Lodge Farm Primary School

**P.E. Progression of Vocabulary**

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| **Skill/Topic Area** | **EYFS**  | **Y1** | **Y2**  | **Y3** | **Y4** | **Y5** | **Y6** |
| Gymnastics | Forwards, Backwards, Sideways, Bench, Mat, Table, Roll, Long, Slow, On, Off, Stretched, Curled, Tuck, Body Parts, Tall, Small, Shape, Hold, Still, Jump, Hop, Bounce, Travel, Copy. | Place, Stretch, Push, Pull, Hop, Skip, Step, Spring, Crawl, Still, Slowly, Tall, Long, Wide, Narrow, Up, Down, Forwards, High, Low, Elbows, Bottom, Back, Around, Through, Extension, Roll, Copy, Pathway, Along, Jump, Land, Balance, Tension, Curved, Straight, Zig-zag, Shape, Over, Hang, Grip. | In front, Speed, Slow, fast, Wide, Shape, Narrow, Long, Land, Over, Jump Off, High, Low, Stretch, Point, Balance, Twisted, Curled, Level, Medium, Backwards, Sideways, Forwards, Zig-zag, Angular, Under, Through, Behind, Tension, Copy, Smooth, Sequence, Height. | Flow, Explosive, Symmetrical, Asymmetrical, Combination, Evaluate, Improve, Stretch, Refine, Adapt, Pathway, Contrasting, Curled, Stretched, Suppleness, Strength, Inverted Jump, Land, Over, Under. | 90 degrees, 180 degrees, Leaving, Approaching, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine, Away. | Dynamics, Combination, Contrasting, Control, 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. | Co-operate, Audience, Assessment, Elements, Twist, Obstacles, Refine, Aesthetically, Criteria, Extension, Judgement, Tension, Inverted, Judge, Dynamics, Combination, Canon, Counter-tension, Counter-balance, Criteria, Performance, Imaginative, Parallel, Creativity, Flight, Timing. |
| Games  | Rolling, Throwing, Moving, Stopping, Bouncing, Catching, Space, Follow, Fast, Slow, Passing.  | Avoiding, Rolling, Throwing, Overarm throw, Moving, Stopping, Bouncing, Own space, Catching, Speed, Follow, Fast, Slow, Passing, Shooting, Scoring.  | Avoiding, Tracking a ball, Rolling, Striking, Overarm throw, Bouncing, Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction, Passing, Controlling, Shooting, Scoring. | Scoring goals, Making space, Passing, Sending, Receiving, Dribbling, Travel with a ball, Make use of space, Points, Goals, Rules, Batting, Fielding, Bowler, Rounder, Backstop, Court, Target, Net, Defending, Hitting, Pitch, Forehand, Backhand, Overhead, Singles, Doubles, Rally. | Keep possession, Keep the ball, Scoring goals, Keeping score, Making space, Passing, Sending, Receiving, Dribbling, Travel with a ball, Back up, Support partner, Make use of space, Points, Goals, Rules, Tactics, Batting, Fielding, Bowler, Wicket, Tee, Base, Boundary, Innings, Rounder, Backstop, Court, Target, Net, Defending, Hitting, Stance, Offside, Pitch, Forehand, Backhand, Volley, Overhead, Singles, Doubles, Rally. | Keeping possession, Passing, Dribbling, Shooting, Scoring goals, Use of space, Points, Goals, Rules, Attackers, Defenders, Batting, Fielding, Bowler, Wicket, Tee, Base, Boundary, Innings, Rounder, Backstop, Court, Target, Net, Defending, Hitting, Stance, Offside, Pitch, Forehand, Backhand, Volley, Overhead, Singles, Doubles, Rally. | Keeping possession, Passing, Dribbling, Shooting, Shield ball, Width, Depth, Support, Marking, Covering, Repossession, Attackers, Defenders, Marking, Team play, Batting, Fielding, Bowler, Wicket, Tee, Base, Boundary, Innings, Rounder, Backstop, Court, Target, Net, Defending, Hitting, Stance, Offside, Pitch, Forehand, Backhand, Volley, Overhead, Singles, Doubles, Rally. |
| Dance | Move, Travel, Still, Beginning, End, Body parts, High, Low, Rolling, Shuffling, Crawling, Jumping, Skipping, Hopping.  | Travel, Stillness, Direction, Space, Beginning, Middle, End, Feelings, Body parts, Forwards, Backwards, Sideways, Speed. | Travel, Stillness, Direction, Space, Beginning, Middle, End, Feelings, Body parts, Levels, Directions, Diagonal, Pathways, Speed, Rhythm. | Direction, Space, Beginning, Middle, End, Feelings, Body parts, Levels, Directions, Pathways, Speed, Rhythm, Space, Repeat, Dance, Perform, Repetition, Pattern. | Space, Dance, Phrase, Improvisation, Character, Gesture, Repetition, Action and reaction, Costume, Prop, Pattern. | Dance style, Choreography, Technique, Repetition, Formation, Pattern, Rhythm, Variation, Improvisation, Unison, Canon, Interpret, Exploration. | Dance style, Choreography, Technique, Formation, Pattern, Rhythm, Variation, Improvisation, Unison, Canon, Action, Reaction, Motif, Phrase, Interpret, Exploration. |
| Athletics | Walk, Jog, Throw, Target, Jump, Run, Hop, Skip, Fast, Slow, Pass, In pairs. | Walk, Jog, Throw, High, Low, Target, Jump, Run, Hop, Skip, Fast, Slow, Pass, In pairs. | Throw, High, Low, Skip, Aim, Fast, Slow, Safely, Step, Bounce, Jump, Leap, Hop, Repeat, Run, Target, Overarm, Underarm, Walking, Jogging, Accelerate, Baton, Relay, Push, Take off, Landing, Evaluate, Improve.  | Throw, Skip, Aim, Safely, Step, Bounce, Jump, Leap, Hop, Repeat, Jog, Run, Sprint, Target, Overarm, Underarm, Accelerate, Baton, Relay, Push, Take off, Landing, Evaluate, Improve, Heartbeat, Pulse rate, Control. | Pull, Distance, Sprint, Steady pace, Accuracy, Height, Record, Joints, Rhythm, Leading leg, Measure, Underarm, Overarm, Heartbeat, Pulse rate, Jogging, Walk, Hurdles, Landing, Control, Preferred Landing foot, Time, Stamina, Obstacles, Stance.  | Sprint, Distance, Sprint, Team, Record, Accuracy, Height, Speed, Relay, Heartbeat, Pulse rate, Stamina, Time, Position, Measure, Target, Landing, Hurdles, Control, Rhythm, Leading leg, Obstacles, Stance.  | Sprint, Distance, Measure, Height, Pacing, Rhythm, Obstacles, Leading leg, Throwing, Speed, Stamina, Time, Release, Performance, Accuracy, Take off, Distance, Target, Position, Measure, Control, Run up, Hurdles. |
| Swimming  |  |  |  | Width, Length, Front, Back, Front Crawl, Breast stroke, Back stroke, Noodle, Float, Kick, Deep, Shallow.  | Width, Length, Depth, Front Crawl, Breast stroke, Back stroke, Kick, Deep, Shallow, Underwater, Treading water, Float, Breathe.  | Width, Length, Depth, Front Crawl, Breast stroke, Back stroke, Dive, Jump, Gala, Deep, Shallow, Underwater, Treading water, Float, Breathe. | Width, Length, Depth, Front Crawl, Breast stroke, Back stroke, Butterfly, Freestyle, Dive, Lane, Jump, Gala, Underwater, Treading water, Breathe, Dive, Life-saving.  |