



Believe

Embrace

Shine

Together

'I can do all things through Christ who strengthens me.'

Philippians 4:13

Rattlesden C of E Primary Academy

Vocabulary Progression - Physical Education

EYFS	Year 1 and 2
Space	As previous year plus:
Stretch	
Muscle	Games:
Partner, pairs	Underarm
Run	Move
Walk	Safely
Balance	Kick
Throw	Tactics
Catch	Decide
Hit	
Ball	Gymnastics:
Cone	Curl
Net	Tense
Bean bag	Stretch
Jump, Hop	Relax
Carry	Control
Follow, lead	Travel
Copy	Balance
Sports	Copy
Games	Sequence
Rules	Improve
Move	Plan
Forwards, backwards	Perform
Equipment	Feedback
Speed	Hold
Direction	Independent
Bounce	
Push, pull, roll	

Dance:

Move

Copy

Perform

Create

Rhythm

Control

Coordination

Linking

Mood, feeling

General

Copy

Compare and contrast

Repeat

Year 3 and 4

Year 5 and 6

As previous years plus:

Games:

Throw
Catch
Control
Awareness of space
Support
Opposition
Strike and field
Accuracy
Possession
Adapt tactics

Gymnastics:

Adapt sequences
Apparatus
Criteria
Strength
Suppleness
Performance
Compare and contrast sequences
Stamina
Improve

Dance:

Changing speed and direction
Share and create phrases
Plan,
Repeat,
Perform
Communicate

Athletics:

Change speed and direction

As previous years plus:

Games;

Possession
Forehand, backhand
Field
Tactics, strategy
Defending, attacking
Techniques
pass, dribble and shoot
Striking,
Implement
Umpire

Gymnastics:

Complex extended sequences
Combine
Perform
Consistency
Audience
Link
Vault
Spring

Dance:

Compose
Creative
Perform,
Accompaniment,
Demonstrate
Fluency, accuracy and consistency.
Style
Interpret
Precise

<p>Underarm, overarm Throwing Technique Distance Sprint Accuracy Personal best</p> <p>Outdoor and Adventurous: Follow Route Appropriate equipment Safely, Manage risks/problems</p>	<p>Posture</p> <p>Athletics: Control Accuracy Techniques Combine Distance Compete Stamina</p> <p>Outdoor and Adventurous: Location Compass Navigate Overcome problems Plan Danger, hazard Leadership</p>
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