

### 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.
-----------	---

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

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

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

	wide shape narrow long land over jump off high low stretch point balance twisted curled level medium backwards sideways forwards zig zag under through behind tension copy smooth sequence height	Underarm- throw overarm- throw bouncing catching free space opposite team rebound follow aiming speed direction passing controlling shooting scoring dodge	beginning middle end feelings body parts levels directions pathways speed rhythm balance	aim fast slow Safely step bounce jump leap hop repeat run sprint target overarm underarm walking jogging accelerate baton relay push take off landing evaluate improve
--	---	--	---	--

Year 3	Gymnastics	Games	Dance	Athletics
	flow Explosive symmetrical asymmetrical combination evaluate improve stretch refine adapt pathway contrasting curled stretched suppleness strength inverted jump land over under	possession Keep the ball scoring goals keeping score space back up support partner points goals try rules tactics batting fielding bowler base boundary rounder backstop court target net defending hitting stance offside pitch overhead	repeat dance character repetition myth legend costume prop pattern sequence expressive vigorous Balance choreography performance improvisation	sling pull distance sprint pace accuracy height record rhythm underarm -throw overarm- arm heartbeat muscles joints breathing pulse rate jogging walk hurdles landing control preferred landing foot time stamina obstacles

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

Year 4	Gymnastics	Games	Dance	Athletics
	90 degrees 180 degrees leaving approaching balance forwards backwards combine rotation against towards across evaluate improve height strength stamina speed level wide tucked	keep possession 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 base	repeat dance character repetition myth legend costume prop pattern sequence expressive vigorous balance choreography performance improvisation	pull distance sprint pace accuracy height record rhythm underarm overarm heartbeat muscles joints breathing pulse rate jogging walk hurdles landing control preferred

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

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

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

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

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



		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?