



## PE Vocabulary Progression

Acquiring and Developing Skills in Gymnastics						
EYFS	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Warm up	Points	High	Pathway	Balance	Bridges	Counter-balance
Cool down	Patches	Low	Flexible	Travel	Balance	Counter-tension
Control	High	Travel	Direct	Shape	Travel	Balance
Balance	Low	Slide	Travel	Extension	Shape	Travel
Move	Travel	Rolling	Stretch	Tension	Roll	Shape
Jump	strong (tension)	Jump	Wide	Direction	Turn	Extension
Land	stretch (extension)	Land	Thin	Sliding	Jump	Tension
High	control	Flexible	Long	Rolling	Slide	Matching
Low	Flight	Tension	Short	Contrasting	Levels	Mirroring
Shape	Bounce	Extension	Curled	Communication	Speed	contrasting
Travel	Jump	Stretch	Roll	co-operation	Direction	communication
Health	Flexible	Balance	Jump	receiving weight	Sequence	leadership
Explore	Balance	Spin	Levels	jumping	Extension	Synchronisation
Diet	Stretch	Shape	Speeds	bunny hop	Tension	Canon
Stretch	Spin	Linking	Sequence	leaping	Strong	Warm up
Exercise	Shape	Sequence	Contrasting	cart-wheel	contrasting	Cool down
Healthy	Land	Technique	Acceleration	twisting	communication	
Safety	Wide	Warm up	deceleration	turning	leadership	
Space	Narrow	Cool down	Direction	speeds	Spin	
Copy	Curled		forwards	levels	Rotate	
Watch	Warm up		backwards	Spin	Axis	
Equipment	Cool down		sideways	flexibility	Flight	
			co-ordination	co-ordination	Wheel	
			leap	Warm up	Spring	
			Spin	Cool down	Leap	
			side		take-off	
			step		land	
			tension		clock wise & anti	
			extension		clock wise	
			even		Warm up	
			uneven		Cool down	
			symmetrical asymmetrical			
			balance			



## PE Vocabulary Progression

Games						
EYFS	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Throw	<b>Actions</b>	Throw	Dribble	High	Chest pass	Dribble Pass
Catch	Throw	Catch	<b>Send</b>	Low	push pass	Invasion
Pass	Catch	Pass	Pass	Space	space	Signal
Roll	Pass	Receive	Receive	Opponent	opponent	Receive
Bounce	<b>Receive</b>	Bounce	Calling	<b>target</b>	target	Tackle
Stop	Bounce	Roll	Signalling	throw	movement accurate	Defend
Looking	Roll	Control	Space	catch	control	Attack
Stopping	<b>Dribble</b>	Dribble	Movement	feed	signalling	Accuracy
Warm up	<b>Hit</b>	Hit	<b>scoring</b>	aiming	balance	team work
Cool down	Space	Space	High	<b>Chest pass</b>	strength	strategy
Control	Move	Move	Low	<b>agility</b>	agility	agility
Large movements	Safety	Safety	<b>Tactics</b>	push pass	Throw	space
Small movements	Looking	Looking	Space	<b>Bounce pass</b>	Send	control
Move	stopping	Stopping	<b>Opponent</b>	Opponent	Receive	dodging
Health	control	<b>Evaluate</b>	target	Movement	Catch	<b>technique</b>
Explore	<b>target</b>	controlling	throw	<b>Accurate</b>	Calling	Throw
Diet	<b>aiming</b>	<b>defender</b>	catch	<b>dodging</b>	dodging	Send
Exercise	Warm up	<b>attackers</b>	Evaluate	Control	Striking	Catch
Healthy	Cool down	<b>Rules</b>	<b>feed</b>	Signalling	Hitting	Calling
Safety	team work	Warm up	aiming	Evaluate	Fielding	Striking
Space		Cool down	<b>striking</b>	Tactics	<b>Chasing</b>	Hitting
Copy		<b>Calling</b>	hitting	Overarm	Rolling	Fielding
Watch		<b>Signalling</b>	Rules	under arm	Movement	Chasing
Equipment		team work	<b>Overarm</b>	Rules	team work Overarm	Rolling
team work			<b>under arm</b>	Warm up	under arm	Bowling
			<b>fielding</b>	Cool down	scoring	Overarm
			<b>Net games</b>		Evaluate	under arm
			chasing		Health	space movement
			rolling		Fitness	scoring
			barrier		Well-being Tactical	Fitness
			space		Warm up	Well-being
			movement		Cool down	Evaluate
			scoring			Warm up



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Move	Travel	Rolling	Stretch	Tension	Roll	Shape
Jump	strong (tension)	Jump	Wide	Direction	Turn	Extension
Land	stretch (extension)	Land	Thin	Sliding	Jump	Tension
High	control	Flexible	Long	Rolling	Slide	Matching
Low	Flight	Tension	Short	Contrasting	Levels	Mirroring
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Exercise	Shape	Sequence	Contrasting	cart-wheel	contrasting	Cool down
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Safety	Wide	Warm up	deceleration	turning	leadership	
Space	Narrow	Cool down	Direction	speeds	Spin	
Copy	Curled		forwards	levels	Rotate	
Watch	Warm up		backwards	Spin	Axis	
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## PE Vocabulary Progression

Dance						
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Warm up	Compose	Compose	Turn	Unison	Turn	Turn
Cool down	Timing	Perform	Gesture	Flow	Gesture	Gesture
Large movements	Gesture	Performance	Jump	Choreograph	Jump	Jump
Small movements	Movement	Pattern	Travel	Bouncy	Stillness	stillness
Move	Dance phrase	Express	Express	Formation	Travel	travel
Health	Choreography	Dance phrase	Explore	Canon	Expression	expression
Explore	Routine	Explore	Mimic	Explore	Clarity	Combine
Performance	Formation	Direction	Mime	Audience	Mimic	clarity
Perform	Explore	Pathways	Timing	Narrative	Mime	mimic
Diet	Rhythm	Music	Music	Character	Formation	mime
Exercise	Performance	Travel	Flow	Transition	Explore Relationship	Explore
Healthy	Perform	Slide	Movement	Mirroring	Timing	timing
Safe	Music	Spinning	Patterns	Music	Music	movement
Space	Exercise	Turning	Motif	Beats	Movement Patterns	Structure
Music	Direction	Rolling	Beats	Rhythm matching	Motif	Fluent
Copy	Spinning	Jump	Rhythm	Gestures	Music	patterns
Watch	Turning	Spring	Machinery	Performance	Beats	Music motif
Equipment	Warm up	Speeds	Robotic	Perform	Rhythm Machinery	music beats
Travel	Cool down	Levels	Aesthetic	Warm up	Performance	Performance
Spinning	Speeds	Evaluate	Dynamic	Cool down Evaluate	Perform	Perform
Turning	Levels	Tension	Transition	Stimuli	Robotic	rhythm
Rolling	Copy	Control	Rotation	Improvise	Action	Fitness
Jump	Watch	Extension			Reaction	Health and well
Timing	Describe	Warm up	Performance		Warm up	being Warm up
	Travel	Cool down	Perform		Cool down Evaluate	Cool down
	Slide	Timing	Warm up		Improvise	Evaluate
	Spinning	Beats	Cool down			Improvise
	Turning		Evaluate			
	Evaluate					
	Rolling					
	Jump					
	Timing					
	Beats					



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