Kingsfield First School



Subject Specific Vocabulary for P.E.



EYFS & KS1 P.E. Vocabulary

	Gymnastics	Dance	Games
Nursery	Sliding, Shuffling, Rolling, Crawling, Walking, High, Low, Climbing, Balance, Stretch, Lines, circles	Sliding, Roll, Crawl Feelings, Happy, Sad, Rhythm, Beat, Move, Copy Forwards, Backwards Quick, Slow, High, Low	Slow, Fast, Shuffling, Rolling, Crawling, Walking, Running, Jumping, Skipping, Throw, Catch, Slow, Fast
Reception	Straight, Pike, Tuck, Straddle, Star, Shape, Curl, Position, Body parts, Travel, Slither, Gallop, Shuffle, Roll, crawl Balance, Lines, Circles, Body Parts	Travelling - slither, gallop, shuffle, roll, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after. Direction – forwards, backwards, sideways Feeling - happy, excited, sad Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above. Beat, Rhythm	Walking, Running, Throwing, Fast slow, Catching, Rolling, Space, Pushing, Patting, Kicking, Bounce, Control, Co-ordination, Bounce, Body parts, Slithering, Shuffling, Crawling, Jumping, Skipping, Sliding, Large, Small
Year 1	Stretch, Balance, Tension, Zig-zag, Travelling, Rolls – teddy bear, log roll, Climbing, Repeat, Sequence, Space, Perform, Adapt, Direction, Speed, Sequence Levels – high, low Shapes – straight, star, straddle, tuck, I shape, Jump, Landing, Like, Dislike, Improve, Arm up, Cool down, Like, Dislike, Improve Health and fitness – warm up/ cool down	Movement, Pattern, Rhythm, Steps, Stimuli Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Co-ordination, Copy, Like, Dislike, Improve Health and fitness – warm up/ cool down	Running, Jumping, Skipping, Galloping, Direction, Forwards, Backwards, Sideways Throwing, Underarm, Overarm, Chest, Bounce, Pass, Receive, Control, Position, Space, Opposite team, Co-ordination, Participate, Team, Score, Like, Dislike, Improve, Warm up, Cool down Health and fitness – warm up/ cool down
Year 2	Speed, Compose, Movements, Position, Extend,	Movement, Pattern, Rhythm, Steps, Stimuli	Avoiding, Accuracy, Rolling, Striking, Under arm, Overarm

Travel, Combinations, Demonstrate, Repeat, Create, Stretch, Point, Balance – one foot, Level, Tension, Smooth, Sequence, Control, Pathways, Rolls - teddy bear roll, log roll, egg roll, rock on back, pencil roll, Shapes – straight, pike, star, straddle, top to toe, tuck, dish, arch, I shape Jump – star, straight, tuck, turn, leap, hop, bunny hop, frog jump, – star, straight, turn, Health and fitness – warm up/ cool down	Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Co-ordination, Copy, Like, Dislike Improve, Warm up, Cool down	throw, Chest pass, Bounce pass, Bouncing, Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction, Passing, Controlling, Shooting, Scoring, Participate, Co- ordination, Technique, Combinations, Rules, Tactics, Performance, Like, dislike, improve Health and fitness – warm up/ cool down
L	down	

KS2 P.E. Vocabulary

	Gymnastics	Dance	Games	Athletics	Swimming
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Year 3	Flow, Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under Agility Strength, Technique, Control Balance Evaluate Improve Rolls- teddy bear roll, log roll, egg roll, rock on back, pencil roll, forward roll Shapes – straight, pike, star, straddle, top to toe, tuck, dish, arch, front support, back support, Jump - star, straight, tuck, turn, leap, hop, bunny hop, frog jump, shoulder stand, bridge Health and fitness – warm up/ cool down/ heart rate	Create Combination Sequence Space Improvisation Repetition Adapt Motifs Pattern Movement Evaluate Improve Agility Flexibility Strength Control Balance Stimulus Rhythm Timing Perform Health and fitness – warm up/ cool down/ heart rate	Defending Attacking Travel Bouncing Control Possession Co-ordination Co-operation Scoring Batting Space Pass Dribble Team Points Goals Rules Tactics Fielding Bowler Wicket Innings Rounder Backstop Court Target Net Striking Pitch Health and fitness – warm up/ cool down/ heart rate	Running Walking Speed Pace Throw Skip Aim Bounce Jump Leap Hop Target Overarm Underarm Walking Jogging Baton Relay Take off Landing starting position Personal best Health and fitness – warm up/ cool down	

