

Subject Specific Vocabulary for P.E.



EYFS & KS1 P.E. Vocabulary

	Gymnastics	Dance	Games
EYFS	Straight, Pike, Tuck, Straddle, Star, Shape, Curl, Roll, Position, Body parts, Travel Balance Jump	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
Year 1	stretch balance tension zig-zag travelling jumping climbing repeat sequence space perform adapt direction speed levels Shapes - Pike Star Straddle Straight Tuck Landing Health and fitness – warm up/ cool down	Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Rhythm Co-ordination Pattern Stimulus Copy Health and fitness – warm up/ cool down	Running Jumping Rolling Striking Throwing Bouncing Catching Space Opposite team Speed Direction Passing Controlling Shooting Scoring Co-ordination Partcipate Health and fitness – warm up/ cool down
Year 2	Speed Compose Movements Position Extend Travel Combinations Demonstrate Repeat	Movement Control Speed Level Sequence Unison Cannon Travel and stillness - gallop, skip, jump, hop, bounce,	Avoiding Accuracy Tracking a ball Rolling Striking Overarm throw Chest pass Bounce pass Bounce pass Bouncing

Create	spring, turn, spin, freeze,	Catching
Stretch	statue	Free space
Point	Direction - forwards,	Own space
Balance	backwards, sideways	Opposite
Level	Space - near, far, in and out,	Team
Tension	on the spot, own, beginning,	Rebound
Smooth	middle end	Follow
Sequence	Mood and feelings - happy,	Aiming
Shapes – pike, star, straddle,	angry, calm, excited, sad,	Speed
top to toe, tuck	lonely	Direction
Health and fitness – warm up/	Body actions	Passing
cool down	Levels high, medium, low	Controlling
	Speed - fast, slow	Shooting
	Pathways - curved, zigzag	Scoring
	Rhythm	Participate
	Co-ordination	Co-ordination
	Pattern	Technique
	Stimulus	Combinations
	Health and fitness – warm up/	Rules
	cool down	Tactics
		Health and fitness – warm up/
		cool down

KS2 P.E. Vocabulary

	Gymnastics	Dance	Games	Athletics	Swimming
Year 3	Flow Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under Agility Strength, Technique, Control	Create Combination Sequence Space Improvisation Repetition Adapt Motifs Pattern Movement Evaluate Improve Agility Flexibility Strength Control Balance Stimulus Rhythm Timing Perform Health and fitness – warm	Defending Attacking Travel Bouncing Control Possession Co-ordination Co-operation Scoring Batting Space Pass Dribble Team Points Goals Rules Tactics Fielding Bowler Wicket Innings Rounder Backstop	Running Speed Throw Skip Aim Bounce Jump Leap Hop Target Overarm Underarm Walking Jogging Baton Relay Take off Landing Health and fitness – warm up/ cool down	Shallow Deep Turning Rolling Metres Glide Front Back Style Horizon tally Verticall y Front crawl Float

Year 4	Balance Evaluate Improve Shapes - tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Health and fitness – warm up/ cool down/ heart rate	up/ cool down/ heart rate Spatial	Court Target Net Striking Pitch Health and fitness – warm up/ cool down/ heart rate	Running	Shallow
	Degrees Balance 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 Agility Strength, Technique, Control Balance Evaluate Improve Shapes - Health and fitness – tuck, straddle, pike, arch, back support,	awareness Repeat Dance Character Repetition Action Reaction Pattern Movement Evaluate Improve Agility Flexibility Strength, Technique, Control Balance Combination Stimulus Motifs Dynamics Perform Timing Health and fitness – warm up/ cool down/ heart rate	Scoring Space Pass/send/receive Dribble Travel Team Striking Bowling Throwing Fielding Combinations Co-ordination Fluency Co-operation Competition Technique Partner Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch	Technique Pace Accuracy Power Throw High Low Skip Aim Fast Slow Bounce Jump Leap Hop Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Health and fitness – warm up/ cool down	Deep Turning Metres Glide Front Back Style Submerge Horizontally Vertically Front crawl Back stroke Breast stroke Independence Rescue

