

## PE Key Vocabulary

Key Stage	Unit of Work	Key Vocabulary
<b>EYFS / KS1</b>	Dance	travel, stillness, direction, space, body parts, levels, speed, stillness, direction, beginning, middle, end, feelings, pathways, rhythm
	Gymnastics	forwards, backwards, sideways, roll, body parts, shape, jump, travel, stretch, wide, narrow, in front, speed, slow, fast, land, over, off, high, low, balance, twisted, curled, level, under, copy
	Games / Fundamentals	run, jog, stop, turn, stretch, place, step, carry, safe, forwards, backwards, aim, throw, collect, retrieve
	OAA	problem solving, trust, support, obstacle, equipment, over, under, trail, shape, arrow, north, south, east, west, follow, direction
	Athletics	press, rotate, jerk, swing, circle, shake, link, action, reaction, timing, recover, limits, rules, sling, aim, combination
	Swimming	swim, unaided, strokes, movements, coordination, breathing, surface, competent, self-rescue, safety
<b>Lower KS2</b>	Dance	direction, speed, action, leap, travel, waddle, stamp, slide, dive, level, direction, speed, size, dynamics, sink, walk, curl, stretch, gesture, unison, space, repetition, mirror, technique
	Gymnastics	curved, rounded, curled, tuck, variety, mount, dismount, link, similarities, differences, combine, compare, explore, transitions, exchange, evaluate, explosive, improve, adapt, curled, stretched, strength
	OAA	problem solving, trust, support, obstacle, equipment, over, under, trail, shape, arrow, north, south, east, west, follow, direction
	Games - Ball on the Ground	stretch, carry, safe, send, forwards, backwards, racket, strike, hit, dribble, kick, pass, receive
	Games - Ball Handling	receive, dodge, avoid, run, catch, throw, aim, chase, dribble, control, accurate, space, rules
	Games - Striking and Fielding	control, strike, target, accurate, space, rules, contact point, fielding, release point, field of play
	Games - Invasion Games	dribble, trap, control, mark, target, goal, accurate, space, transfer of weight, rules, defend, attack, close control, move into space

	Games - Net Games	send, receive, throw, catch, control, bounce, strike, hit, accurate, space, transfer of weight, rules, contact point, defend, attack, court area
	Athletics	press, rotate, jerk, swing, circle, shake, link, action, reaction, motif, flow, dynamics, rhythm, timing
	Swimming	swim, unaided, strokes, movements, coordination, breathing, surface, competent, self-rescue, safety
<b>Upper KS2</b>	Dance	glide, dynamics, travel, gesture, stillness, direction, repetition, interweaving pathway, level, rhythm, exaggeration, improvisation, choreography
	Gymnastics	points of contact, surface area, centre of gravity, flexibility, sequences, fluent transitions, substitute, symmetrical actions, positions of stillness, balance, pulse rate, muscles, joints, mobilise, symmetrical/asymmetrical, rotation, landing, take-off, flight, performance/evaluation, elements
	Athletics	quadriceps, triceps, hamstring, deltoid/trapezius, gluteus maximus, techniques, monitoring progress, prepare, recover, limits, rules, sling, aim, combination
	Football	dribble, control, space, defend, slalom, accurate, target
	Netball	throw, aim, catch, control, defend, indicate, create space, rules, width, dodge, attack, mark, interception
	Hockey	dribble, control, space, goal, pass, rules, shooting accuracy, wing, team formation, attacking, defending
	Tag Rugby	dodge, pass, communicate, tag, decision making, receive, teamwork, attaching, defending, try, space, tactics
	Swimming	swim, unaided, strokes, movements, coordination, breathing, surface, competent, self-rescue, safety