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Year 4	Degrees	Spatial	Possession	Running	Shallow
	Balance	awareness	Scoring	Technique	Deep
	Forwards	Repeat	Space	Pace	Turning
	Backwards	Dance	Pass/send/receive	Accuracy	Rolling
	Combine	Character	Dribble	Power	Metres
	Rotation	Repetition	Travel	Throw	Glide
	Against	Action	Team	High	Front
	Towards	Reaction	Striking	Low	Back
	Across	Pattern	Bowling	Skip	Style
	Evaluate	Movement	Throwing	Aim	Horizontally
	Improve	Evaluate	Fielding	Fast	Vertically
	Height	Improve	Combinations	Slow	Front crawl
	Strength	Agility	Co-ordination	Bounce	Float
	Suppleness	Flexibility	Fluency	Jump	
	Stamina	Strength,	Co-operation	Leap	
	Speed	Technique,	Competition	Нор	
	Level	Control	Technique	Run	
	Wide	Balance	Partner	Target	
	Tucked	Combination	Points	Overarm	
	Straight	Stimulus	Goals	Underarm	
	Twisted	Motifs	Rules	Walking	
	Constructive	Dynamics	Tactics	Jogging	
	Points	Perform	Batting	Accelerate	
	Twist	Timing	Fielding	Baton	
	Turn	Health and	Bowler	Relay	
	Safety	fitness – warm	Wicket	Push	
	Refine	up/ cool down/	Тее	Take off	
	Agility	heart rate	Base	Landing	
	Strength,		Boundary	Health and	
	Technique,		Innings	fitness – warm	
	Control		Rounder	up/ cool down	
	Balance		Backstop		
	Evaluate		Court		
	Improve		Target		
	Shapes -		Net		
	Health and		Defending		
	fitness – tuck,		Hitting		
	straddle, pike,		Stance		
	arch, back		Offside		
	support,		Pitch		
	Front support,		Health and fitness		
	shoulder stand,		- warm up/ cool		
	bridge Partner		down/ heart rate		
	balances level 1				
	 steps, knees, 				
	thighs,				
	shoulders,				
	counter balance				
	warm up/ cool				
	down/ heart rate				
Year 5	Dynamics	Dance phrase	Possession	Pull	Shallow
	Combination	Technique	Speed	Accuracy	Deep
	Contrasting	Formation	Direction	Technique	Turning
	Control	Pattern	Range of	Distance	Metres
	Mirroring	Rhythm	techniques	Sprint	Glide

