



PE Vocabulary Progression Youlgrave All Saints' C of E Primary- in progress LT

Vocabulary from each year group will be revisited and reinforced as children progress through school.

	EYFS	Class 1 Year 1/2	Class 2 Year 3/4	Class 3 Year 5/6
Games	own space stop/start take off & landing change direction roll throw catch push/pull bat/hand pad quoit target warm-up/cool down	multi skills aim/target co-ordination control obstacle relay speed-sprint, jog rules fielding scoring strike racket underarm overarm send/receive Points of praise & improvement	accuracy agility control communication dribble dodge observe attack/defend invade dribble pass receive pace relax support competition retrieve zone soft hands Short tennis backhand/forehand rally Kwik cricket stump/wickets Self-evaluate	collaboration footwork intercept orientate names of positions (e.g. Goal Defence) non-contact passes (for different sports) pivot point competition handover tournament tactics opponent outwit Shots (Overhead/Drop serve/Volley) baton carousel Self & Peer-evaluate Personal Best (PBs)

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Gymnastics</p>	<p>travel stretch balance roll jump (straight, star) body shapes (long & straight, wide, curled, twisted) direction (forwards/backwards/sideways) apparatus sequence</p>	<p>direction (forward, backwards, sideways) levels (high, mid-level, low) link (join up) sequence (beginning/middle/end) apparatus balance dish arch body shapes (long & straight, wide, curled, twisted) travelling (different body parts) fast/slow Points of praise/improvement</p>	<p>Direction-diagonal control core strength symmetry asymmetry arch bridging tension extend contract tuck, pike, straddle transition point of balance Self-evaluate</p>	<p>counterbalance/counter tension dynamic-changes in speed points of balance rotation technique flexibility unison canon elongate Self & Peer-evaluation</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Dance</p>	<p>travel forwards/Backwards fast/slow high/low be still/balance show/perform</p>	<p>beat gesture space perform leap performance Points of praise/improvement</p>	<p>motif canon unison direction flow formation performance pivot dynamics expression posture collaboration control dynamics emotion Self-evaluate solo/duet</p>	<p>choreograph audience repetition fluidity match mirror patterns & lines phrasing rhythm sequence variation emotive Peer-evaluation</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Values /Health</p>	<p>safety healthy celebrate proud friendship kindness</p>	<p>Physically active determination courage awareness challenge co-operate communicate Team muscles</p>	<p>honesty resilience lifelong confidence respect inspire reflect Self-esteem hydration/dehydration muscles/joints</p>	<p>integrity acknowledge accountable competitive equality excellence accomplish collaborate leadership Sportspersonship</p>

We CARE

Welcoming all Community Achievement Respect Encouragement

