

Vocabulary Progression Grid

Subject: PE

	EYFS	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Gymnastics & Dance		Move	Jump	Synchronise	Communicate	Combine	Control
		Jump	Hop	Tense	Reflect	Shape	Clarity
		Balance	Climb	Flex	Improvise	Level	Sustain
		Run	Sequence	Stretch	Sequence	Mount	Expression
		Skip	Change	Curl		Dismount	Refine
		Rhythm	Copy	Improvise		Take-off/Landing	
Playing Games		Throw	Bounce	Control	Power	Backwards	Precision
		Underarm	Pass	Team	Speed	Tag	Decision
		Roll	Overarm	Bat	Positioning	Tackle	Option
		Kick	Opponent	Racquet	Receive	Line	Open
		Catch	Team-mate	Chest pass	Deliver	Attack	Miss-pass
		Trap	Score	Bounce pass	Possession	Defence	Recover
			Goal	Space	Accuracy	Retrieve	Distract
			Strike	Tactic	Recovery	Recover	Offload
			Return	Pivot	Sprint	Marking	Dummy
			Position	Bowl	Dip	Role	Strategy
			Rules	Field	Lane discipline	Phase	Spin and push
			Sprint	Position	Scissor method	Pace	Awareness
			Propel	Fairness	Relay	Dominant/non-dominant	Reflection
				Out	Handover	Cricket catch	
				Base	Baton	Communicate	
						Sporting	

						Respect	
						Crouch	
						Hurdle	
Evaluating & Improving		Win	Participate	Lose gracefully	Analyse	Modify	Power
		Lose	Comment	Compare	Encourage	Judge	Stamina
		Play	Improve	React	Practice	Refine	Refine
			Physical	Muscle group	Reflect	Develop	Develop
					Safety	Conserve/expend	Conserve/expend
					Warm-up	Heart rate	Heart rate