

Physical Education Vocabulary Progression Document

EYFS		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Independence	Resilience	All of previous plus: Cooperative Fluently Competently Control Receiving Aiming Flexibility Evaluate Tactics Defending Tackling Dodging Acceleration Possession Hopscotch Swap Return Reverse 90 Degrees Lunge Pivot Long base Control Strike Circuit Imaginatively Audience Perform Improvisation Rackets	Combine	All of previous plus: Strokes (swimming) Effectively Self-rescue. Ankle extensions. Areas of improvement Adjusting Body tension Support position Tucked jump. Simultaneously Respond Fitness components Monitor Ducking Standing triple jump Stride pattern Sprinting Outwit Backhand Fielding Backstop Retrieving Symmetry Bridges Mindfulness Cooperation	Adapting Basic principles Criteria Transfer Short base. Recognise Expression Record Marking Long jump Blocking Javelin Batting Forehand Serve Bowling Angels Asymmetry Training Responsibility Motivating	All of previous plus: Strokes (swimming) Effectively Self-rescue. Distance Applied force 360 degrees Curved pathway Lateral step-over Vertical stance Volley Criss-crosses Officiating. Blocking Shot Put Hurdles Umpiring Compositional principles Incorporate Props Technical control Imagery. Formations Manage Volley (tennis) Counter tension Cardio Orienteering Navigate	
Perseverance	Challenge		Confidently				
Rules	Space		Collaboratively				
Obstacles	Safely		Passing				
Balance	Coordination		Shooting				
Walking	Side-step		Accuracy				
Running	Jumping		Technique				
Dancing	Hopping		Compare				
Skipping	Gallop		Attacking				
Climbing	Marching		Kicking (passing)				
Dribbling	Opponents		Tagging				
Stance	Point		Relay				
Support	Lean		Transition				
Body part names.	Copy		Apply				
Forwards	Backwards		Zig-zag pattern				
Fluidity	Minimum wobble		Mini-squats				
Apart	Together		Lead leg				
Roll	Rebound		Alternate				
Bounce	Pushing		180 degrees				
Rolling	Catch		Continuous				
Throw	Overarm		Tuck				
Chase	Underarm		Counter balance				
Opposite	Partner	Power					
Direction	React	Rally					
Equipment	Respond	Sequence					
Observe	Exercise	Creatively					
Sustain	Pathways	Benefits					
Taking turns	Score	Motifs					
Team	Create	Choreography					
Explore	Express	Curl					
Rhythm	Sequence						

Great Ellingham and Rocklands Primary Schools



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High Over Apparatus Wellbeing	Low Under Health	Wide Linking Matching Teamwork	Narrow Mirroring Team building Strategy				