



Subject Specific Vocabulary for P.E.



EYFS & KS1 P.E. Vocabulary

	Gymnastics	Dance	Games
EYFS	<p>straight, pike, tuck, straddle, star, shape, curl, roll, balance. land, climb,</p> <p>Travelling- slither, gallop, shuffle, roll, crawl, slide, skip, walk, run, jump, freeze</p> <p>Tension, control, strength, stretch, safely, position, body parts</p> <p>Direction- forwards, backwards, sideways, under, over, through</p>	<p>Travelling - slither, gallop, shuffle, roll, crawl, slide, skip, walk, run, jump, freeze</p> <p>Actions - lead, follow copy</p> <p>body parts</p> <p>Co-operation - share, wait, before, after.</p> <p>Direction – forwards, backwards, sideways,</p> <p>Feelings - happy, excited, sad</p> <p>Body actions e.g. stretching, curling, reaching, twisting, turning</p> <p>Movement - strong, gentle, heavy, floppy</p> <p>Space - between, through, above.</p> <p>Independent, group</p> <p>Rhythm, beat</p>	<p>Movement, safely, space, control, co-ordination, turning, dodging, tracking, obstacles</p> <p>Travelling- walking, running, jumping, marching, freeze,</p> <p>Adjust speed- fast, slow,</p> <p>Direction – forwards, backwards</p> <p>throwing, catching, rolling, stopping, pushing, patting, kicking, dribbling, bouncing, striking</p>
Year 1	<p>stretch, balance, tension, zig-zag, travelling, jumping, climbing, repeat, sequence, space, perform, adapt, direction, speed, levels.</p> <p>Shapes—pike, star, straddle, straight, tuck, landing</p> <p>like, dislike, improve. warm up/ cool down .</p>	<p>Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</p> <p>Direction - forwards, backwards, sideways</p> <p>Space - near, far, in and out, on the spot, own, beginning, middle end</p> <p>Mood and feelings - happy, angry, calm, excited, sad, lonely</p> <p>body actions</p> <p>Levels—high, medium, low</p> <p>Speed - fast, slow</p> <p>Pathways - curved, zigzag</p> <p>rhythm, co-ordination, pattern, stimulus, copy</p> <p>Like, dislike, improve</p> <p>warm up/ cool down.</p>	<p>running, jumping, skipping, galloping, throwing-underarm, overarm, chest, bouncing, catching, rolling, striking</p> <p>direction– forwards, backwards, sideways,</p> <p>passing, receiving, controlling,</p> <p>position, space, opposite team, co-ordination, participate, team, score</p> <p>Like, dislike, improve</p> <p>warm up/ cool down</p>
Year 2	<p>speed, compose, movements, position, extend, travel, combinations, demonstrate, repeat, create, stretch, point, balance, level, tension, smooth, sequence.</p> <p>Shapes – pike, star, straddle, top to toe, tuck</p> <p>Like, dislike, improve warm up/ cool down .</p>	<p>movement, control, speed, level, sequence unison, cannon, motif</p> <p>Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</p> <p>Direction - forwards, backwards, sideways</p> <p>Space - near, far, in and out, on the spot, own, beginning, middle end</p> <p>Mood and feelings - happy, angry, calm, excited, sad, lonely</p> <p>body actions</p> <p>Levels- high, medium, low</p> <p>Speed - fast, slow</p> <p>Pathways - curved, zigzag</p> <p>rhythm, co-ordination, pattern, stimulus</p> <p>Like, dislike, improve</p> <p>warm up/ cool down.</p>	<p>avoiding, accuracy, tracking a ball</p> <p>rolling, striking, overarm throw, chest pass, bounce pass, bouncing, catching</p> <p>free space, own space, opposite team, rebound, follow, aiming, speed</p> <p>direction, passing, controlling, shooting, scoring, participate, co-ordination</p> <p>technique, combinations, rules, tactics.</p> <p>Like, dislike, improve</p> <p>warm up/ cool down</p>

KS2 P.E. Vocabulary

	Gymnastics	Dance	Games	Athletics	Swimming
Year 3	<p>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 Shapes - tuck, straddle, pike, arch, back support, front support, shoulder stand, bridge. Health and fitness – warm up/ cool down/ heart rate.</p>	<p>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.</p>	<p>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 evaluate, improve</p>	<p>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</p>	<p>Shallow, deep, turning, rolling, metres, glide, front, back, style, horizontally, vertically, front crawl</p>
Year 4	<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— tuck, straddle, pike, arch, back support, front support, shoulder stand Bridge partner balances level 1— steps, knees, thighs, shoulders, counter balance Health and fitness – 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, doubles rally. Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery evaluate, improve</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</p>