PE Vocabulary Progression at KSJ

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **YR** | **Y1** | **Y2** | **Y3** | **Y4** | **Y5** | **Y6** |
| Athletics | Push  Stop  Jump  Space  Forwards  Backwards  Safely  Balance | Far  Hop  Aim  Fast  Slow  Bend  Improve  Directions  Travel | Sprint  Jog  Distance  Height  Take off  Landing  Overarm  Underarm | Speed  Power  Strength  Accurately  Higher  Pace  Control  Faster  Further | Power  Stamina  Officiate  Perseverance  Determination  Accuracy  Personal best | Technique  Rhythm  Unsweep  Downsweep  Flight  Stride | Rotation  Trajectory  Continuous pace  Force  Compete  Momentum  Transfer of weight |
| Ball skills | Run  Stop  Throw  Catch  Roll  Team  Kick  Space  Catch | Far  Aim  Safely  Direction  Balance  Send | Overarm  Underarm  Collect  Dribble  Target  Distance | Track  Shoulder  Receive  Overhead  Chest  Accurate | Release  Select  Control  Consistently  Technique  Persevere |  |  |
| Dance | Move  Copy  Shape  Space  Safely  Around  Travel  Sideways  Forwards  Backwards | Counts  Pose  Level  Slow  Fast  Balance | Mirror  Action  Pathway  Direction  Speed  Timing | Flow  Explore  Create  Perform  Match  Feedback  Expression | Reaction  Represent  Dynamics  Unison  Control | Formation  Posture  Performance  Canon  Relationship | Choreograph  Phrase  Contrast  Structure  Fluently  Connect |
| Fitness | Push  Stop  Space  Jump  Balance  Safely | Fast jump  Hop  Slow  Direction  Balance  Bounce | Strong  Pace  Race  Speed  Jog  Steady  Sprint | Distance  Strength  Accurately  Balance  Control | Technique  Co-ordination  Healthy  Progress  Muscle  Stamina | Technique  Momentum  Rhythm  Agility  Drive  Power | Generate force  Continuous  Measure  Flexibility  Analyse  Record |
| Fundamentals | Run  Stop  Space  Jump  Balance  Skip | Fast  Hop  Slow  Direction  Land  Safely | Dodge  Jog  Hurdle  Speed  Steady  Sprint | Distance  Technique  Control  Tension  Co-ordination  Rhythm | Momentum  Accelerate  Decelerate  Transfer  Pace  Stability |  |  |
| Gymnastics | Move  Copy  Over  Shape  Rock  Space  Around  Safely  Sideways  Travel  Forwards  Backwards | Action  Jump  Roll  Level  Direction  Speed  Point  Balance | Link  Pathway  Sequence  Tuck  Straddle  Speed  Star  Pike | Slow  Explore  Create  Matching  Interesting  Control  Contrasting | Technique  Quality  Apparatus  Perform  Extension  Inverted | Symmetrical  asymmetrical  Rotation  Aesthetics  Canon  Synchronisation  Progression | Formation  Momentum  Counterbalance  Fluently  Counter tension  Stability |
| Invasion Games | Pass  Team  Tag  Balance  Safely  Space  Forwards  Backwards | Defender  Attacker  Points  Dribbling  Score  Partner | Received  Send  Possession  Goal  Teammate  Dodge  Chest pass  Bounce pass | Receiver  Interception  Footwork  Mark  Travelling  Rebound  Tracking  Playing area | Outwit  Opposition  Pivot  Court  Opponent  Field  Pitch  Contact | Tactics  Offside  Control  Foul  Support  Pressure  Obstruction  Onside | Consecutive  Formation  Consistently  Conceding  Dictate  Turnover  Shut down  Contest |
| Net and Wall Games | Team  Space  Catch  Throw  Safely  Bounce  Forward  Backward | Ready  Position  Partner  Net  Underarm  Score  Points | Receive  Quickly  Trap  Defend  Return  Collect  Against | Serve  Accurately  Track  Racket  Control  Rally  Opponent | Receiver  Outwit  Court  Backhand  Forehand | Volley  Tactics  Co-operatively  Footwork  Continuously  Set  Dig | Consecutive  Deep  Consistently  Forecourt  Backcourt  Defensive  Attacking |
| Striking and Fielding Games | Run  Pass  Roll  Team  Space  Safely  Around  Forwards  Backwards | Hit  Points  Throw  Score  Target  Catch | Fielder  Runs  Batter  Send  Teammate  Received  Bowler | Strike  Grip  Rounder  Backstop  Bowl  Post  Wicket  Batting  Wicket keeper  Fielding | Stance  Two-handed pick up  Retrieve  Technique  Opposition stumped  Short barrier | Pressure  Overtake  Tracking  Backing up  Outwit  Support  Tactics | Obstruction  Consecutive  Consistently  Continuous  Co-operatively  Dive hit  Defensive hit |