



Reception

Reception		
Manipulation & Co-ordination	Body Management	Co-operate & Solve Problems
<p>Carry, crawl, feet, freeze, grip, hands, high, hold, hop, jump, low, music, one foot, pause, prepare, eyes.</p> <p>Weight, spin, slide, apparatus, anticipate, freeze, high, low, switch, beat, hop, jump, step, grip, opposition, baton.</p>	<p>Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, roll, slide, slither, apparatus, low.</p>	<p>Cooperate, team, individual, partner, pair, work, choose, collect, suits, deck, cards, trail, body shape, number.</p> <p>Switch, agility, den, hop, step, grip, trails, over, under, through, around.</p>
Gymnastics	Dance	Speed Agility Travel
<p>Balance, Control, Fast, High, Low, Jump, Link, Stretch, Pattern, Shape, Sequence, Movement, Direction, Pathway, timing.</p>	<p>Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow, flow, join, link, rhythm, step, teamwork.</p>	<p>Pause, prepare, freeze, high, low, switch, agility, music, beat.</p> <p>Reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, softly, quietly, quickly, powerful, music, beat.</p>

Year 1

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Attack Defend Shoot	Hit Catch Run	Send & Return	OAA
<p>Attack, catch, compete, defend, over- arm, play against, receive, roll, rolling, send, throw, under-arm.</p> <p>Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch.</p>	<p>Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p>	<p>Hit, send, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.</p> <p>Bowl, hit, net, pick up, roll, serve, stop, track, opposition, umpire.</p>	<p>Sequence, problems, instructions, perform, symbol, pyramid, stacking, up stack, down stack, shape, map, repeat, pattern, individual, group.</p>
Gymnastics	Dance	Run Jump Throw	
<p>Balance, body tension, tensed, relaxed, shape, stretched, curled, carry, control, extension, fast, hang, high, jump, like, link, low, safety, rock, roll, link, quarter, half, turn, spin, twist, unison, canon.</p>	<p>Stretch, swing, mood, feeling, theme, story, static, friendship, start, middle, end.</p> <p>Compose, choose, select, emotions, canon, rhyme, theme, character, round, respond.</p>	<p>Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.</p> <p>Run, hop, skip, step, sideways, throw, slow, medium, agile, link, skipping, power, track, relay, tag, partner, sprint.</p>	

Year 2

Attack Defend Shoot	Hit Catch Run	Send & Return	OAA
<p>Aim, attack, compete, control, cooperate, receive, restart, sideline.</p> <p>Rebound, aim, speed, direction, scoring, controlling, following, intercepting, tactics.</p>	<p>Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts, stumps.</p> <p>Outwit, bowler, strike, respond, stump, stumping, wicketkeeper, backstop, position, role.</p>	<p>Serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet.</p> <p>Front, back, tactics, compete, score, wide, deep, rotate, point.</p>	<p>Reach, search, find, explore, teamwork, speed, verbal, tactile, map, key, equipment, variety.</p>
Gymnastics	Dance	Run Jump Throw	
<p>Balance, shape, bridge, jump power, weight-on, point, patch, teddy, dolly, front-straddle, cup, puck, v-sit, japana, arabesque.</p> <p>Body tension, carry, control, extension, fast, hang, timing, travel, turn, transition, smooth, relevé, core muscles.</p>	<p>Direction, huddle, group, mood, feeling, penguin, musicality, respond, galloping, flying, friendship, abandonment.</p> <p>Dynamic, independent, pair, clock face, time, motif, freestyle, formation, on stage, off stage.</p>	<p>Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect.</p> <p>Lunges, strength, power, repetition, power, accuracy, agility, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete.</p>	

