PE progression of Vocabulary

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Copy Travel Space Shape Rock Over Around Through Roll	Action Travel Balance Jump Direction Roll Point Shape Speed Fast Slow Level	Action Travel Balance Jump Direction Roll Link Sequence Straddle Pike Tuck Star Level	Matching Contrasting Sequence Direction Interesting Flow Explore Control Shape Create	Technique Quality Sequence Perform Rotation Extension Apparatus Inverted Shape	Symmetrical Asymmetrical Extension Rotation Synchronisation Canon Inverted Progression Aesthetics	Momentum Counterbalance Aesthetics Formation Synchronisation Stability Inverted Progression Counter tension
Dance	Move Space Safely Shape Copy Round Sideways Forwards Backwards	Counts Action Travel Pose Move Direction Forwards Backwards Speed Fast Slow Level Shape	Counts Action Travel Shape Direction Speed Level Space Balance Timing Mirror Pathway	Unison Explore Create Feedback Perform Timing Levels Flow Dynamics Expression Actions	Space Action Levels Timing Performance Dynamics Unison Represent Expression	Levels Actions Formation Timing Relationship Performance Expression Unison Posture Dynamics Canon	Levels Actions Formation Timing Phrase Performance Expression Unison Posture Dynamics Canon Choreograph Contrast Structure
Athletics	Run Safely Space Balance Hop Direction Stop Skip	Fast Slow Jump Aim Direction Far Bend Improve	Speed Jog Sprint Pace Balance Direction Take off Landing	speed Accurately Power Personal best Determination Further Faster Control	Stamina Speed Pace Technique Determination Perseverance Officiate Power	Technique Compete Continuous Pace Flight Determination Personal best Momentum Stride	Technique Control Force Continuous pace Trajectory Stride Momentum Officiate

	Jump	Hop Safely Travel Balance	Swing Height Distance Overarm Underarm	Strength Pace	Accuracy Personal best Flight	Downsweep Upsweep Officiate Rhythm	Flight Compete Rotation Transfer of weight
Invasion games *(netball/rugby/ basketball/ football)*	Run Safely Space Catch Rules Team Stop Tag Score Kick Bounce Roll Listen	Safely Defender Dribbling Pass Attacker Space Points Score Team partner	Possession Send Teammate Chest pass Received Goal Dodge Bounce Pass Against Opponent Defend **Football** Goal keeper Dribbling Defender Attacker Communicate Control Tackle Outside Possession Inside Available	**Netball** Footwork Pivot Opponent Opposition Receiver Landing foot Interception Rebound Obstruction Possession Attack Defence Contact Mark W pass	**Tag Rugby** Defence Opponent Formation Pressure Receiver Possession Turnover Attack Support	**Netball** Contact Contest Consecutive Possession Obstruction Conceding Consistently Attack Defend Interception Turnover	**Tag Rugby** Defence Onside Offside Opponent Formation Pressure Receiver Possession Dictate Turnover Attack Shut down Support
Striking and Fielding *(hockey/cricket/ rounders)*	Run Safely Space Catch Rules Team	Far Aim Safely Throw Send Roll	Overarm Underarm Distance Dribble Collect Target	**Cricket** Strike Fielding Stance Technique Batting	**Volleyball?** **Cricket** Run Strike Fielding	**Cricket** Strike Fielding Co-operatively Consistently Pressure	**Volleyball?** **Cricket** Strike

	Stop Tag Score Kick Bounce Roll Listen Hit	Catch Direction Balance Ready Position	Trap Return	Retrieve Stumped Bowl Two-handed pick up Short barrier Post	Stance Grip Technique Retrieve Stumped Wicket Batting Wicket keeper Bowl Two-handed pick up Short barrier	Batting Retrieve Overtake Outwit Backing up Continuous Consecutive Obstruction	Fielding Consistently Support Batting Wicket Tracking Obstruction Wicket keeper Tracking Retrieve
Net and Wall games *(tennis/ volleyball/ Badminton)*				**Tennis** Ready position Racket Track Rally Control Return Opponent Accurately	**Tennis** Ready position Return Serve Rally Control Opponent Forehand Backhand	**Tennis** Ready position Return Serve Outwit Control Opponent Forehand Backhand Volley	**Tennis** Ready position Return Serve Outwit Control Opponent Forehand Backhand Volley Co-operatively Continuously
Swimming						Unaided stroke movements co-ordinate breathing surface treading float submerge self-rescue	Unaided stroke movements co-ordinate breathing surface treading float submerge self-rescue