

# St George's Central CE Primary School and Nursery

## Progression of PE Vocabulary

| Nursery   | Autumn 1                                                                                                                                                                     | Autumn 2                                                                                          | Spring 1                                                                                                                       | Spring 2                                                                                                                    | Summer 1                                                                                               | Summer 2                                                                                                                 |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|           | walk, run, kick, jump, hop, climb, hoop, ball, throw, catch, bat, hit, balance, move, turn, mat, help, follow, copy, go, stop, left, right, forward, backward, up, down      |                                                                                                   |                                                                                                                                |                                                                                                                             |                                                                                                        |                                                                                                                          |
| Reception | Autumn 1                                                                                                                                                                     | Autumn 2                                                                                          | Spring 1                                                                                                                       | Spring 2                                                                                                                    | Summer 1                                                                                               | Summer 2                                                                                                                 |
|           | line, balance, height, distance, one foot, side-step, skip, hop, dodge, catch, run, kick, pass, bat, apparatus, task, turns, travel, observe, exercise, dance, symbol, scale |                                                                                                   |                                                                                                                                |                                                                                                                             |                                                                                                        |                                                                                                                          |
| Year 1/2  | Autumn 1                                                                                                                                                                     | Autumn 2                                                                                          | Spring 1                                                                                                                       | Spring 2                                                                                                                    | Summer 1                                                                                               | Summer 2                                                                                                                 |
|           | agility<br>coordination<br>contact Point<br>accuracy<br>fluency<br>technique<br>attempt<br>personal best<br>coordination                                                     | underarm<br>overarm<br>bounce<br>direction<br>target<br>pattern<br>bat<br>encourage<br>understand | agility<br>coordination<br>direction<br>relay<br>circuit<br>gait<br>rhythm<br>beat<br>levels<br>mirroring<br>decision<br>order | pass<br>space<br>direction<br>rotation<br>underarm<br>overarm<br>kick<br>control<br>travel<br>routine<br>explore<br>develop | speed<br>take off<br>landing<br>direction<br>technique<br>hurdle<br>posture<br>core<br>perform<br>link | sprint<br>gallop<br>single<br>stretch<br>exercise<br>benefit<br>orienteer<br>orientate<br>control<br>compass<br>location |

***'Never settle for less than your best'***

| Year 3/4    | Autumn 1                                                                                                                                              | Autumn 2                                                                                                                                                                               | Spring 1                                                                                                                                                                          | Spring 2                                                                                                                                                                                   | Summer 1                                                                                                              | Summer 2                                                                                                                                                                     |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|             | flight<br>track<br>receive<br>release<br>chest pass<br>hand dribble<br>punt<br>coping skill<br>regular practice                                       | stamina<br>pace<br>strength<br>extension<br>circuit<br>field<br>racquet<br>bowler<br>base<br>strike<br>long barrier<br>rally<br>strike<br>two-handed strike<br>patience<br>cooperation | attack<br>defend<br>tactic<br>position<br>movement<br>dribble<br>awareness<br>possession<br>critique<br>spatial awareness<br>linear<br>course<br>boundary<br>strategy<br>thumbing | backstroke<br>breaststroke<br>front crawl<br>freestyle<br>float<br>frog kick<br>dolphin kick<br>medley<br>circuit<br>body tension<br>variety<br>expression<br>tempo<br>unison<br>body base | stamina<br>boxercise<br>lunge<br>jumping jack<br>burpee<br>squat<br>crunch<br>controlled shape<br>consistency         | location<br>theme<br>compass<br>orienteer<br>mapping<br>muscle<br>health                                                                                                     |
| Year 5/6    | Autumn 1                                                                                                                                              | Autumn 2                                                                                                                                                                               | Spring 1                                                                                                                                                                          | Spring 2                                                                                                                                                                                   | Summer 1                                                                                                              | Summer 2                                                                                                                                                                     |
|             | reading a game<br>positioning<br>application<br>preparation<br>propulsion<br>follow-through<br>variation<br>improvisation<br>choreography<br>stimulus | overlap<br>overload<br>support play<br>offside<br>HIIT<br>cardio<br>aerobic<br>calories<br>sensitive feedback<br>motivate                                                              | device<br>contemporary<br>cover<br>marking<br>clearance<br>dropping deep<br>analyse<br>evaluate                                                                                   | assymetrical<br>rotation<br>dynamics<br>bridging<br>critique<br>feint<br>pivot<br>disguise<br>audience                                                                                     | take off<br>propulsion<br>push technique<br>handover<br>repetitions<br>deficit<br>skill transfer<br>skill combination | aerial photo<br>plan view<br>route<br>location<br>grid reference<br>longitude<br>latitude<br>component<br>fitness programme<br>pace count<br>overshoot/undershoot<br>bearing |
| Mindfulness | quiet, peace, pose, relaxation, breathing, breathing technique, mindfulness, gratitude, contemplation, biophilia                                      |                                                                                                                                                                                        |                                                                                                                                                                                   |                                                                                                                                                                                            |                                                                                                                       |                                                                                                                                                                              |

***'Never settle for less than your best'***

*Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12*