Years 3/4					
Athletics	Hockey/Football		Tag Rugby/Handball		Swimming
Run	Shoot	Teamwork	Space	Shoot	Beginner
Jump	Defend	Score	Accurately	Defend	Swim
Throw	Attack	Shoot	Mark	Attack	Kick
Agility	Block	Foot	Dodge	Block	Front
Power	Run	Intercept	Attack	Run	Back
Speed	Control	Inside of	Defend	Control	Lie on
Track	Receive	the foot	Footwork	Catch	front/back
Force	Pass	Touch	Possession	Pass	Arms
Distance	Teamwork	Possession	Evading/evade	Score	Legs
Curve	Score	Accuracy	Close down	Intercept	Breath
Accelerate	Hockey	Dribble	Sportsmanlike	Possession	Splash
Hurdles	Shaft	Control	Consistently	Movement	Sculling
Pull	Foot	Use space	Columns	Using space	Doggy paddle
Record	Space	Defend	Length	Footwork	Prone
Pace	Dribble	Defensive	Pace	Foul	Supine
Approach	Push	Attack	compete	Free throw	Glide
Combine	Slap	Pass		Link	Stroke
Javelins	Reverse	Tactics		Teamwork	Float
Vortex howler		Direction		Double	Pace
Bounce		tackle		dribble	Intermediate
Target				3-step	Breath
Take off				3-man weave	Rotate
Sling					Submerge
Exchange accuracy					Sink
					Float
					Sculling
					Breaststroke
					Glide
					Surface dive
					Jump
					On top of the water
					Underwater
					Front crawl
					Advanced
					Metres
					Distance
					Back crawl
					Front crawl
					Breaststroke
					Compete
					Improve
					Challenge
					Personal

Physical Education PE Vocabulary (PE Hub)



				Survival Treading Crouching
Gymnastics	Dance	Netball/Basketball		OAA
Fluency, contrasting, unison, low, combinations, full turn, half- turn, flexibility, compositional ideas, healthy active lifestyle. Sustained, explosive, power, control, group, similar, different, bounce, box splits, fluency, dynamic, static, half lever, extension. Control, group, similar, different, direction, speed, partner, actions, compositional, stamina, leap, refine, progression. Tension, travelling steps, muscles (abdominals, obliques), engage, core, stabilise.	Facial expression, improvisation, rehearse, director. Solo, duo, categories, dynamics, phrases, timings, layers, harm, pollution, zones, ocean, sea, travel, improvise. Improvisation, rehearse, director, choreographer, slide, formation, freeze frames. Size, direction, background, ornamentation, facing, choreography, peer, contact.	Space Pass Accurately Mark Dodge Attack Defend Footwork Possession Shoot Rules Improve Protect Semi-circle One-to-one Pivot/pivoting preliminary	Control Bounce Shoot Target Assist Jump ball Attack Defend Shoot Offensive Turnover Double dribble Crossover ball Tip-off Intercept Bounce pass Jump shot Opposed violation	Maps Diagrams Scales Symbols Orienteering Controls Challenges Problem-solving Lead Follow Plan Trust Solve Cardinal points Success
Cricket/Rounders	Badminton/Tennis	Volleyball	Lacrosse	Fitness?
Batting, fielding, bowling, bat, wicket, stump, crease, boundary, run, batsman, bowler, wicketkeeper, innings, forward drive, long	Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready. Hit, return, court, forehand, shuttlecock,	Hit Return Court Underarm/overarm serve Boundary Seated Inclusive Send	Pass Catch Push Pull Head Stick Groundballs Step Squat	Muscles, muscle groups, balance, control, relax, interval, max effort, tabata, rounds, reps, abdominals, calf, glutes,

Physical Education PE Vocabulary (PE Hub)



<p>barrier, over. Zones, directing, conditioned game, intercepting, isolation, pull shot, ground ball, overarm bowling, run singles, bases, long barrier, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders. Zones, directing, speed, avoid, intercept, role, scoring system, gain, stumped.</p>	<p>points, score, net, underarm, racquet. Tactics, underarm, overarm, bisi, tricks, ready position boundary.</p>	<p>Rally Score Volleyball Pair Net Feed Receive Switch Court Sideline Height Opposition</p>	<p>Scoop Low Overarm Underarm Goal Interception Space Possession crease</p>	<p>quadriceps, amrap, determination. Range of motion, superset, pyramid, flexibility, energy, protein, carbohydrates, vitamins, minerals, fibre, descending workout, perseverance, and nutrients.</p>
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Years 5/6					
Athletics	Hockey/Football	Tag Rugby/Handball	Swimming		
<p>Bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop – step – jump.</p> <p>Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess.</p>	<p>Teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, tackle, covering, supporting.</p>	<p>Distance, perform, consistent, speed, fair play, regain, possession, goal side, interchange, position, maintain, tackle, covering, supporting, strategy, set up, assist, deny, set play, covering, defender.</p>	<p>Contest, possession, pressure, support, pop pass, turn over, lose pass, W grip, offence, formation, transition, principle, STEP, agility, turnover, support, observe, analyse.</p>	<p>Dribble, block, screen, pivoting, steps, double fault, offensive foul, free throw, control, use space, screen, skill selection, conditioned games, appropriate, organisation, consistency, counterattack.</p>	<p>Beginner</p> <p>Swim Kick Front Back Lie on front/back Arms Legs Breath Splash Sculling Doggy paddle Prone Supine Glide Stroke Float Pace</p> <p>Intermediate</p> <p>Breath Rotate Submerge Sink Float Sculling Breaststroke Glide Surface dive Jump On top of the water Underwater Front crawl</p> <p>Advanced</p> <p>Metres Distance Back crawl Front crawl Breaststroke Compete Improve Challenge Personal</p>

