



Newbald Primary School

Progression of Vocabulary for PE



Nursery & Reception

Run, Stop, Space, Jump, Balance, Skip,	Run, Stop, Throw, Roll, Team, Kick, Space, Catch	Run, Stop, Space, Jump, Balance, Skip, Move, Copy, Shape, Space, Safely, Around, Travel, Sideways, Forwards, Backwards	Run, Stop, Throw, Roll, Team, Kick, Space, Catch, Move, Copy, Over, Shape, Space, Rock, Around, Safely, Sideways, Travel, Forwards, Backwards	Aim, Space, Team, Pass, Safely, Balance, Run, Pass, Roll, Team, Space, Safely, Around, Forwards, Backwards, Catch, Throw, Bounce, Move, Copy, Shape, Space, Safely, Around, Travel, Sideways, Forwards, Backwards	Aim, Space, Team, Pass, Safely, Balance, Run, Pass, Roll, Team, Space, Safely, Around, Forwards, Backwards, Catch, Throw, Bounce, Move, Copy, Over, Shape, Rock, Space, Around, Safely, Sideways, Travel, Forwards, Backwards	swim, in, out, float, Front, Rules, Safely, Kick, Back
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Year 1 & 2

Fast, Jump, Hop, Flow, Direction, Balance, Bounce, Feel, Breath, Copy, Listen, Slowly,	Action, Jump, Roll, Level, Direction, Speed, Point, Balance, Defender Points, Dribbling, Attacker, Score, Partner,	Fast, Hop, Slow, Direction, Land, Safely, Counts, Pose, Level Slow, Fast, Balance	Defender Points, Dribbling, Attacker, Score, Partner, Far, Aim, Safely, Direction, Balance, Send	Defender Points, Dribbling, Attacker, Score, Partner, Points, Throw, Far, Distance, Score, Partner, Lead, Co-operate, Teamwork, Solve, Instructions	Far, Hop, Aim, Fast, Slow, Bend, Improve, Direction, Travel, Ready Position, Partner, Net, Underarm, Score, Points, Hit, Points, Target, Throw, Score, Catch	Exit, Enter, Front, Travel, Rules, Safely, Kicking Back,
Strong, Pace, Race, Speed, Jog, Steady, Sprint, Focus, Position, Flow, Pose, Create, Choose	Link, Pathway, Sequence, Tuck, Straddle, Speed, Star, Pike, Received, Send, Teammate, Chest Pass, Possession, Goal, Dodge, Bounce Pass	Dodge, Jog, Hurdle, Speed, Steady, Sprint, Mirror, Action, Pathway, Direction, Speed, Timing	Received, Send, Teammate, Chest Pass, Possession, Goal, Dodge, Bounce Pass, Overarm, Collect, Target, Underarm, Dribble, Distance	Received, Send, Teammate, Chest Pass, Possession, Goal, Dodge, Bounce Pass, Accurate, Send, Teammate, Against, Overarm, Release, Target, Underarm	Sprint, Jog, Distance, Height, Take Off, Landing, Overarm, Underarm, Receive, Quickly, Trap, Defend, Return, Collect, Against, Support, Successful, Map, Direction, Communicate, Fielder, Send, Teammate, Runs, Batter, Received, Bowler	Pulling, Splash, Unaided, Gliding, Floating, Breathing

Year 3 & 4

Strength, Accurately, Distance, Balance, Control, Strength, Try, Link, Perform, Flexibility, Perform, Technique	Flow, Explore, Create, Matching, Interesting, Control, Contrasting, Receiver, Footwork, Rebound, Tracking, Interception, Mark, Travelling, Playing Area, Track, Receive, Chest, Shoulder, Overhead, Accurate	Flow, Explore, Create, Perform, Match, Feedback, Expression, Receiver, Footwork, Rebound, Tracking, Interception, Mark, Travelling, Playing Area	Receiver, Footwork, Rebound, Tracking, Interception, Mark, Travelling, Playing Area, Rules, Dodge, Drive, Receiver, Putt, Court/Course, Block	Speed, Power, Strength, Accurately, Higher, Pace, Control, Faster, Further, Serve, Accurately, Track, Racket, Control, Rally, Opponent	Rules, Route, Trust, Navigate, Grid, Discuss, Plan, Stroke, Grip, Rounder, Backstop, Bowl, Post, Wicket, Batting, Wicket Keeper, Fielding	Sculling, Crawl, Breaststroke, Submersion, Rotation, Backstroke
Technique, Coordination, Healthy, Progress, Muscle, Stamina, Relax, Stable, Control, Grounded, Mindfulness, Down Dog	Quality, Perform, Inverted, Technique, Apparatus, Extension, Outwit, Opposition, Opponent, Contact, Pivot, Court, Field, Pitch	Reaction, Unison, Represent, Dynamics, Control, Outwit, Opposition, Opponent, Contact, Pivot, Court, Field, Pitch	Outwit, Opposition, Opponent, Contact, Pivot, Court, Field, Pitch, Communicate, Chipping, Opponent, Swing, Protect, Align	Power Stamina, Officiate, Perseverance, Determination, Accuracy, Personal Best, Outwit, Receiver, Court, Backhand, Forehand	Leader, Inclusive, Effectively, Orientate, Symbol, Stance, Retrieve, Opposition, Stumped, Two-Handed Pick Up, Technique, Short Barrier	Stroke, Huddle, Alternate, Survival, Treading Water, Buoyancy

Year 5 & 6

Technique, Momentum, Rhythm, Agility, Drive, Power, Quality, Develop, Notice, High Lunge, Calm, Fluidity	Symmetrical, Rotation, Aesthetics, Canon, Asymmetrical, Synchronisation, Progression, Tactics, Control, Foul, Pressure, Onside, Offside, Support, Obstruction	Formation, Posture, Performance, Canon, Relationship, Tactics, Control, Foul, Pressure, Onside, Offside, Support, Obstruction	Tactics, Control, Foul, Pressure, Onside, Offside, Support, Obstruction, Tactics, Par, Hole, Officiate, Pressure, Fair Play, Power	Technique, Down-sweep, Upsweep, Flight, Rhythm, Stride, Tactics, Volley, Co-operatively, Footwork, Continuously, Set, Dig	Collaborate, Tactical, Control, Card, Collective, Orienteering, Navigation, Pressure, Overtake, Tracking, Backing Up, Outwit, Support, Tactics	Exhale, Flutter Kick, Surface, Somersault, Personal Best, Inhale
Generate Force, Continuous, Measure, Flexibility, Analyse, Record, Salutation, Transition, Aware, Collaboratively, Practice, Connected	Formation, momentum, Counter Balance, Fluently, Counter Tension, Stability, Consecutive, Consistently, Dictate, Contest, Formation, Conceding, Turnover, Shut Down	Phrase, Structure, Connect, Choregraph, Contrast, Structure, Fluently, Connect, Consecutive, Consistently, Dictate, Contest, Formation, Conceding, Turnover, Shut Down	Consecutive, Consistently, Dictate, Contest, Formation, Conceding, Turnover, Shut Down, Support, Cooperatively, Tournament, Hazard, Consistently, Sportsmanship, Outwit, Bunker	Rotation, Force, Compete, Trajectory, Momentum, Continuous Pace, Transfer of Weight, Consecutive, Deep, Consistently, Forecourt, Backcourt, Defensive, Attacking	Location, Boundaries, Critical Thinking, Symbol, Cooperatively, Strategy, Obstruction, c Consecutive, Consistently, Cooperatively, Drive Hit, Defensive Hit	Endurance, Propel, Continuous, Streamline, Synchronised, Retrieve