



Vocabulary Progression – PE



	EYFS	KS1	LKS2	UKS2
Dance	Move Dance Shake Turn Space Roll Slide	Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm	Space Repeat Dance Phrase Improvisation Character Gesture Repetition Action and reaction Myth Legend Costume Prop Pattern	Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration
Gymnastics	Forwards Backwards Sideways Bench Mat Table Roll Long Slow On Off Stretched Curled Tuck Body parts Tall Small Shape Hold Still Jump Hop Bounce Travel Copy	Place Stretch Push Pull Hop Skip Step Spring Crawl Still Tall Long Up Down High Low Elbows Bottom Back Around Extension Roll Copy Pathway Along Jump Land Curled Tension Curved Straight Zig-zag Shape Hang Grip In front Behind Speed Slow Fast Wide Shape Narrow Off Stretch Point Balance Twisted Curled Level Medium Backwards Sideways Forwards Angular Under Over Through Tension Copy Smooth Sequence Height	Flow Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Pathway Contrasting Curled Stretched Inverted Jump Land Over Under 90 degrees 180 degrees Leaving Approaching Balance Forwards Backwards Combine Rotation Against Towards Across Height Strength Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive Points Twist Turn Safety Away Dynamics Combination Contrasting Control Mirroring Matching Accurately Refine Evaluate Display Asymmetry Performance Create Symmetry Refinements Assessment Suppleness Strength Cool down Warm up Muscles Joints Explore Rotation Spin Turn Shape Landing Take-off Flight Co-operate Audience Assessment Elements Twist Obstacles Aesthetically Criteria Extension Judgement Tension Inverted Judge Canon Counter-tension Counter-balance Criteria Performance Imaginative Parallel Creativity Timing	

Athletics	Walk Jog Throw Catch Higher Lower Target Jump Run Hop Skip Fast Pass In pairs	Throw High Low Skip Aim Fast Slow Safely Step Bounce	Jump Leap Hop Repeat Run Target Overarm Underarm Walking	Jogging Accelerate Baton Relay Push Take off Landing Evaluate Improve	Sling Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg	Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Control	Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay	Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles	Throwing Speed Accuracy Take off Stamina Time Projectory Release Performance Accuracy	Take off Distance Target Time Position Measure Control Height Run up Hurdles
Games	Run Jump Throw Quick/Fast Slow Faster Longer Roll Target Catch Higher Lower	Avoiding Tracking a ball Rolling Striking Overarm throw Bouncing Catching Free space Own space Opposite	Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring	Keep possession Keep the ball Scoring goals Keeping score Making space Pass/send/receive Dribble Travel with a ball Back up Support partner Make use of space Points Goals Rules	Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target	Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	Keeping possession Passing Dribbling Shooting Shield ball Width Depth Support Marking Covering Repossession Attackers Defenders Marking	Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target	Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	
Outdoor Adventurous Activities				Space Around Over Under Through Team Instructions Follow	Challenge Resilience Map Diagram Environment Safely Plan Trail	Equipment Route Strategy Scenario Orientate Symbols Co-operate Responsibility	Assess Assessment Route Strategy Scenario Orientate Orientation	Check Point Implement Refine Stamina Compass Control Point Pace		

Swimming			Splash Water Swim Kick Jump Front Crawl Stroke Breast Stroke Back stroke Butterfly	Dive Length Width Metre Rhythm Sink Float Deep Glide Rotate	Shallow Tuck Breath Straddle Surface Tumble-turn Tread water Depth Scull Submerge	
----------	--	--	---	--	--	--