



Clare Community Primary School

PE Vocabulary Progression

Topic	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics		Along Direction Level Link Onto and off Over Pike Posture Rolling: egg, log, forward, teddy bear rolls. Sequence Straddle Straight Tension Travel Tuck	Apparatus Balance Patches Points Shapes Travelling Shoulder stand Tension	Analyse Balance Co-operation Empathy Jumps Landing Shapes Roll Teamwork Travel	Asymmetry Balance Body Canon Counterbalance Moves Pike Posture Sequence Straddle Symmetry Techniques Tension Tuck Unison	Arch Asymmetrical Balance Bridging Canon Counterbalance Direction Dish Dynamic Evaluate Extend Level Points of balance Pull Push Rolling Rotation Sequence Shape Star Symmetrical Techniques Tension Unison	Asymmetrical Balance Canon Direction Dynamic Front and back support Level Movement Rolling and bridging Rotation Sequence Shape Symmetrical Unison

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Dance		Beat Gesture Perform Rap	Beat Flow Independent Medieval Methods Movements Performance Travel	Canon Clock Confidence Direction Formation Performance Pivot Tempo Timing Unison	Agility Balance Charleston step Chassé Co-ordination Dynamics Emotion Endurance Expression Improve Line dancing Muscular strength Phrasing Rhythm Sequence Flexibility Space Stamina Strut Timing	Agility Back point step Posture Balance Beats Bollywood dancing Break-it-down Canon Co-ordination Collaboration Control Dynamics Emotion Endurance Expression Flexibility Fluency Improve Lotus Motif Muscular strength Phrasing Prayer Rhythm Sections Sequence Space Stamina Timing Unison Variation	Beat Canon Choreograph Fluency Match Mirror Pose Routine Street dance Timing Unison

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Multi skills (Y1-3) Invasion games (Y4-6)	<p>Children show good control and coordination in large and small movements.</p> <p>They move confidently in a range of ways, safely negotiating space.</p> <p>They handle equipment and tools effectively</p>	<p>Multi skills</p> <p>Accuracy Agility Aim Balance Base Co-ordination Control Fluency Guide Movement Push Rotate Target Technique Timing Transitions Travel</p>	<p>Multi skills</p> <p>Accuracy Agility Aim Balance Base Co-ordination Crab Guide Movement Pattern Rock and roll Rotate Skittles Target Timing Tuck Twist and turn</p>	<p>Multi skills</p> <p>Agility Balance Bounce Control Dribble Observation Safety Send Speed Travel</p>	<p>Invasion - Football/ Hockey</p> <p>Attack Defend Dribble Passing Play Receiving Support</p>	<p>Invasion - Netball</p> <p>Beats Bounce pass Break-it-down Canon Chest pass Collaboration Defend Dodging Footwork Goal High 5 Netball Intercepting Land Marking Motif Names of positions Non-contact Overhead pass Pivot Point Positions Push Receive Sections Shoulder pass Signal Step Unison Variation</p>	<p>Invasion - Rugby</p> <p>Competition Forfeit Handover Hop Rules Skip Tag Tournament Try Dodging</p>

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Throwing and catching (Y1-Y3) Nimble nets (Y4-Y6)		Throwing and Catching - field games Bat Racket Catch Fielding Rounders Scoring Strike Target Throw Warm-up	Throwing and Catching - field games Bounce Circuit Cushion Kwik Cricket Overarm throw Sideways Underarm	Throwing and Catching - field games Accuracy Bowling Defenders Fielding Long barrier Overarm throw Retrieve Run Safe zone Soft hands Striking Stumped Surface area Target hands Underarm throw Wickets	Nimble Nets - Short Tennis Backhand Drop serve Forehand Rally Rally building Receive Send Trap	Nimble Nets - Tennis Backhand Drop serve Forehand Overhead serve Rally Rally building Scoring Volley	Nimble Nets - Tennis/Badminton Aim Attack Back line Contact Court Disguise Doubles High Long Low Net Opponent Outwit Overhead clear Pressure Racket Rally Ready position Serve Shot Shuttle Target .

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Active athletics (Y1-3) Young Olympians (Y4-6)		Active Athletics	Active Athletics	Active Athletics	Young Olympians - Athletics	Young Olympians - Athletics	Young Olympians - Athletics
		Balance Hopping Jog Mobility Obstacle Overarm throw Relay Speed Sprint Take-off and landing Underarm	Balance Direction Distance Hurdle Obstacle Power Relaxed Relay Speed Swing	Changeover Competition Direction Improve Landing Overarm Relay Take-off Technique Underarm	Arm action Bend Carousel Control Direction Distance Effort Extend Handover Javelin Knee lift Landing Long jump Pace Position Pull Relax Relay Stride length Take off Target Technique	Baton Bend Carousel Continuous Control Distance Extend Landing Long jump Pull Push Push technique Relay Take off Throw	Bend Carousel Control Direction Distance Extend Handover Javelin Landing Long jump Pace Position Pull Relay Sprint start Standing start Take off Target Technique