

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

	<p>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</p>	<p>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</p>	<p>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</p>
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KS2 P.E. Vocabulary

	Gymnastics	Dance	Games	Athletics	Swimming
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	

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

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

	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/ heart rate/ pulse/ recovery		Overhead Singles Doubles Rally Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery		
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