

Wray with Botton Primary School - PE Vocabulary Progression

	KS1	LKS2	UKS2
	Year 1-2	Year 3-4	Year 5-6
Gymnastics	<ul style="list-style-type: none"> ● Stretch ● Forwards /Backwards ● Begin to explore levels ● sideways ● Roll ● Slow ● Balance (various) ● Jump ● Shape ● Body parts ● Wide /narrow ● Equipment/Apparatus ● Simple sequences 	<ul style="list-style-type: none"> ● Stretch ● Travel ● Understand levels ● Pull ● Push ● Spring ● Step ● Slow ● Still ● Long ● Tall ● Wide ● High ● Low ● Roll ● Body part Balance ● Body control ● Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch) ● Apparatus ● Sequence ● Direction 	<ul style="list-style-type: none"> ● Flexibility ● Secured Travel ● Secured use of Levels ● Speed ● Muscles ● Joints ● Rotation ● Landing ● Take off ● Performance ● Evaluation ● Partner Balances ● Point balances ● Routines ● Symmetrical/ Asymmetrical ● Inversion ● Roll (stretch, tuck, straddle & forward roll) ● Linking Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch)
Games/Athletics	<ul style="list-style-type: none"> ● Hitting ● Catching ● Own space ● Running ● Throwing ● Rolling ● Bouncing ● Stopping ● Speed ● Fast ● Slow ● Aim ● Evading 	<ul style="list-style-type: none"> ● Striking ● Fielding ● Spatial awareness ● Sprinting ● Jogging ● Attacking individually ● Defending individually ● Shoot / Throw accurately (in a variety of ways) ● Directional change ● Accuracy ● Send /Receive ● Tactics (suggest what they need to practice to enjoy or develop the game) 	<ul style="list-style-type: none"> ● Attacking a team ● Defending as team ● Possession ● Passing ● Dribbling ● Shooting ● Supporting ● Marking ● Formations ● Tactics ● Strategies ● Cooperation ● Self-officiating

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	<ul style="list-style-type: none"> ● Avoid ● Dodge ● Tag ● Stop ● Start ● Kicking ● Watching ● Being aware ● Control 	<ul style="list-style-type: none"> ● Possession (adapt techniques to keep it) ● Self Evaluate performance to improve ● Observe ● Rules 	<ul style="list-style-type: none"> ● Out whit ● Dummy ● Score ● Peer evaluation ● Team work ● Disguise ● Off the ball movement ● Technique ● Judgement ● Communication ● Decision making ● Score keeping
Dance	<ul style="list-style-type: none"> ● Forwards/Backwards ● Travel ● Stillness ● Space ● Begin to understand sequence ● Feelings ● Jump ● Warm up ● Cool down ● Fast ● Slow 	<ul style="list-style-type: none"> ● Travel and Stillness combined ● Sideways/Forwards/Backwards ● High ● Middle ● Low ● Cannon ● Unison ● Eye contact ● Spatial awareness (near, far, in and out, on the spot, own, group) ● Sequence (beginning, middle, end) ● Moods and feelings (expressive qualities, jolly, stormy, excited, angry) ● Dynamics ● Sharp ● Smooth ● Solo ● Duet ● Self assessment 	<ul style="list-style-type: none"> ● Exploration ● Rhythm ● Direction ● Contrasts ● Creating solo and group sequences ● Improvisation ● Fluidity ● Secured Unison ● Secured Cannon ● Timing ● Peripheral vision ● Using moods and feelings within sequence ● Patterns and lines ● Symmetry and asymmetry ● Formation ● Nature of movement (dynamic qualities) (fast, strong, gentle) ● Agility / Agile ● Fitness ● Balance Coordination ● Peer assessment