

Subject Specific Vocabulary for P.E.



EYFS & KS1 P.E. Vocabulary

	Gymnastics	Dance	Games
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EYFS	Straight,	Travelling - slither, gallop,	Walking
	Pike,	shuffle, roll, crawl	Running
	Tuck,	Actions - lead, follow copy	Throwing
	Straddle,	Body parts	Fast slow
	Star,	Co-operation - share, wait,	Catching
	Shape,	before, after.	Rolling
	Curl,	Direction – forwards,	Space
	Roll,	backwards	Pushing
	Position,	Feeling - happy, excited, sad	Patting
	Body parts,	Body actions e.g. stretching,	Kicking
	Travel	curling, reaching, twisting,	Bounce
	Balance	turning	Control
	Jump	Movement - strong, gentle,	Co-ordination
		heavy, floppy	Bounce
		Space - between, through,	Body parts
		above.	
Year 1	stretch	Travel and stillness - gallop,	Running
Teal I	balance	skip, jump, hop, bounce,	Jumping
	tension	spring, turn, spin, freeze,	Rolling
	zig-zag	spring, turn, sprin, meeze,	Striking
	travelling	Direction - forwards,	Throwing
	jumping	backwards, sideways	Bouncing
	climbing	Space - near, far, in and out,	Catching
	repeat	on the spot, own, beginning,	Space
	sequence	middle end	Opposite team
	space	Mood and feelings - happy,	Speed
	perform	angry, calm, excited, sad,	Direction
	adapt	lonely	Passing
	direction	Body actions	Controlling
	speed	Levels high, medium, low	Shooting
	levels	Speed - fast, slow	Scoring
	Shapes -	Pathways - curved, zigzag	Co-ordination
	Pike	Rhythm	Partcipate
	Star	Co-ordination	Health and fitness – warm up/
	Straddle	Pattern	cool down
	Straight	Stimulus	
	Tuck	Сору	
	Landing	Health and fitness – warm up/	
	Health and fitness – warm up/	cool down	
	cool down		
Year 2	Speed	Movement	Avoiding
	Compose	Control	Accuracy
	Movements	Speed	Tracking a ball
	Position	Level	Rolling
	Extend	Sequence	Striking
	Travel	Unison	Overarm throw
	Combinations	Cannon	Chest pass
	Demonstrate	Travel and stillness - gallop,	Bounce pass
	Repeat	skip, jump, hop, bounce,	Bouncing

(Create	spring, turn, spin, freeze,	Catching
5	Stretch	statue	Free space
F	Point	Direction - forwards,	Own space
E	Balance	backwards, sideways	Opposite
L	Level	Space - near, far, in and out,	Team
Т	Tension	on the spot, own, beginning,	Rebound
5	Smooth	middle end	Follow
5	Sequence	Mood and feelings - happy,	Aiming
5	Shapes – pike, star, straddle,	angry, calm, excited, sad,	Speed
te	op to toe, tuck	lonely	Direction
	Health and fitness – warm up/	Body actions	Passing
C	cool down	Levels high, medium, low	Controlling
		Speed - fast, slow	Shooting
		Pathways - curved, zigzag	Scoring
		Rhythm	Participate
		Co-ordination	Co-ordination
		Pattern	Technique
		Stimulus	Combinations
		Health and fitness – warm up/	Rules
		cool down	Tactics
			Health and fitness – warm up/
			cool down

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	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	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	Running Speed Throw Skip Aim Bounce Jump Leap Hop Target Overarm Underarm Walking Jogging Baton Relay Take off Landing Health and fitness – warm up/ cool down	

	Balance Evaluate Improve Shapes - tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Health and fitness – warm up/ cool down/ heart rate	up/ cool down/ heart rate	Court Target Net Striking Pitch Health and fitness – warm up/ cool down/ heart rate		
Year 4	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,	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	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	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	Shallow Deep Turning Rolling Metres Glide Front Back Style Horizontally Vertically Front crawl Float

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	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
	Matching	Expression	Combinations	Steady pace	Front
	Accurately	Improvisation	Competition	Accuracy	Back
	Refine	Modify	Tactics	Height	Style
	Evaluate	Pace	Co-operation	Record	-
	Asymmetry	Timing	Co-operation Create	Joints	Submerge Horizontally
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	Performance	Action	Control	Rhythm	Vertically
	Create	Reaction	Decisions	Leading leg	Front crawl
	Symmetry	Motif	Passing Dribbling	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	
	Shapes – tuck,	Evaluate	Fielding	Stamina	
	straddle, pike,	Improve	Bowler	Obstacles	
	arch, back	Timing	Wicket	Stance	
	support,	Perform	Тее	Approach	
	Front support,	Health and	Base	Speed	
	shoulder stand,	fitness – warm	Boundary	Relay	
	bridge	up/ cool down/	Innings	Strength,	
	Partner balances	heart rate/ pulse	Rounder	Technique,	
	level 2 - ankles,		Backstop	Control	
	high legs, high		Court	Balance	
	knees, thighs		Target	Evaluate	
	without support,		Net	Improve	
	Landing		Defending	Health and	
	Take-off		Hitting	fitness – warm	
	Flight		Stance	up/ cool down/	
	Agility		Offside	heart rate	
			Pitch	Incart rait	
	Strength,				
	Technique,		Forehand		
	Control		Backhand		
	Balance		Volley		
	Evaluate		Overhead		
	Improve		Singles		

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	Shapes		Doubles	
	Health and		Rally	
	fitness – warm		Health and fitness	
	up/ cool down/		– warm up/ cool	
	heart rate/		down/ heart rate/	
	pulse/ recovery		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	Runup
	Improve	Perform	Batting	Hurdles
	Shapes – tuck,	Health and	Fielding	Strength,
	straddle, pike,	fitness – warm	Bowler	Technique,
	arch, back	up/ cool down/	Wicket	Control
	support,	heart rate/	Тее	Balance
	Front support,	pulse/ recovery	Base	Evaluate
	shoulder stand,	•	Boundary	Improve
	bridge,		Innings	Health and
	Level 3 partner		Rounder	fitness – warm
	balances –		Backstop	up/ cool down/
	angle, lunge,		Court	heart rate/
	feet, high thighs,		Target	pulse/ recovery
	straddle lift,		Net	
	trunk		Defending	
	Health and		Hitting	
	fitness – warm		Stance	
	up/ cool down/		Offside	
	heart rate/		Pitch	
	pulse/ recovery		Forehand	
	,		Backhand	
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Volley Overhead Singles Doubles Rally Health and fitness – warm up/ cool	
down/ heart rate/	
pulse/ recovery	