

# St Margaret's Academy

## PE Vocabulary Progression

The vocabulary for KS1 continues but is up-levelled in KS2.

	Gymnastics	Dance	Games	Athletics	Swimming
<b>Reception</b>	Forwards Backwards Sideways Bench Mat Table Roll Long Slow On Off Stretched Curled Tuck Body parts Tall Small Shape Hold Still Jump Hop Bounce Travel Copy	Travelling - slither, gallop, shuffle, roll, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after. Direction – forwards, backwards Feeling - happy, excited, sad Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above	Walking Running Throwing Fast Slow Catching Rolling Space Pushing Patting Kicking Bounce Control Co-ordination Bounce Body parts	Walk Jog Throw Target Jump Run Hop Skip Fast Pass In pairs	
<b>Y1 KS1</b>	Place Stretch Push Pull Hop Skip Step Spring Crawl Still Slowly Tall Long	Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed	Avoiding Tracking a ball Rolling Striking Overarm throw Bouncing Catching Free space Own space Opposite Team Rebound Follow	Throw High Low Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop	

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	Wide Narrow Up Down Forwards High Low Elbows Bottom Back Around Through Extension Roll Copy Pathway Along Jump Land Balance Tension Curved Straight Zig-zag Shape Over Hang grip	Rhythm	Aiming Speed Direction Passing Controlling Shooting Scoring	Repeat Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Evaluate Improve	
	<b>Gymnastics</b>	<b>Dance</b>	<b>Games</b>	<b>Athletics</b>	<b>Swimming</b>
<b>Y2 KS1</b>	In front Speed Slow fast Wide Shape Narrow Long Land Over Jump Off High Low Stretch Point Balance Twisted Curled Level Medium Backwards Sideways Forwards Zig zag Angular Under	Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm	Avoiding Tracking a ball Rolling Striking Overarm throw Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring	Throw High Low Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop Repeat Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push	

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## PE Vocabulary Progression

	Through Behind Tension Copy Smooth Sequence Height			Take off Landing Evaluate Improve	
<b>Y3 KS2</b>	Flow Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Pathway Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under	Space Repeat Dance Phrase Improvisation Character Gesture Repetition Action and reaction Myth Legend Costume Prop Pattern	Keep possession Keep the ball Scoring goals Keeping score Making space Pass/send/receive Dribble Travel with a ball Back up Support partner Make use of space Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	Sling Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay	
	<b>Gymnastics</b>	<b>Dance</b>	<b>Games</b>	<b>Athletics</b>	<b>Swimming</b>
<b>Y4 KS2</b>	90 degrees 180 degrees Leaving Approaching Balance	Space Repeat Dance Phrase Improvisation	Keep possession Keep the ball Scoring goals Keeping score Making space	Sling Pull Distance Sprint	Shallow Deep Turning Rolling Metres Glide

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	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 Away	Character Gesture Repetition Action and reaction Myth Legend Costume Prop Pattern	Pass/send/receive Dribble Travel with a ball Back up Support partner Make use of space Points Goals Rules Tactics Batting Fielding Bowler Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay	Front Back Style Horizontally Vertically Front crawl Float
	<b>Gymnastics</b>	<b>Dance</b>	<b>Games</b>	<b>Athletics</b>	<b>Swimming</b>
<b>Y5 KS2</b>	Dynamics Combination Contrasting Control Mirroring Matching Accurately Refine Evaluate Display Asymmetry Performance Create Symmetry Refinements Assessment Suppleness Strength	Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration	Keeping possession Passing Dribbling Shooting Shield ball Width Depth Support Marking Covering Repossession Attackers Defenders Marking Team play Batting Fielding Bowler	Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Projectory Release	Shallow Deep Turning Metres Glide Front Back Style Submerge Horizontally Vertically Front crawl Back stroke Breast stroke Independence Rescue

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## PE Vocabulary Progression

	Cool down Warm up Muscles Joints Explore Rotation Spin Turn Shape Landing Take-off Flight		Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles	
	Gymnastics	Dance	Games	Athletics	Swimming
Y6 KS2	Co-operate Audience Assessment Elements Twist Obstacles Refine Aesthetically Criteria Extension Judgement Tension Inverted Judge Dynamics Combination Canon Counter-tension Counter-balance Criteria Performance Imaginative Parallel Creativity Flight Timing	Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration	Keeping possession Passing Dribbling Shooting Shield ball Width Depth Support Marking Covering Repossession Attackers Defenders Marking Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance	Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Projectory Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles	

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**PE Vocabulary Progression**

			Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally		
	Gymnastics	Dance	Games	Athletics	Swimming