



P.E Vocabulary Progression

In line with our PE scheme from the PE hub.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NURSERY Healthy movers programme	<p>Supporting Stability and Balance</p> <p>Star fish, sea horse, crab, fish, wide, tall, snow, rain, sunshine, wind, hot, cold, windy, blowing, wobble, still, above, below, behind, solid, strong, statue, floppy, reach.</p>	<p>Supporting Oral Health</p> <p>Twice a day, tooth paste, squeeze, pea-sized ball, up, down, jump.</p> <p>Supporting Agility and Locomotion</p> <p>Under, in, on, next to, behind, jump, bend, high, pop, bubble, clap, uphill, downhill, forwards,</p>	<p>Supporting Body Image and Confidence</p> <p>Mighty, strong, clever, amazing, excellent, beautiful.</p>	<p>Supporting Agility and Locomotion</p> <p>Under, in, on, next to, behind, jump, bend, high, pop, bubble, clap, uphill, downhill, forwards, backwards, on the spot, swishing, gliding, sideways.</p>	<p>Supporting Coordination and Object Control</p> <p>Round, behind, across, under, swap, steer, push, space, hands, feet, colours, throw, roll, high, low, into, onto, numbers, finger, thumb, wiggle, circle, square, diamond.</p>	<p>Supporting Healthy Eating</p> <p>Colours, fruit, vegetables, 5-a-day, health.</p>

		backwards, on the spot, swishing, gliding, sideways.				
RECEPTION	Gymnastics Balance, control, fast, high, jump, link, low, stretch, pattern.	Dance Dance, twist, turn, rhythm, step, music, beat, stretch, curl, high, low, fast, slow.	Body management Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll.	Speed agility travel Pause, prepare, freeze, high, low, switch, agility, beat.	Manipulation and coordination Carry, crawl, feet, freeze, grip, hands, high, hold, hop, jump, low, one foot, pause, prepare.	Cooperate and solve problems Cooperate, team, individual, partner, pair, work, collect, suits, trail, body shape.
YEAR 1	Gymnastics Balance, body tension, tensed,	Dance Stretch, swing, mood,	Attack, defend, shoot	Hit, catch, run Batter, bowl, catch, collect,	Send and return	Run, jump, throw

	relaxed, stretched, curled, carry, control, extension, fast, hang, high, jump, link, low, safety.	feeling, theme, story, static, friendship, start, middle, end.	Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm.	feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.	Hit, send, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.	Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.
YEAR 2	Gymnastics Shape, sequence, pattern, movement, timing, hang, carry, power, judging.	Dance Stretch, swing, mood, feeling, theme, story, static, friendship, start, middle., end.	Attack, defend, shoot Aim, attack, compete, controlling, cooperate, receive, control.	Hit, catch, run Hit, catch, runs, wicket, bats, bowl, bead, row, under arm, over arm, field, hitter, bowler, umpire, posts, stumps.	Send and return Serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racket.	Run, jump, throw Throw, handle, power, quick, burpee, obstacle, control, dynamic, stamina, static, collect.