

Progression of Vocabulary PE			
	KS1	LKS2	UKS2
Gymnastics	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow In front Speed Slow Fast Land Over Off High Low Balance Twisted Curled Level Under Copy	Stretch Push Pull Step Spring Crawl Still Tall Long Forwards High Low Roll Explosive Combination Evaluate Improve Adapt Curled Stretched Strength	Muscles Joints Symmetrical/ asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/ Evaluation Leadership Officiating Elements Twist Criteria Extension Judgement Judge Combination Performance Parallel Creativity Flight Timing
Dance	Travel Stillness Direction Space Body parts Levels Speed Stillness Direction Beginning Middle End Feelings Pathways Rhythm	Space Repetition Action and reaction Pattern Repeat Dance Phrase Character Gesture Repetition Mirror Performance Technique	Dance style Variation Unison Canon Formation Improvisation Phrase Interpret Exploration Choreography
Games	Striking Catching Own space Team Speed Direction Passing	Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space	Support Marking Attackers/defenders Team play Individual play Offside Pitch

	Controlling Shooting Scoring Balance Target Run Jump Throw Balance Co-ordination Receive sending Accuracy	Points/goals Rules Tactics Batting Fielding Defending Hitting Spatial awareness	Forehand/backhand Sportsmanship Leadership Officiating
Swimming		Swim Unaided Strokes Movements Coordination Breathing Surface Competent Self-rescue Safety	Front crawl Back crawl Breaststroke
Outdoor and Adventurous			Follow Route Equipment safely Manage risks/problems Control card Control marker Orienteering map Team work Key Route Tactics Communication Location Compass Navigate Plan Safety Leadership