]
	Front support,		Health and fitness		
	shoulder stand,		 – warm up/ cool 		
	bridge Partner		down/ heart rate		
	balances level 1				
	– steps, knees,				
	thighs,				
	shoulders,				
	counter balance				
	warm up/ cool				
	down/ heart rate				
		Danas shraas	Dessesion	Dull	
Year 5	Dynamics	Dance phrase	Possession	Pull	
	Combination	Technique	Speed	Accuracy	
	Contrasting	Formation	Direction	Technique	
	Control	Pattern	Range of	Distance	
	Mirroring	Rhythm	techniques	Sprint	
	Matching	Expression	Combinations	Steady pace	
	Accurately	Improvisation	Competition	Accuracy	
	Refine	Modify	Tactics	Height	
	Evaluate	Pace	Co-operation	Record	
	Asymmetry	Timing	Create	Joints	
	Performance	Action	Control	Rhythm	
	Create	Reaction	Decisions	Leading leg	
	Symmetry	Motif	Passing	Measure	
	Refinements	Dynamics	Dribbling	Underarm	
		•	0		
	Assessment	Interpret	Shooting	Overarm	
	Suppleness	Exploration	Shield ball	Jogging	
	Strength	Agility	Support	Walk	
	Muscles	Flexibility	Marking	Hurdles	
	Joints	Combination	Repossession	Landing	
	Explore	Strength	Attackers	Control	
	Rotation	Technique	Defenders	Preferred	
	Spin	Control	Team play	Landing foot	
	Turn	Balance	Batting	Time	
	Shapes – tuck,	Evaluate	Fielding	Stamina	
	straddle, pike,	Improve	Bowler	Obstacles	
	arch, back	Timing	Wicket	Stance	
	support,	Perform	Тее	Approach	
	Front support,	Health and	Base	Speed	
	shoulder stand,	fitness – warm	Boundary	Relay	
	bridge	up/ cool down/	Innings	Strength,	
	Partner balances	heart rate/ pulse	Rounder	Technique,	
	level 2 - ankles,		Backstop	Control	
	high legs, high		Court	Balance	
	knees, thighs		Target	Evaluate	
	without support,		Net	Improve	
	Landing		Defending	Health and	
	Take-off		Hitting	fitness – warm	
	Flight		Stance	up/ cool down/	
	Agility		Offside	heart rate	
	Strength,		Pitch		
	Technique,		Forehand		
	Control		Backhand		
	Balance		Volley		
	Evaluate		Overhead		
	Improve		Singles		
	mplove		Oligies		

				I
	Shapes		Doubles	
	Health and		Rally	
	fitness – warm		Health and fitness	
	up/ cool down/		 – warm up/ cool 	
	heart rate/		down/ heart rate/	
	pulse/ recovery		pulse/ recovery	
Year 6	Co-operate	Dance style	Effective	Sprint
	Audience	Dance phrase	Use of space	Team
	Elements	Fluency	Control	Distance
	Twist	Travelling	Accuracy	Measure
	Refine	Technique	Technique	Height
	Aesthetically	Formation	Combinations	Target
	Criteria	Pattern	Co-operation	Pacing
	Extension	Rhythm	Tactics	Rhythm
	Tension	Variation	Composition	Obstacles
	Inverted	Improvisation	Fluency	Leading leg
	Judge	Unison	Create	Hurdles
	Dynamics	Canon	Rules	Throwing
	Combination	Action	Keeping	Speed
	Canon	Reaction	possession	Accuracy
	Counter-tension	Motif	Passing range	Take off
	Counter-balance	Dynamics	Decisions	Stamina
	Criteria	Phrase	Dribbling	Time
	Performance	Interpret	Shooting	Release
	Imaginative	Exploration	Shield ball	Performance
	Parallel	Agility	Width	Accuracy
	Creativity	Flexibility	Depth	Take off
	Flight	Combination	Support	Distance
	Timing	Strength,	Marking	Target
	Agility	Technique,	Covering	Time
	Strength,	Control	Repossession	Position
	Technique,	Balance	Attackers	Measure
	Control	Evaluate	Defenders	Control
	Balance	Improve	Marking	Height
	Evaluate	Timing	Team play	Run up
	Improve	Perform	Batting	Hurdles
	Shapes – tuck,	Health and	Fielding	Strength,
	straddle, pike,	fitness – warm	Bowler	Technique,
	arch, back	up/ cool down/	Wicket	Control
	support,	heart rate/	Tee	Balance
	Front support,	pulse/ recovery	Base	Evaluate
	shoulder stand,		Boundary	Improve
	bridge,		Innings	Health and
	Level 3 partner		Rounder	fitness – warm
	balances –		Backstop	up/ cool down/
	angle, lunge,		Court	heart rate/
	feet, high thighs,		Target	pulse/ recovery
	straddle lift,		Net	
	trunk		Defending	
	Health and		Hitting	
	fitness – warm		Stance	
	up/ cool down/		Offside	
	heart rate/		Pitch	
	pulse/ recovery		Forehand	
			Backhand	
			Daukiidilu	

Volley Overhead Singles Doubles Rally Health and fitness	
Health and fitness – warm up/ cool	
down/ heart rate/ pulse/ recovery	