Matahina	Everencian	Combinations	Stoody page	Front
Matching Accurately	Expression		Steady pace Accuracy	Back
Refine	Improvisation	Competition	,	
	Modify	Tactics	Height	Style
Evaluate	Pace	Co-operation	Record	Submerge
Asymmetry	Timing	Create	Joints	Horizontally
Performance	Action	Control	Rhythm	Vertically
Create	Reaction	Decisions	Leading leg	Front crawl
Symmetry	Motif	Passing	Measure	Back stroke
Refinements	Dynamics	Dribbling	Underarm	Breast stroke
Assessment	Interpret	Shooting	Overarm	Independence
Suppleness	Exploration	Shield ball	Jogging	Rescue
Strength	Agility	Support	Walk	
Muscles	Flexibility	Marking	Hurdles	
Joints	Combination	Repossession	Landing	
Explore	Strength	Attackers	Control	
Rotation	Technique	Defenders	Preferred	
Spin	Control	Team play	Landing foot	
Turn	Balance	Batting	Time	
Rolls- teddy	Evaluate	Fielding	Stamina	
bear roll, log roll,	Improve	Bowler	Obstacles	
egg roll, rock on	Timing	Wicket	Stance	
back, pencil roll,	Perform	Тее	Approach	
forward roll,	Health and	Base	Speed	
backwards roll	fitness – warm	Boundary	Relay	
Jump - star,	up/ cool down/	Innings	Strength,	
straight, tuck,	heart rate/ pulse	Rounder	Technique,	
turn, leap, hop,		Backstop	Control	
bunny hop, frog		Court	Balance	
jump,		Target	Evaluate	
shoulder stand,		Net	Improve	
bridge		Defending	Health and	
Shapes – tuck,		Hitting	fitness – warm	
straight, dish,		Stance	up/ cool down/	
arch, straddle,		Offside	heart rate	
pike, arch, back		Pitch	nourriato	
support,		Forehand		
Front support,		Backhand		
shoulder stand,		Volley		
-		Overhead		
bridge Partner balances				
		Singles Doubles		
level 2 - ankles,				
high legs, high		Rally		
knees, thighs		Health and fitness		
without support,		- warm up/ cool		
Landing		down/ heart rate/		
Take-off		pulse/ recovery		
Flight				
Agility				
Strength,				
Technique,				
Control				
Balance				
Evaluate				
Improve				
Shapes				
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	Health and			
	fitness – warm			
	up/ cool down/			
	heart rate/			
	pulse/ recovery			
Year 6	Co-operate	Dance style	Effective	Sprint
	Audience	Dance phrase	Use of space	Team
	Elements	Fluency	Control	Distance
	Twist	Travelling	Accuracy	Measure
	Refine	Technique	Technique	Height
	Aesthetically	Formation	Combinations	Target
	Criteria	Pattern	Co-operation	Pacing
	Extension	Rhythm	Tactics	Rhythm
	Tension	Variation	Composition	Obstacles
	Inverted	Improvisation	Fluency	Leading leg
	Judge	Unison	Create	Hurdles
	Dynamics	Canon	Rules	Throwing
	Combination	Action	Keeping	Speed
	Canon	Reaction	possession	Accuracy
	Counter-tension	Motif	Passing range	Take off
	Counter-balance	Dynamics	Decisions	Stamina
	Criteria	Phrase	Dribbling	Time
	Performance	Interpret	Shooting	Release
	Imaginative	Exploration	Shield ball	Performance
	Parallel	Agility	Width	Accuracy
	Creativity	Flexibility	Depth	Take off
	Flight	Combination	Support	Distance
	Timing	Strength,	Marking	Target
	Agility	Technique,	Covering	Time
	Strength,	Control	Repossession	Position
	Technique,	Balance	Attackers	Measure
	Control	Evaluate	Defenders	Control
	Balance	Improve	Marking	Height
	Evaluate	Timing	Team play	Run up
	Improve	Perform	Batting	Hurdles
	Rolls- teddy	Health and	Fielding	Strength,
	bear roll, log roll,	fitness – warm	Bowler	Technique,
	egg roll, rock on	up/ cool down/	Wicket	Control
	back, pencil roll,	heart rate/	Tee	Balance
	forward roll,	pulse/ recovery	Base	Evaluate
	backwards roll		Boundary	Improve
	Jump - star,		Innings	Health and
	straight, tuck,		Rounder	fitness – warm
	turn, leap, hop,		Backstop	up/ cool down/
	bunny hop, frog		Court	heart rate/
	jump,		Target	pulse/ recovery
	shoulder stand,		Net	
	bridge			
			Defending	
	Shapes – tuck,		Hitting	
	straight, dish,		Stance	
	arch, straddle,		Offside	
	pike, arch, back		Pitch	
	support,		Forehand	
			Backhand	
			Volley	

Front support, shoulder stand, bridge Partner balances level 2 - ankles, high legs, high knees, thighs without support, Level 3 partner balances – angle, lunge, feet, high thighs, straddle lift, trunk Health and fitness – warm up/ cool down/	Overhead Singles Doubles Rally Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery	