Physical Education: Key Vocabulary

Reception	Balance, direction, jumping, running, throwing, catching,
	hopping, moving, skipping, under arm, roll, Kick, catch,
	throw, push, pat, slither, shuffle, roll, crawl, walk, run, hop,
	slide, squat, climb, land, stand, jump, balance, space, race,
	chase, speed, direction, obstacles.

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Year 1	Gymnastics	Games	Dance	Athletics
	place	avoiding	travel	throw
	stretch	rolling	stillness	high
	push	striking	direction	low
	pull	underarm-	space	skip
	hop	throw	beginning	aim
	skip	overarm-	middle	fast
	step	throw	end	slow
	spring	bouncing	feelings	safely
	crawl	catching	body	step
	still	free space	parts	bounce
	slowly	opposite team	levels	jump
	tall	follow	directions	leap
	long	aiming	pathways	hop
	wide	speed	speed	repeat
	narrow	direction	rhythm	run
	ир	passing		target
	down	controlling		overarm
	forward			underarm

high	shooting	walking
low	scoring	jogging
elbows	target	accelerate
bottom		baton
back		relay push
around		take off
through		landing
extension		evaluate
roll		improve
сору		
pathway		
along		
jump		
land		
balance		
tension		
curved		
straight		
zig-zag		
shape		
over		
hang		
grip		

Year 2	Gymnastics	Games	Dance	Athletics
	in front	avoiding	travel	throw
	speed	tracking a ball	stillness	high
	slow	rolling	direction	low
	fast	striking	space	skip

wide	Underarm-	beginning	aim
shape	throw	middle	fast
narrow	overarm-	end	slow
long	throw	feelings	Safely
land	bouncing	body	step
over	catching	parts	bounce
jump	free space	levels	jump
off	opposite team	directions	leap
high	rebound	pathways	hop
low	follow aiming	speed	repeat
stretch	speed	rhythm	run
point	direction	balance	sprint
balance	passing		target
twisted	controlling		overarm
curled	shooting		underarm
level	scoring		walking
medium	dodge		jogging
backwards			accelerate
sideways			baton
forwards			relay
zig zag			push
under			take off
through			landing
behind			evaluate
tension			improve
сору			
smooth			
sequence			
height			
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Year 3	Gymnastics	Games	Dance	Athletics
	flow	possession	repeat	sling
	Explosive	Keep the ball	dance	pull
	symmetrical	scoring goals	character	distance
	asymmetrical	keeping score	repetition	sprint
	combination	space	myth	pace
	evaluate	back up	legend	accuracy
	improve	support	costume	height
	stretch	partner	prop	record
	refine	points	pattern	rhythm
	adapt	goals	sequence	underarm
	pathway	try	expressive	-throw
	contrasting	rules	vigorous	overarm-
	curled	tactics	Balance	arm
	stretched	batting	choreography	heartbeat
	suppleness	fielding	performance	muscles
	strength	bowler	improvisation	joints
	inverted	base		breathing
	jump	boundary		pulse rate
	land	rounder		jogging
	over	backstop		walk
	under	court		hurdles
		target		landing
		net		control
		defending		preferred
		hitting		landing
		stance		foot
		offside		time
		pitch		stamina
		overhead		obstacles

chest pass	stance
send	diagonal
receive	approach
Dribble	speed
travel with a	relay
ball.	

Year 4	Gymnastics	Games	Dance	Athletics
	90 degrees	keep possession	repeat	pull
	180 degrees	scoring	dance	distance
	leaving	goals	character	sprint
	approaching	keeping score	repetition	pace
	balance	making space	myth	accuracy
	forwards	pass	legend	height
	backwards	send	costume	record
	combine	receive	prop	rhythm
	rotation	dribble Travel	pattern	underam
	against	with a ball Back	sequence	overarm
	towards	up Support	expressive	heartbeat
	across	partner Make	vigorous	muscles
	evaluate	use of space	balance	joints
	improve	points Goals	choreography	breathing
	height	rules	performancei	pulse rate
	strength	tactics	mprovisation	jogging
	stamina	batting		walk
	speed	fielding		hurdles
	level	bowler		landing
	wide	wicket		control
	tucked	base		preferred

straight	boundary	landing
Twist	innings	foot
turn	rounder	time
refine	backstop	stamina
safety	court target	obstacles
Constructive –	dodge	stance
feedback		diagonal
evaluation		approach
		speed
		relay

Year 5	Gymnastics	Games	Dance	Athletics
	dynamics	possession	repeat dance	sprint
	combination	passing	character	team
	contrasting	dribbling	repetition	distance
	control	shooting	myth	measure
	mirroring	try	legend	height
	matching	score	costume	target
	accurately	shield	prop pattern	pacing
	refine	width	sequence	rhythm
	evaluate	depth	expressive	obstacles
	symmetry	support	vigorous	leading leg
	asymmetry	mark up	balance	hurdles
	performance	dodge	dance style	throwing
	create	shadow	technique	speed
	Refinements	repossessio	formation	accuracy
	assessment	n attackers	pattern	take off
	strength		rhythm	stamina

cool down	defenders	variation	time
warm up	batting	unison	release
muscles	fielding	motif	accuracy
joints	bowler	interpret	take off
rotation	wicket	exploration	distance
spin	base	Choreography	target time
turn	boundary	performance	position
shape	innings	improvisation	measure
landing	rounder		control
take -off	backstop		performance
flight	court		
	target		
	net		
	defending		
	hitting		
	stance		
	offside		
	pitch		
	Forehand		
	backhand		
	overhead		
	singles		
	doubles		

Year 6	Gymnastics	Games	Dance	Athletics
	co-operate	possession	repeat dance	team
	audience	passing	character	sprint
	assessment	dribbling	repetition	distance
	twist		myth	measure

obstacles shooting legend height refine width costume target depth pacing criteria prop pattern rhythm support extension sequence judgement marking expressive obstacles leading leg tension covering vigorous repossession inverted balance hurdles judge attackers dance style throwing dynamics defenders technique speed mark up combination formation accuracy batting pattern take off counter-tension counter-balance fielding rhythm stamina performance bowler variation time imaginative wicket release unison parallel base motif accuracy creativity boundary take off interpret innings distance timing exploration Choreography target time rounder backstop performance position improvisation court measure target control performance net defending stance offside pitch forehand backhand overhead singles

	doubles	

Examples of Deeper Learning Questions:

- 1. How can you combine your different gymnastic moves into a fluent sequence?
- 2. What tactics could you and your team use to outwit your opponents?
- 3. What could you do differently next time to try and land the javelin closer to the target?
- 4. Why is Sam able to hit the ball over the net more times than John?