Catch / Receive** • **Tactics** *(suggest what they need to practice to enjoy or develop the game)* • **Possession** *(adapt techniques to keep it)* • **Evaluate** performance to improve • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** (forwards, backwards, sideways) • **Space (**near, far, in and out, on the spot, own • **Sequence** (beginning, middle, end) • **Moods** and **feelings** (expressive qualities) (jolly, stormy) • **Nature of movement** (dynamic qualities) (fast, strong, gentle)
	Cooperation Games	• **Teamwork / team building** • **Communication / talking** • **Trust** • **Problems / problem solving** • **Solutions**
	Yoga	• **Flexibility** • **Agility** • **Co-ordination** • **Poses** *(poster → crab, dolphin, hero, flamingo)* • **Calm/Tranquil relaxation** • **Inhale/Exhale**
	Chasing and Fleeing	• **Tag / IT** • **Tactics** • **Evading opponents** • **Reaching opponents** • **Trapping** • **Sending/reacting to misleading signals** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*

PE Vocabulary

	Target games	• **Score** • **Shoot/ Hit / Throw** • **Judging distance** • **Protect the shot** • **Prevent the points / goals** • **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Net and Wall	• **Shoot/Hit/Throw/Serve** • **Attack** • **Over the net** • **Create space on offence** • **Reduce space on offence** • **Tactics** • **Rally** • **Drop shot** • **Umpire** • **Volley** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Swimming	• **Strokes** (freestyle, front crawl, back crawl, butterfly, breast stroke) • **Dolphin technique** • **Body Position** *(hips & legs high so chn are streamlined and the body has increased resistance)* • **Breathing** • **Deep water** • **Water safety** • **Confidence** • **Forward rolls / Backward roll**
	Striking and Fielding	• **Batting** • **Fielding** • **Defending** • **Attacking** • **Teams** • **Bowl / Throw** • **Backstop** • **Catch** • **Run** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Athletics	• **Run, Jump, Throw** • **Speed** • **Height** • **Distance** • **Accuracy** • **Fitness, Health/Wellbeing** • **Equipment** – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.
Year 5	Gymnastics	• **Stretch / Flexibility** • **Travel** *(Spinning on point, Spinning with travel & cartwheel)* • **Roll** (log/pencil, egg, shoulder, teddy bear roll & forward roll) • **Balance** *(point, patch, mirror and match & counter balance)*

PE Vocabulary

		Jump *(straight jump, shape jump-star/tuck/stretch, jump ¼ turn, jump ½ turn, hopscotch & compass)* **Gymnastic shapes** *(Tuck, Pike, Straddle, Star, Dish & Arch)* **Equipment/Apparatus** *(ball, hoop, beam, table, mat)* **Sequence** **Performance**
	Football	**Attack** **Defend / Defender** **Possession** **Centre pass** **Dribble** **Corner / Goal Kick** **Formation** **Foul / Penalty** **Hand ball**
	Dance	**Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* **Direction** (forwards, backwards, sideways) **Space (**near, far, in and out, on the spot, own **Sequence** (beginning, middle, end) **Moods** and **feelings** (expressive qualities) (jolly, stormy) **Nature of movement** (dynamic qualities) (fast, strong, gentle)
	Hockey	**Hockey stick** (flat side) *(Lifted no higher than shoulder height)* **Pitch** **Team** **Hit/Pass/Push/Dribble** **Attackers / Defenders / Midfielders** **Goal / Shoot** **Obstruction**
	Strictly	**Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* **Direction** (forwards, backwards, sideways) **Space (**near, far, in and out, on the spot, own **Sequence** (beginning, middle, end) **Moods** and **feelings** (expressive qualities) (jolly, stormy) **Nature of movement** (dynamic qualities) (fast, strong, gentle) **Equipment → balls, hoops, ribbons**
	Rugby (TAG)	**Tag** (removal of the Velcro tag belt) **Goal line** **Touchline** **Scoring a try** **Free pass** **Pass back** **Knock on** **Offside**
	Target Games	**Shoot/ Hit / Throw** **Judging distance** **Protect the shot** **Prevent the points / goals**

