

KS2 P.E. Vocabulary Progression



	Year 3 Use	Year 4 Use	Year 5 Use and define	Year 6 Use and define
Gymnastics	Flow Explosive Symmetrical Asymmetrical Combination Contrasting Curled Stretched Inverted Strength Technique Height Matching Take-off Flight Vault Body management Floor routine Execution Difficulty Finish Rebound Negotiate Execute Consecutively	Degrees Combine Rotation Stamina Speed Refine Suppleness Agility Bridge Mirroring Parallel Posture Presentation Body Management Routine Vocab - Rebound jumps - Tucked dish - Back support - Straddle sit - Arch - Front support - Splits - Shoulder flexibility - Board jump	Dynamics Accurately Asymmetry Performance Symmetry Refinements Assessment Muscles Joints Extension Co-operate Composition Body Management Routine Vocab - Single bounce skips - Dish - Roll to arch and back to dish - Towards half lever - Japana - Press Up - Splits - Bridge - Broad Jump	Audience Elements Aesthetically Criteria Tension Inverted Judge Counter-tension Counter-balance Body Management Routine Vocab - Single bounce skips - Dish - Roll to arch and back to dish - Towards half lever - Japana - Press Up - Splits - Bridge - Broad Jump

	Content	- Skips		
	Linking	- Dish with one leg out	Floor Exercise Vocab	Floor Exercise Vocab
	Body Management	- Towards half lever	- Round off	- Round off
	Routine Vocab	- Front support	- Side Scale towards Y balance	- Side Scale towards Y balance
	- Rebound jumps	- Roll to arch	- Backward roll straddle	- Backward roll straddle
	- Tucked dish	- Press Up	- Full or ½ turn jump	- Full or ½ turn jump
	- Back support	- Japana	- Two cartwheels consecutively or handstand roll	- Two cartwheels consecutively or handstand roll
	- Straddle sit	- Bridge	- Bridge	- Bridge
	- Arch	Floor Exercise Vocab	- Split	- Split
	- Front support	- Crouch to supported tuck	- ½ lever	- ½ lever
	- Splits	- Teddy Bear Roll		
	- Shoulder flexibility	- ¾ Forward roll	Vault Vocab	Vault Vocab
	- Board jump	- Back support	- Approach	- Approach
	- Skips	- Rocking on back	- Take off	- Take off
	- Dish with one leg out	- Step turn	- Flight onto apparatus	- Flight onto apparatus
	- Towards half lever	- One foot stand	- Rebound and flight off	- Rebound and flight off
	- Front support	- Stretched jump and landing	- Landing	- Landing
	- Roll to arch	- Forward roll		
	- Press Up	- Arabesque		
	- Japana	- ½ jump turn		
	- Bridge	- Backwards roll onto knees		
	Floor Exercise Vocab	- Front support and press up		
	- Crouch to supported tuck	- Turn through side support		
	- Teddy Bear Roll	- Shoulder stand		
	- ¾ Forward roll	- Pivot		
	- Back support	- Cartwheel		
	- Rocking on back	- Round off		
	- Step turn			
	- One foot stand			

	- Stretched jump and landing - Forward roll - Arabesque - ½ jump turn - Backwards roll onto knees - Front support and press up - Turn through side support - Shoulder stand - Pivot - Cartwheel - Round off Vault Vocabulary - Approach - Take off - Flight - Stretched shape - Tucked shape - Landing - Direction	Vault Vocabulary - Approach - Take off - Flight - Stretched shape - Tucked shape - Landing - Direction		
Dance	Create Combination Sequence Space Improvisation Repetition Motifs Pattern Agility Flexibility Stimulus	Spatial awareness Character Action Reaction Pattern Dynamics Pace	Dance phrase Technique Formation Expression Improvisation Modify Interpret Exploration	Dance style Dance phrase Fluency Variation Unison Canon Alignment Allegro Intention Notation Presence

	Timing Perform 8 steps Footwork Focus			Sustained
Invasion Games	Defending Attacking Possession Co-ordination Co-operation Scoring Batting Pass Dribble Teamwork Collaboration Goals Rules Tactics Fielding Travel Pitch	Possession Send Receive Striking Bowling Combinations Fluency Competition Technique	Direction Decisions Shield Support Marking Repossession Stance	Effective Use of space Width Depth Covering
Athletics	Pace Jogging Sprinting Throw Skip Aim Leap Target Overarm Underarm High	Accuracy Power Accelerate Distance Steady Height Record Measure	Pull Stance Approach Improve Evaluate Stamina Outcome Goal Strength Weakness	Fitness Muscles Tension Joints Coordination Measurements Metres Timing

	Low Fast Slow			
Swimming	Front crawl Backstroke Breaststroke Stroke Float Jump Dive Kick Breath Glide Pull Horizontal Alternate Shallow Deep Turning Rolling Length Width	Butterfly Dolphin Flexed elbows Recovery Streamline Diving Continuous Timing Flexible Style Metres	Bilateral breathing Synchronised Submerge Rescue Straddle jump Survival techniques	
Health and Fitness	Balance B.M.I Carbohydrate Protein Fats Dairy Nutrition Recovery Speed Strength Well-being	Cardio-vascular Flexibility Healthy bodies Dehydration Rehydration	Aerobic Anaerobic Outcomes Hormones Adrenalin Body Types	Interval Training Expire Fatigue Heart Rate Arteries Veins Joints Tendons Tissue

O.A.A	Rules Routes Trust Navigate Orienteering Navigation Grid Discuss Plan Adventurous Problem solving Communication Compass Direction Safety Map Challenge	Leader Effectively Symbol Inclusive Orientate Plotting	Collaborate Collective Tack tickle Control Card	Location Strategy Boundary Critical Thinking Cooperatively
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