

EYFS and KSI P.E. Vocabulary Progression



	EYFS hear	Year 1 Use	Year 2 Use
Gymnastics Gymnastics Skills	Straight Pike Tuck Straddle Star Shape Curl Roll Position Body parts Travel Balance Jump Safety Mats Beams Benches Land	Stretch Balance Travelling Jumping Climbing Repeat Sequence Space Perform Direction Speed Levels Shapes - Pike, Star, Straddle, Straight, Tuck. Landing Pose Point Warm up Cool down Improve	Tension Adapt Compose Movements Position Extend Travel Combinations Demonstrate Create Stretch Tension Smooth Sequence Smooth Evaluate Strength Control

		Floor Routine Skills Vocab - Crouch to supported tuck - $\frac{3}{4}$ forward roll - Teddy Bear Roll - Back Support - Step turn - One foot Stand - Stretched jump and landing Vault Skills Vocab - Approach and hurdle step - Squat - Springboard - Take off - Flight - Landing - Finish	Floor Routine Skills Vocab - Crouch to supported tuck - $\frac{3}{4}$ forward roll - Teddy Bear Roll - Back Support - Step turn - One foot Stand - Stretched jump and landing Vault Skills Vocab - Approach and hurdle step - Squat - Springboard - Take off - Flight - Landing - Finish
Dance	Travelling - slither, gallop, shuffle, roll, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after. Direction - forwards, backwards Feeling - happy, excited, sad	Rhythm Co-ordination Pattern Copy Health Fitness Movement Levels Twirl Balance	Stimulus Pattern Loose Control Sequence Unison Cannon Travel and Stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue

	Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above.	Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle and end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions levels- high, medium, low Speed - fast, slow Pathways - curved, zigzag	Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Rhythm
Invasion Games / Athletics	Walking Running Throwing Fast Slow Catching Rolling Space Pushing Patting Kicking	Jumping Striking Bouncing Opposite team Speed Direction Passing Controlling Shooting Scoring Participation Team work Warm up	Free space Own space Rebound Follow Aiming Technique Combinations Rules Tactics Co-ordination Togetherness

	Bounce Control Co-ordination Body parts Space	Cool down	
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