



St Joseph's Catholic Primary School

PE Vocabulary Progression

Dance							
F1	F2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Up, down, forward, backward	left, right, on the spot, forward, backwards, stamp, quick, slow, lines, travel, copy, repeat.	swing, turn, fall; whirl, float, pounce; gallop, twist, leap; crawl, slide, arch,	Tall, wide, tucked, wind, fire, candle, roll, turn, jump, gesture, forwards, backwards, sideways, unison, meet and part.	copy direction, gesture, lead and follow, meet and part, repetition, speed, space	slide, glide, flop, , dynamics (quick, light, heavy, slow), pathways, straight, diagonal, curved, zigzag, circular	unison, formation, quality, contrasting, dynamics, level, gesture, , timing, drying, exaggerate, whole body.	Mirroring, canon, improvise, stimulus, unison, motif, binary

Gymnastics							
F1	F2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Roll, straight, ball, star, point, log roll, sit, stand,	Straight , star, tuck pike, choose, copy, add, perform, practice, create, hold, control, balance, stretch, tight, squeeze, improve, standing, sitting, crouching, kneeling, lying,	Straight shape, straight jump, star shape, Jumping Jacks, star jump, tuck jump, turning jumps, safe landing position, hold, balance, stretch, swing, straighten, extend,	Positions of stillness, points of contact, hold, balance, link, smoothly, flow, transitions, logical, control, focus, tension, stretch, transfer weight, , repeat,	Lead and follow, responsibility, appropriate, pattern, arm pattern, clear pathway, travel, balance, improve, add, adapt, include, change, extend, variety, complexity,	Principles of Balance, points of contact, surface area, centre of gravity, sequences, improve, , more complex, fluent transitions, logical, smooth, variety, directions,	Pair, partner, compositionally variety, speed, level, direction, movement pattern, unison, canon, match, mirror, meet and part, partner relationships, complement, contrast,	Pair, partner, compositionally develop, recall, remember, sequence, variety, speed, level, direction, movement pattern, unison, canon, match, mirror, meet and part, partner



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	front, back and side.	upwards, outwards, horizontal, copy, perform, low platform, apparatus, landing mat, safe handling.	practice, short movement phrase, add, change, adapt, re-order, extend, safety.	observe, suggest, quality, stretch, focus, control, spiral, space, safety	levels, start position, finish position, perform, space, safe handling, safety.	improve, perform, quality, fluency, isolate, practice, extend, space, safety	relationships, complement, contrast, improve, perform, quality, fluency, effective, original, isolate, practice, change, add, extend, space, safety
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Games							
F1	F2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Roll, kick, stop, start	Roll, catch, throw, kick, stop, start, target	Aim, throw, roll, send, receive, target, catch, kick, strike, dribble, and stop. Forwards, backwards, sideways, control, accurate.	Run, jog, stop, turn, stretch, carry, safe, send, forwards, backwards, racket, strike, hit,.	Send, receive, throw, catch, roll, control, strike, target, accurate, space, rules, contact point, fielding, release point, field of play.	Pass, stop, kick, dribble, trap, control, mark, target, goal, accurate, space, transfer of weight, rules, defend, attack, close control, move into space.	Dribble, control, space, defend, slalom, accurate, target, attack, goal, pass, rules, shooting accuracy, wing, team formation, attacking, defending, shoot, two-touch, power.	Dribble, control, space, defend, slalom, accurate, target, attack, goal, pass, rules, shooting accuracy, wing, team formation, attacking, defending, shoot, two-touch, power, accuracy, possession, balance.



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Athletics							
F1	F2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Roll, kick, stop, start	Roll, catch, throw, kick, stop, start, target	Aim, throw, roll, send, receive, target, catch, stop, forwards, backwards, sideways, control, accurate, run, jog, turn, stretch, place, carry, jump, collect	Aim, throw, roll, send, receive, target, catch, kick, strike, dribble, and stop. Forwards, backwards, sideways, control, accurate.	Speed, control, standing jump, flight, lift off, sprint, stance, coordination, Grip, transfer of weight, power	setting targets, monitoring progress, prepare for and recover from, understand limits, rules, sling, aim, combination jumps.	Decathlon, technique, target, prepare for, limits, recovery Send, receive, throw, catch, roll, control, strike, target, accurate, space, rules,	Decathlon, refine, develop, technique, target, monitor progress, prepare for, recover from, limits, rules, conventions, performance, interval, work, rest, sets,

Swimming							
F1	F2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Swimming starts in Year 3				Star float, paddle, arms, Front crawl, backstroke, paddle, depth, surface, stroke, dive, treading water safety	Front crawl, backstroke, paddle, depth, surface, stroke, dive, treading water safety, push, pull	Front crawl, backstroke, breast stroke paddle, depth, surface, stroke, dive, tread, water safety,	Front crawl, backstroke, breast stroke paddle, depth, surface, stroke, dive, tread, water safety, sculling



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Outdoor and Adventurous Activities							
F1	F2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Up, down, find, pick up, look, listen.	Up, down, forward, backward, find, pick up, look, listen.	Alphabet, problem solving, trust, support, obstacle, equipment, over, under.	Alphabet, problem solving, trust, support, obstacle, equipment, over, under.	Alphabet, communication, problem solving, Photos, trails, control cards, arrows, direction, accurate, problem. north arrow, orientate, map reading	Alphabet, communication, problem solving, trust, support, Photos, trails, control cards, control markers, arrows, direction, accurate, star, problem. north arrow, orientate, map reading.	Problem solving, knots, rope, structures, plan, review, teamwork, co-operation, team, structure, communication, flag, semaphore, plan, review, teamwork, cooperation. magnetic north, direction of travel arrow,	Orienteering, problem solving, knots, rope, structures, plan, review, teamwork, co-operation, team, structure, communication, flag, semaphore, plan, review, teamwork, cooperation. Protractor, compass, bearing, arrows, set north arrow, baseplate, wheel, needle, map, symbol, direction, orientation, thumbing, flag, punch, marker, control, card, orientate, compete, cunning running.