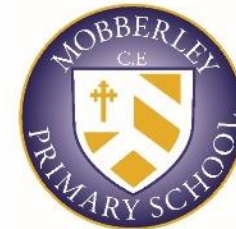


'Open Hearts, Open Minds, Open Doors'

Matthew 7:



"Ask and it will be given to you; seek and you will find; knock, and the door will be opened to you."

Mobblerley Church of England Primary School

Physical Education Vocabulary Progression

Reception to Year Six

EYFS	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Vocabulary - Gymnastics						
Warm up	Points	High	Pathway	Balance	Bridges	Counter-balance
Cool down	Patches	Low	Flexible	Travel	Balance	Counter-tension
Control	High	Travel	Direct	Shape	Travel	Balance
Balance	Low	Slide	Travel	Extension	Shape	Travel
Move	Travel	Rolling	Stretch	Tension	Roll	Shape
Jump	strong (tension)	Jump	Wide	Direction	Turn	Extension
Land	stretch (extension)	Land	Thin	Sliding	Jump	Tension
High	control	Flexible	Long	Rolling	Slide	Matching
Low	Flight	Tension	Short	Contrasting	Levels	Mirroring
Shape	Bounce	Extension	Curled	Communication	Speed	contrasting
Travel	Jump	Stretch	Roll	co-operation	Direction	communication
Health	Flexible	Balance	Jump	receiving weight	Sequence	leadership
Explore	Balance	Spin	Levels	jumping	Extension	Synchronisation
Diet	Stretch	Shape	Speeds	bunny hop	Tension	Canon
Stretch	Spin	Linking	Sequence	leaping	Strong	Warm up
Exercise	Shape	Sequence	Contrasting	cart-wheel	contrasting	Cool down
Healthy	Land	Technique	Acceleration	twisting	communication	
Safety	Wide	Warm up	deceleration	turning	leadership	
Space	Narrow	Cool down	Direction	speeds	Spin	
Copy	Curled	Leap	forwards	levels	Rotate	
Watch	Warm up	Direction	backwards	Spin	Axis	
Equipment	Cool down		sideways	flexibility	Flight	
			co-ordination	co-ordination	Wheel	
			leap	Warm up	Spring	
			Spin	Cool down	Leap	
			side		take-off	
			step		land	
			tension		clock wise & anti	
			extension		clock wise	
			even		Warm up	
			uneven		Cool down	
			symmetrical			
			asymmetrical			

balance

Vocabulary - Games

Throw	Actions	Throw	Dribble	High	Chest pass	Dribble Pass
Catch	Throw	Catch	Send	Low	push pass	Invasion
Pass	Catch	Pass	Pass	Space	space	Signal
Roll	Pass	Receive	Receive	Opponent	opponent	Receive
Bounce	Receive	Bounce	Calling	target	target	Tackle
Stop	Bounce	Roll	Signalling	throw	movement	Defend
Looking	Roll	Control	Space	catch	accurate	Attack
Stopping	Dribble	Dribble	Movement	feed	control	Accuracy
Warm up	Hit	Hit	scoring	aiming	signalling	team work
Cool down	Space	Space	High	Chest pass	balance	strategy
Control	Move	Move	Low	agility	strength	agility
Large movements	Safety	Safety	Tactics	push pass	agility	space
Small movements	Looking	Looking	Space	Bounce pass	Throw	control
Move	stopping	Stopping	Opponent	Opponent	Send	dodging
Health	control	Evaluate	target	Movement	Receive	technique
Explore	target	controlling	throw	Accurate	Catch	Throw
Diet	aiming	defender	catch	dodging	Calling	Send
Exercise	Warm up	attackers	Evaluate	Control	dodging	Catch
Healthy	Cool down	Rules	feed	Signalling	Striking	Calling
Safety	team work	Warm up	aiming	Evaluate	Hitting	Striking
Space		Cool down	striking	Tactics	Fielding	Hitting
Copy		Calling	hitting	Overarm	Chasing	Fielding
Watch		Signalling	Rules	under arm	Rolling	Chasing
Equipment		team work	Overarm	Rules	Movement	Rolling
team work			under arm	Warm up	team work	Bowling
			fielding	Cool down	Overarm	Overarm
			Net games		under arm	under arm
			chasing		scoring	space movement
			rolling		Evaluate	scoring
			barrier		Health	Fitness
			space		Fitness	Well-being
			movement		Well-being	Evaluate
			scoring		Tactical	Warm up
			Warm up		Warm up	Cool down

			Cool down team work		Cool down	
Vocabulary – Dance						
Warm up	Compose	Compose	Turn	Unison	Turn	Turn
Cool down	Timing	Perform	Gesture	Flow	Gesture	Gesture
Large movements	Gesture	Performance	Jump	Choreograph	Jump	Jump
Small movements	Movement	Pattern	Travel	Bouncy	Stillness	stillness
Move	Dance phrase	Express	Express	Formation	Travel	travel
Health	Routine	Dance phrase	Explore	Canon	Expression	expression
Explore	Explore	Explore	Mimic	Explore	Clarity	Combine
Performance	Rhythm	Direction	Mime	Audience	Mimic	clarity
Perform	Performance	Pathways	Timing	Narrative	Mime	mimic
Diet	Perform	Music	Music	Character	Formation	mime
Exercise	Music	Travel	Flow	Transition	Explore	Explore
Healthy	Exercise	Slide	Movement	Mirroring	Relationship	timing
Safe	Direction	Spinning	Patterns	Music	Timing	movement
Space	Spinning	Turning	Motif	Beats	Music	Structure
Music	Turning	Rolling	Beats	Rhythm matching	Movement	Fluent
Copy	Speeds	Jump	Rhythm	Gestures	Patterns	patterns
Watch	Levels	Spring	Machinery	Performance	Motif	Music motif
Equipment	Travel	Speeds	Robotic	Perform	Music	music beats
Travel	Slide	Levels	Aesthetic	Warm up	Beats	Performance
Spinning	Spinning	Evaluate	Dynamic	Cool down	Rhythm	Perform
Turning	Turning	Tension	Transition	Evaluate	Machinery	rhythm
Rolling	Evaluate	Control	Rotation	Stimuli	Performance	Fitness
Jump	Rolling	Extension		Improvise	Perform	Evaluate
iming	Jump	Warm up	Performance		Robotic	Improvise
	Timing	Cool down	Perform		Action	
	Beats	Timing	Warm up		Reaction	
		Beats	Cool down		Warm up	
			Evaluate		Cool down	
					Evaluate	
					Improvise	