PE Vocabulary Progression at KSJ

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|  | **YR** | **Y1** | **Y2** | **Y3** | **Y4** | **Y5** | **Y6** |
| Athletics | PushStopJumpSpaceForwardsBackwardsSafelyBalance  | FarHopAimFastSlowBendImproveDirectionsTravel | SprintJogDistanceHeightTake offLandingOverarmUnderarm | SpeedPowerStrengthAccuratelyHigherPaceControlFasterFurther | PowerStaminaOfficiatePerseverance DeterminationAccuracyPersonal best | TechniqueRhythmUnsweepDownsweepFlightStride | RotationTrajectoryContinuous paceForceCompeteMomentumTransfer of weight |
| Ball skills | RunStopThrowCatchRollTeamKickSpaceCatch | FarAimSafelyDirectionBalanceSend | OverarmUnderarmCollectDribbleTargetDistance | TrackShoulderReceiveOverheadChestAccurate | ReleaseSelectControlConsistentlyTechniquePersevere |  |  |
| Dance | MoveCopyShapeSpaceSafelyAroundTravelSidewaysForwardsBackwards | CountsPoseLevelSlowFastBalance | MirrorActionPathwayDirectionSpeedTiming | FlowExploreCreatePerformMatchFeedbackExpression | ReactionRepresentDynamicsUnisonControl | FormationPosturePerformanceCanonRelationship | ChoreographPhraseContrastStructureFluentlyConnect |
| Fitness | PushStopSpaceJumpBalanceSafely | Fast jumpHopSlowDirectionBalanceBounce | StrongPaceRaceSpeedJogSteadySprint | DistanceStrengthAccuratelyBalanceControl | TechniqueCo-ordinationHealthyProgressMuscleStamina | TechniqueMomentumRhythmAgilityDrivePower | Generate forceContinuous MeasureFlexibilityAnalyseRecord |
| Fundamentals | RunStopSpaceJumpBalanceSkip | FastHopSlowDirectionLandSafely | DodgeJogHurdleSpeedSteadySprint | DistanceTechniqueControlTensionCo-ordinationRhythm  | MomentumAccelerateDecelerateTransferPaceStability |  |  |
| Gymnastics | MoveCopyOverShapeRockSpaceAroundSafelySidewaysTravelForwardsBackwards | ActionJumpRollLevelDirectionSpeedPointBalance | LinkPathwaySequenceTuckStraddleSpeedStarPike | SlowExploreCreateMatchingInterestingControlContrasting | TechniqueQualityApparatusPerformExtensionInverted | SymmetricalasymmetricalRotationAestheticsCanonSynchronisationProgression | FormationMomentumCounterbalanceFluentlyCounter tensionStability |
| Invasion Games | PassTeamTagBalanceSafelySpaceForwardsBackwards | DefenderAttackerPointsDribblingScorePartner | ReceivedSendPossessionGoalTeammateDodgeChest passBounce pass | ReceiverInterceptionFootworkMarkTravellingReboundTrackingPlaying area | OutwitOppositionPivotCourtOpponentFieldPitchContact | TacticsOffsideControlFoulSupportPressureObstructionOnside | ConsecutiveFormationConsistentlyConcedingDictateTurnoverShut downContest |
| Net and Wall Games | TeamSpaceCatchThrowSafely BounceForwardBackward | ReadyPositionPartnerNetUnderarmScorePoints | ReceiveQuicklyTrapDefendReturnCollectAgainst | ServeAccuratelyTrackRacketControlRallyOpponent | ReceiverOutwitCourtBackhandForehand | VolleyTacticsCo-operativelyFootworkContinuouslySetDig | ConsecutiveDeepConsistentlyForecourtBackcourtDefensiveAttacking |
| Striking and Fielding Games | RunPassRollTeamSpaceSafelyAroundForwardsBackwards | HitPointsThrowScoreTargetCatch | FielderRunsBatterSendTeammateReceivedBowler | StrikeGripRounderBackstopBowlPostWicketBattingWicket keeperFielding | StanceTwo-handed pick upRetrieveTechniqueOpposition stumpedShort barrier | PressureOvertakeTrackingBacking upOutwitSupportTactics | ObstructionConsecutiveConsistentlyContinuousCo-operativelyDive hitDefensive hit |