

Tickhill Estfeld Primary - Progression in PE vocabulary

Athletics Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Push, stop, jump, space, forwards, safely, balance, backwards	Far, hop, aim, fast, slow, bend, improve, direction, travel	Sprint, jog, distance, height, take off, landing, overarm, underarm	Speed, power, strength, accurately, higher, pace, control, faster, further	Power, stamina, officiate, perseverance, determination, accuracy, personal best	Technique, upsweep, rhythm, down sweep, flight, stride	Rotation, trajectory, continuous pace, force, compete, momentum, transfer of weight

Ball Skills (R and KS1) Football (KS2) Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Run, stop, throw, roll, team, kick, space, catch	Far, aim, safely, direction, balance, send	Overarm, collect, target, underarm, dribble, distance	Track, receive, chest, shoulder, overhead, accurate	Release, select, control, consistently, technique, persevere	Control, dribbling, passing, ball control	Jockeying, turning, goalkeeping, receiving

Basketball Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			throwing and catching, dribbling, intercepting, shooting,	Planning, strategies, tactics, observing, feedback, honesty, fair play, perseverance	throwing and catching, dribbling, intercepting, shooting, communication, collaboration	Perseverance, honesty, fair play, planning, strategies, tactics, observing, feedback

Dance Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards	Counts, pose, level, slow, fast, balance	Mirror, action, pathway, direction, speed, timing	Flow, explore, create, perform, match, feedback, expression	Reaction, unison, represent, dynamics, control	Posture, canon, formation, performance, relationship	Phrase, structure, connect, choreograph, contrast, fluently

Fitness Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Push, stop, space, jump, balance, safely	Heart, exercise, lungs, body, mood	Strong, pace, race, speed, jog, steady, sprint	Strength, accurately, distance, balance, control	Technique, co-ordination, healthy, progress, muscle, stamina	Technique, momentum, rhythm, agility, drive, power	Generate force, measure, analyse, continuous, flexibility, record

Fundamentals (Mini Games) Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Run, stop, space, jump, balance, skip	Fast, hop, slow, direction, land, safely	Dodge, jog, hurdle, speed, steady, sprint	Distance, technique, control, tension, coordination, rhythm	Momentum, decelerate, transfer, accelerate, pace, stability		

Gymnastics Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Move, copy, over, shape, space, rock, around, safely, sideways, travel, forwards, backwards	Action, jump, roll, level, direction, speed, point, balance	Link, pathway, sequence, tuck, straddle, speed, star, pike	Flow, explore, create, matching, interesting, control, contrasting	Quality, perform, inverted, technique, apparatus, extension	Symmetrical, rotation, aesthetics, canon, asymmetrical, synchronisation, progression	Momentum, fluently, stability, formation, counterbalance, counter tension

Hockey Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Push, receiving, pass, intercept, dribbling, tackling	Push, receiving, pass, intercept, dribbling, tackling, strategies	Push, receiving, pass, intercept, dribbling, tackling, strategies, tactics, physical	Push, receiving, pass, intercept, dribbling, tackling, physical, creating, using space, shooting, fair play

Invasion Games Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Pass, team, tag, balance, safely, space, forwards, backwards	Defender points, dribbling, attacker, score, partner	Received, send, teammate, chest pass, possession, goal, dodge, bounce pass	Receiver, footwork, rebound, tracking, interception, mark, travelling, playing area	Outwit, opposition, opponent, contact, pivot, court, field, pitch	Tactics, control, foul, pressure, onside, offside, support, obstruction	Consecutive, consistently, dictate, contest, formation, conceding, turnover, shut down

Netball Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Physical: passing, catching, footwork, intercepting, shooting	Thinking: planning strategies and using tactics, observing, providing feedback	Physical, passing, catching, footwork, intercepting, shooting, dodging	using tactics, selecting, applying skills, decision making

Net and Wall Games Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Team, space, catch, throw, safely, bounce, forward, backward	Ready, position, partner, net, underarm, score, points	Receive, quickly, trap, defend, return, collect, against	Serve, accurately, track, racket, control, rally, opponent	Receiver, backhand, outwit, court, forehand	Volley, footwork, set, tactics, co-operatively, continuously, dig	Deep, forecourt, defensive, consecutive, consistently, backcourt, attacking

Outdoor Adventurous Activities (OAA) Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Share, team, path, listen, space, travel, follow, safely	Lead, co-operate, teamwork, solve, instructions	Support, successful, map, direction, communicate	Rules, route, trust, navigate, grid, discuss, plan	Leader, effectively, symbol, inclusive, orientate	Collaborate, collective, navigation, tactical, control card, orienteering	Location, symbol, strategy, boundaries, critical thinking, co-operatively

Rounders Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Underarm, overarm throwing, catching, tracking a ball, fielding, retrieving, batting	Honesty, fair play, confident to take risks, managing, observing, feedback, tactics, decision making	passing, catching, footwork, intercepting, shooting, dodging, communication, collaboration	perseverance, honesty, fair play, planning strategies, tactics, decision making

Striking and Fielding Games Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Run, pass, roll, team, space, safely, around, forwards, backwards	Hit, points, target, throw, score, catch	Fielder, send, teammate, runs, batter, received, bowler	Strike, grip, rounder, backstop, bowl, post, wicket, batting, wicket keeper, fielding	Stance, retrieve, opposition, stumped, two-handed pick up, technique, short barrier	Pressure, backing-up, support, overtake, tracking, outwit, tactics	Obstruction, continuous, drive hit, consecutive, consistently, co-operatively, defensive hit

Swimming* Vocabulary Progression (*Swimming only taught in Y5 at Tickhill Estfeld)

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Exit, enter, front, travel, rules, safely, kicking back	Pulling, splash, unaided, gliding, floating, breathing	Sculling, crawl, breaststroke, submersion, rotation, backstroke	Stroke, huddle, alternate, survival, treading water, buoyancy	Exhale, flutter kick, surface, somersault, personal best, inhale	Endurance, propel, continuous, streamline, synchronised, retrieve

Target Games Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aim, space, team, pass, safely, balance	Points, throw, far, distance, score, partner	Accurate, send, teammate, against, overarm, release, target, underarm	Rules, dodge, drive, receiver, putt, court/course, block	Chipping, opponent, swing, communicate, protect, align	Tactics, officiate, fair play, par, hole, pressure, power	Support, cooperatively, tournament, hazard, consistently, sportsmanship, outwit, bunker

Yoga Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

Move, still, space, travel, shape, safely	Feel, breath, copy, listen, slowly	Focus, position, flow, pose, create, choose	Strength, relax, link, balance, flexibility, perform, technique	Gratitude, stable, control, grounded, mindfulness, well- being, control	Quality, notice, calm, develop, high lunge, fluidity	Salutation, transition, aware, collaboratively, practise, connected
--	---------------------------------------	--	---	--	--	--

Vocabulary Progression						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6