

Physical Education Vocabulary Progression

Gymnastics

<u>Reception</u>	<u>Years 1 and 2</u>	<u>Years 3 and 4</u>	<u>Years 5 and 6</u>
Forwards	Speed	Push	Muscles
Backwards	Body Parts	Pull	Joints
Sideways	Shape	Step	Symmetrical/Asymmetrical
Roll	Travel	Spring	Combination
Jump	Tall	Crawl	Fluency
Move	Small	Still	Centre of Gravity
Over	Long	Slowly	Core Strength
Under	Thin	Arch	Technique
Through	Pattern	High	Performance
Stretch	Movement	Low	Precision
	Sequence	Landing Safely	
	Copy	Tuck	
	Mirror	90 degrees	
	Landing	180 degrees	
	Control	Flexible	
	Balance	Co-ordination	
		Control	

Games

<u>Reception</u>	<u>Years 1 and 2</u>	<u>Years 3 and 4</u>	<u>Years 5 and 6</u>
Hit	Striking	Keeping Possession	Keeping Possession
Catch	Sending	Keeping Score	Dribbling
	Own Space	Making Space	Support
	Team	Pass/Send/Receive	Marking
	Speed	Sportsmanship	Attackers/Defenders
	Direction	Fairness	Team Play
	Passing	Travel with a ball	Batting
	Control	Make use of Space	Fielding
	Shooting	Points	Bowler
	Scoring	Rules	Applying
	Receive	Tactics	Over Arm
		Batting	
		Fielding	
		Defending	
		Hitting	
		Distance	
		Backhand/Forehand	
		Underarm	

