



THRUPP PRIMARY SCHOOL: Progression of vocabulary in PE

Sporting areas	Kestrels	Hawks	Buzzards	Eagles	Owls
Games	Travel Control Strike Fair play Warm up Cool down Tracking a ball Rolling Striking Underarm throw Overarm throw Bounce/Bouncing Dribble/Dribbling Catching Passing Receive Free space Own space Opposite Team Aiming Speed Direction Passing Controlling Shooting Scoring	Throw Roll Hit Move Aiming Opponent Accurately Catching Bounce/Bouncing Dribble/Dribbling Catching Passing Receive Avoiding Free space Own space Opposite Team Aiming Speed Direction Passing Controlling Shooting	Accuracy Field Receiving Tactics Rules Possession Variety Perform Forehand Backhand Keep possession Keep the ball Scoring goals Keeping score Making space Pass/send/receive Dribble/Dribbling Travel with a ball Back up Support Make use of space Points Goals Rules Tactics Batting Fielding Bowler Wicket Rounder Backstop Court Target	Tactics Approach Attack Defence Volley Speed Change Fluently Invasion Striking Net games Strategies Height Combine Adapting Knowledge Isolation Principles Rules Tactics Batting Fielding Bowler Wicket Rounder Backstop Court Target	Tactics Approach Attack Defence Volley Speed Change Fluently Invasion Striking Net games Strategies Height Combine Adapting Knowledge Isolation Principles Rules Tactics Batting Fielding Bowler Wicket Rounder Backstop Court Target

Gymnastics	Plan Mat Roll Long Slow On Off Stretched Curled Tuck Body parts Tall Small Shape Hold Still J Ump Hop Bounce Travel Copy	Roll Travel Balance Stretch Curl Movement Sequences Plan Perform Contrast Controlled Stretch Push /pull Hop Skip Slowly tall long wide Narrow up down Forwards High low Pathway Jump land balance Curved straight zig-zag shape	Balanced Plan a routine Performance Contrasts in speed, level and direction Devise Beginning Middle End Controlled Sequences Strength Suppleness Practising Adapt Paired sequences Combinations Apparatus Consistent Flexibility Symmetrical / Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Pathway Contrasting Curled Stretched Suppleness Strength	Practice Perform Agilities Clarity Link Adapt Critique Appropriate Refined Backwards Combine Rotation Against Towards Across Evaluate Improve Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive	Practice Perform Agilities Clarity Link Adapt Critique Appropriate Refined Mirroring Matching Accurately Refine Evaluate Display Asymmetry Performance Create Symmetry Refinements Assessment Suppleness Strength Cool down Warm up Muscles Joints Explore Rotation Spin Turn Shape Landing Take-off Flight
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Dance	Perform Creative Express Evaluate Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm	Short Rhythm Control Co-ordination Link Sequence Actions Dynamics Levels Compose Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm	Improvise Communicate Refine Sequences Clear Fluent Express Respond Imaginative Composing Unison Canon Combine Remember Space Repeat Dance Phrase Improvisation Character Gesture Repetition Action	Artistic Accompanying Mood Character Stimulus Spatial patterns Tension Continuity Incorporating Unison Canon Combine Remember Space Repeat Dance Phrase Improvisation Character Gesture Repetition Action	Artistic Accompanying Mood Character Stimulus Spatial patterns Tension Continuity Incorporating Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration
Swimming			Swim Stroke Front-crawl Back-crawl Perform Water-rescue Freestyle Butterfly Breast stroke Water-based situations Competently Confidently Proficiently Frog Kick		

Outdoor and adventurous			Follow Diagrams Solve Challenges Collaboration Orientate Adapt	Orienteer Careful Unfamiliar Safety Plan	Careful Unfamiliar Safety Plan
Athletics	Sprint Jog Walk Distance Throwing Jump Take-off Landing	Sprint Distance Range Throwing Techniques Accuracy Jump Take-off Landing Combine Overarm Underarm Accelerate Baton Relay Landing Evaluate	Sprint Distance Range Throwing Techniques Accuracy Jump Take-off Landing Steady pace Accuracy Height Leading leg Underarm Overarm Heart beat Hurdles	Accurate Control Strength Stamina Adapt Follow Field Track Pacing Rhythm Obstacles Leading leg Hurdles Stamina Time	Accurate Control Strength Stamina Adapt Follow Field Track Pacing Rhythm Obstacles Leading leg Hurdles Stamina Time