

Key Vocabulary Physical Education

Reception

Dance	Travel Middle Levels	Stillness End Directions	Direction Feelings Pathways	Space Body Speed	Beginning parts Rhythm
Athletics	Walk Run In Pairs	Jog Hop	Throw Skip	Target Fast	Jump Pass
Gymnastics	Forwards Table Off Curled Small Hop	Backwards Roll Stretched Tuck Shape Bounce	Sideways Long Body Hold Travel	Bench Slow parts Still	Mat On Tall Jump
Games	Rolling	Passing	throw	Bouncing	Catching

Year 1 & 2

Dance	Space Character Myth	Repeat Gesture Legend	Dance Repetition Costume	Phrase Action and reaction Prop	Improvisation Pattern
Athletics	Throw Fast Jump Target Accelerate Landing	High Slow Leap Overarm Baton Evaluate	Low Safely Hop Underarm Relay Adventure	Skip Step Repeat Walking Push	Aim Bounce Run Jogging Take off
Gymnastics	Forwards Table Off parts Still Copy	Backwards Roll Stretched Tall Jump	Sideways Long Curled Small Hop	Bench Slow Tuck Shape Bounce	Mat On Body Hold Travel
Games	Avoiding throw Own Follow Controlling	Tracking a ball Bouncing space Aiming Shooting	Rolling Catching Opposite Speed Scoring	Striking Free Team Direction	Overarm space Rebound Passing

Year 3 & 4

Dance	Space Character Prop	Repeat Gesture Pattern	Dance Repetition	Phrase Action and re	Improvisation Costume	Myth Legend
Athletics	Sling Accuracy Measure rate Stamina pace	Pull Height Underarm Jogging Obstacles Preferred landing foot	Distance Record Overarm Walk Stance Relay	Sprint Joints Heart Hurdles Diagonal Relay	Steady Rhythm beat Landing leg Approach	Time Leading Pulse Control Speed
Gymnastics	90 degrees Backwards Explosive Evaluate Contrasting Jump	180 degrees Combine Gymnastics Improve Curled Land	Leaving Rotation Vocabulary Stretch Stretched Over	Approaching Against Symmetrical Refine Suppleness Under	Balance Towards Asymmetrical Adapt Strength	Forwards Flow Combination Pathway Inverted
Games	Keep Possesi Dribble Goals	Keep the ball Travel with a Rules	Scoring goals Back up Tactics	Keeping scor Support part Batting	Making Spac Make use of Fielding	Pass/send/re Points Bowler

Year 5 & 6

Dance	style Improvisation	Technique Unison	Formation	Pattern	Rhythm	Variation
Athletics	Sprint Pacing Speed Release Position	Team Rhythm Accuracy Performance Measure	Distance Obstacles Take off Accuracy Control	Measure Leading leg Stamina Distance Height	Height Hurdles Time Target Run up	Target Throwing Projectory Time Hurdles
Gymnastics	Turn Refine Contrasting Evaluate Symmetry Warm up	Shape Aesthetically Control Display Refinements Muscles	Landing Criteria Mirroring Adventure Assessment Joints	Take-off Extension Matching Asymmetry Suppleness Explore	Flight Dynamics Accurately Performance Strength Rotation	Obstacles Combination Refine Create Cool down Spin
Games	Keeping poss Width Attackers Fielding	Passing Depth Defenders	Dribbling Support Marking	Shooting Marking Team	Shield Covering play	ball Repossessor Batting

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