

Holborough Lakes Vocabulary Progression for PE

EYFS	Year 1 and Year 2	Year 3 and Year 4	Year 5 and Year 6
<p>Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll.</p>	<p style="text-align: center;"><u>Games</u></p> <p>Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.</p> <p style="text-align: center;"><u>Gymnastics</u></p> <p>Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.</p> <p style="text-align: center;"><u>Dance</u></p> <p>Move, copy, perform, create, rhythm, control, co- ordination, linking mood or feeling.</p> <p style="text-align: center;"><u>General</u></p> <p>Copy, compare and contrast, repeat.</p>	<p style="text-align: center;"><u>Games</u></p> <p>Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics.</p> <p style="text-align: center;"><u>Gymnastics</u></p> <p>Adapt sequences, apparatus, criteria, strength, suppleness, performance, compare and contrast sequences, stamina, improve.</p> <p style="text-align: center;"><u>Dance</u></p> <p>Changing speed and direction, share and create phrases, plan, repeat, remember and perform phrases, communicate.</p> <p style="text-align: center;"><u>Athletics</u></p> <p>Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best.</p> <p style="text-align: center;"><u>OAA</u></p> <p>Follow, route, appropriate equipment, safely, familiar context, manage risks/problems. Swimming Swim, unaided, basic stroke, movements, co- ordinate breathing, surface.</p>	<p style="text-align: center;"><u>Games</u></p> <p>Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy.</p> <p style="text-align: center;"><u>Gymnastics</u></p> <p>Complex extended sequences, combine, perform, consistency, audience, link, vault, spring.</p> <p style="text-align: center;"><u>Dance</u></p> <p>Compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy and consistency. Style, interpret, precise and posture.</p> <p style="text-align: center;"><u>Athletics</u></p> <p>Control, accuracy, techniques, combine, distance, compete, improve personal best, stamina.</p> <p style="text-align: center;"><u>OAA</u></p> <p>Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership.</p>