

NORTH HEATH COMMUNITY PRIMARY SCHOOL

PROGRESSION OF PE VOCABULARY

YR	Y1	Y2	Y3	Y4	Y5	Y6
<p><u>Games</u></p> <p>bouncing avoid rolling control catching team free space follow direction passing</p>	<p><u>Games</u></p> <p>avoiding striking overarm/underarm throw opposite rebound aiming</p>	<p>speed controlling shooting scoring travel stamina goals</p>	<p><u>Games</u></p> <p>possession making space pass/send/receive dribble / shoot back up defending / attacking stance pivot pitch position</p>	<p>rules / tactics/strategy batting / fielding bowler/fielder/batter wicket/run boundary innings rounder backstop teamwork/ethics</p>	<p><u>Games</u></p> <p>keeping possession shield ball marking covering attackers/ing defenders/ing thirds (for netball) forehand/backhand/volley serve</p>	<p>game play support partner pressure leg extension back extension</p>
<p><u>Dance</u></p> <p>travel direction space different body parts stretch move / fast / slow skip / hop</p>	<p><u>Dance</u></p> <p>still position beginning middle / end dance moves feelings levels</p>	<p>speed rhythm beat follow repeat timing control</p>	<p><u>Dance</u></p> <p>dance phrase improvisation repetition action reaction pattern pulse synchronised warm up/cool down</p>	<p>reflect revise practise routine movement for travel</p>	<p><u>Dance</u></p> <p>dance style technique formation variation unison cannon</p>	<p>exploration interpret</p>
<p><u>Gymnastics</u></p> <p>forwards backwards sideways sequence bench / mat stretch land tuck/star/pin/straddle tall / small shape balance hold jump / hop / roll travel control</p>	<p><u>Gymnastics</u></p> <p>push / pull skip step spring crawl still slowly / quickly wide / narrow high / low around through</p>	<p>copy along land tension curved/straight direction over / under smooth sequence muscles pointed long sit/ v sit</p>	<p><u>Gymnastics</u></p> <p>safety flow extension symmetrical/roll asymmetrical/roll combine evaluate improve refine contrasting strength shoulder roll</p>	<p>90 degrees 180 degrees rotation stamina speed level twist turn joints pike expand/contract</p>	<p><u>Gymnastics</u></p> <p>dynamic control counter-balance mirroring parallel matching accurate rotation' landing take-off refine</p>	<p>evaluate display performance suppleness audience elements obstacles aesthetically criteria timing inverted</p>
<p><u>Athletics</u></p> <p>walk jog / run throw target jump hop / skip fast / slow</p>	<p><u>Athletics</u></p> <p>aim step / leap repeat overarm / underarm accelerate baton hurdles</p>	<p>relay pull / push take off landing evaluate / improve sprint heart beat</p>	<p><u>Athletics</u></p> <p>distance steady pace accuracy record results leading leg measure pulse rate</p>	<p>stamina tactics successful pass (baton) landing foot</p>	<p><u>Athletics</u></p> <p>team understanding own pace pacing form</p>	<p>project release direction – forwards/reverse</p>