



P.E Vocabulary Progression

Reception and KS1: In line with our PE scheme from Get Set 4 PE.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NURSERY	Introduction to PE backwards forwards path safely sideways stop direction partner rules score space team	Fundamentals balance direction jump run slow bend fast land safely space travel crawl hop rules slide stop	Gymnastics around copy land roll star through balance hold over shape still bend jump rock squeeze straight travel	Dance action direction high move shape space travel counts finish position low quickly slowly start position	Ball Skills ball catch hit partner ready run target bounce dribbling kick points roll score throw	Sports Day/ Games aim direction kick partner points safely stop win bounce dribble land pass rules score team catch jump

						lose path run space throw
RECEPTION	Introduction to PE As above.	Fundamentals As above.	Gymnastics As above.	Dance As above.	Ball Skills As above.	Sports Day/ Games As above.
YEAR 1	Team Building challenge instructions listen share co-operate lead plan talk .	Fitness active bones brain breathing calm exercise heart mood quick healthy memory	Gymnastics action control direction level speed	Dance balance copy level pose beat fast pathway timing	Athletics control leap quickly underarm further overarm time walk	Sports Day/ Invasion Games attacker defender dodge goal mark track

		muscles strong				
	Fundamentals dodge jog ready position skip swing	Sending and Receiving balance distance further overarm swing underarm net racket ready position track			Striking and Fielding Games batter bowler hit ready position batting fielder out track bowl fielding overarm underarm	
YEAR 2	Team Building Communicate	Fitness speed sprint steady	Gymnastics link pathway	Dance create expression mirroring	Athletics aim far distance	Sports Day/ Invasion Games

	map successful include solve support	time tired	pike sequence straddle tuck	speed dynamics matching perform unison	height landing sprint take off	attack defend goalkeeper opponent possession receive send shoot tactic teammate
	Fundamentals hurdle speed sprint take off weight	Sending and Receiving against defend quickly receive return trap accurate ahead opponent release strike teammate			Striking and Fielding Games backstop runs tactics collect stump teammate	

