

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 coordination contact Point accuracy fluency technique attempt personal best | underarm overarm bounce direction target pattern bat encourage understand | agility coordination direction relay circuit gait rhythm beat levels mirroring decision order | pass space direction rotation underarm overarm kick control travel routine explore develop | speed take off landing direction technique hurdle posture core perform link | sprint gallop single stretch exercise benefit orienteer orientate control compass location |

'Never settle for less than your best'

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