PE Vocabulary

		• **Tactics** • **Space, Time / Task, Equipment, People** (STEP MODEL – Differentiation)
	Netball	• **High-Five** • **Attack** • **Defence** • **Shoot / Shot** • **Positions** (GK, GD, GS, GA, WD, WA, C) • **Off-side** • **Center Circle** • **3-feet distance** • **Footwork**
	OAA *Outdoor Adventurous Activities*	• **Orienteering** (positional language) • **Map skills** (compass, symbols, contours) • **Communication** • **Confidence / Self-esteem** • **Strength / Agility** • **Balance / Coordination** • **Personal barriers** • **Perseverance** • **Determination** • **Risk-taking**
	Kwik Cricket	• **Bats & Balls** • **Stumps / Wickets** • **Fielders** • **Bowler & Batters** • **Underarm throw (10m)** • **Scores / Runs**
	Personal Challenges	• **Resilience** • **Beat your previous goal** • **Various Techniques** • **Competence** • **Skills & Strategy** • **Effectiveness** • **Personal Best (PB)**
	Athletics	• **Run, Jump, Throw** • **Speed** • **Height** • **Distance** • **Accuracy** • **Fitness, Health/Wellbeing** • **Equipment** – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.
Year 6	Gymnastics	• **Stretch / Flexibility** • **Travel** (*Stepping sideways, spinning on point, spinning with travel, 2→1 foot leap, cat leap, scissor leap, stag leap & backwards*) • **Roll** (log/pencil, egg, shoulder, teddy bear roll & forward roll) • **Balance** (*point, patch, mirror and match & counter balance*) • **Jump** (*straight jump, shape jump- star/tuck/stretch, jump ¼ turn, jump ½ turn, hopscotch & compass*)

PE Vocabulary

		• **Gymnastic shapes** *(Tuck, Pike, Straddle, Star, Dish & Arch)* • **Equipment/Apparatus** *(ball, hoop, beam, table, mat)* • **Sequence** • **Performance**
	Football	• **Attack** • **Defend / Defender** • **Possession** • **Centre pass** • **Dribble** • **Corner / Goal Kick** • **Formation** • **Foul / Penalty** • **Hand ball**
	Dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** (forwards, backwards, sideways) • **Space (**near, far, in and out, on the spot, own • **Sequence** (beginning, middle, end) • **Moods** and **feelings** (expressive qualities) (jolly, stormy) • **Nature of movement** (dynamic qualities) (fast, strong, gentle) • **Agility / Agile** • **Fitness** • **Balance / Coordination**
	Hockey	• **Hockey stick** (flat side) *(Lifted no higher than shoulder height)* • **Pitch** • **Team** • **Hit/Pass/Push/Dribble** • **Attackers / Defenders / Midfielders** • **Goal / Shoot** • **Obstruction**
	Sport Theme Dance	• **Travel** and **Stillness** *(gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)* • **Direction** (forwards, backwards, sideways) • **Space (**near, far, in and out, on the spot, own • **Sequence** (beginning, middle, end) • **Moods** and **feelings** (expressive qualities) (jolly, stormy) • **Nature of movement** (dynamic qualities) (fast, strong, gentle) • **Equipment → balls, hoops, ribbons**
	Rugby (TAG)	• **Tag** (removal of the Velcro tag belt) • **Goal line** • **Touchline** • **Scoring a try** • **Free pass** • **Pass back** • **Knock on** • **Offside**
	Target Games	• **Shoot/ Hit / Throw** • **Judging distance** • **Protect the shot** • **Prevent the points / goals**

PE Vocabulary

		• **Tactics** • **Space, Time / Task, Equipment, People** *(STEP MODEL – Differentiation)*
	Netball	• **High-Five** • **Attack** • **Defence** • **Shoot / Shot** • **Positions** (GK, GD, GS, GA, WD, WA, C) • **Off-side** • **Center Circle** • **3-feet distance** • **Footwork**
	Swimming/OAA *Outdoor Adventurous Activities*	• **Orienteering** (positional language) • **Map skills** (compass, symbols, contours, grid reference, coordinates) • **Communication** • **Confidence / Self-esteem** • **Strength / Agility** • **Balance / Coordination** • **Personal barriers** • **Perseverance** • **Determination** • **Risk-taking**
	Kwik Cricket	• **Bats & Balls** • **Stumps / Wickets** • **Fielders** • **Bowler & Batters** • **Underarm throw (10m)** • **Scores / Runs**
	Personal Challenges	• **Resilience** • **Beat your previous goal** • **Various Techniques** • **Competence** • **Skills & Strategy** • **Effectiveness** • **Personal Best (PB)**
	Athletics	• **Run, Jump, Throw** • **Speed** • **Height** • **Distance** • **Accuracy** • **Fitness, Health/Wellbeing** • **Equipment** – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.