				Survival Treading Crouching
Gymnastics	Dance	Netball/Basketball		OAA
<p>Symmetry, asymmetry, sequences, combinations, direction, speed, partner, asymmetrical, symmetrical, aesthetics, counterbalance.</p> <p>Speed, partner, asymmetrical, elements, control, balance, strength, bridge, warmup, injury, core temperature.</p> <p>Flight, consistent, vault, vaulting sequences, combinations, direction, dismount.</p> <p>Half lever, box splits, bridge, broad jump, splits, dish, arch, bounce, competency, complex, stimuli, mirror, match.</p>	<p>Facial expression, rehearse, choreographer, locomotion, bangra line dance, wall patterns. Assemblé, sissone, sauté, chainé, retrograde, inversion, instrumentation, fragmentation.</p> <p>Motif, street dance, composition, collaborate, stag leap, rebound, expression. Narrative, tension & relationships, aural setting, accompany, contact, quality, confidence.</p>	<p>Score, shoot, possession, react, foul, umpire, quick turns, dodge, pivot, stationary, shooting circle/semi-circle. Tactics, gameplay, blocking, free, metre, organisation, rebounds, prone, thirds, area, offside, intercepting.</p>	<p>Blocking, pivot, forward, reverse, exploit, lay off, accurately, rebound, fake, feint. Fast break, counterattack, retreat, maintain, pressure, free throw, L-cut, V-cut, pin down.</p>	<p>Challenge, plan, trust, solve, team, design, instructions, extend, orient, morse code, decipher, individual, signal.</p> <p>Maps, diagrams, scale, symbols, orienteering, compass, challenges, design, instructions, extend, knot, orient.</p>
Cricket/Rounders	Badminton/Tennis	Foundations	Golf	Fitness
<p>Calling, accuracy, rise of the ball, anticipating, forward defensive shot, setting a field flexibility,</p>	<p>Clear, overhead, cooperate, collaborate, lunge, shuffle, skip, run, backline, movement. Smash shot, offensive,</p>	<p>Flexibility, strength, coordination, balance, challenge, attempts, core,</p>	<p>Tee, strike, putt, chip, hole, course, club, par, control,</p>	<p>Muscles, muscle groups, balance, control, relax, interval, max effort, tabata,</p>

Physical Education PE Vocabulary (PE Hub)



<p>cardiovascular endurance, power. Urgency, acquire, high ball, tracking, short delivery, long balls, on drive, off side, on side, slip, short leg, silly point, innings, retires, attack.</p> <p>Power, consistently, accuracy, stump, conditioned, fitness, miss hit, strength, encouragement, defensive, offensive, shot, predict, place, select, tactics, stance, tracking.</p>	<p>attacking, defending, rally, drop shot, net play.</p> <p>Service rules, volley, overhead, singles, doubles. Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement.</p>	<p>stability, confident, move, reach, base, leapfrog, upper body, lower body, improve, tightrope, partner, self, compare, solo, degrees, pyramid, negative, flow, relaxed.</p>	<p>swing, balance.</p>	<p>rounds, reps, abdominals, calf, glutes, quadriceps, amrap, determination.</p> <p>Range of motion, superset, pyramid, flexibility, energy, protein, carbohydrates, vitamins, minerals, fibre, descending workout, perseverance, and nutrients.</p>
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