

PE Progression of Vocabulary

	Locomotion	Teams Games	Teams Games	Gymnastics and Dance	Athletics
Year 1	speed, direction, bounce	bat, racket, striking, sending, receiving	opponent, dodging, defending, opposition, performance, attacking, defending	relaxed, stretched, curled and tensed, rolling, travelling, balancing, climbing	aim, obstacle, tactics

	Locomotion	Ball Skills	Ball Skills	Gymnastics and Dance	Teams Games	Team Building
Year 2	wellbeing, control, resilience,	interact, static, dynamic, develop, personal best, agility, coordination, cooperation	accuracy, tracking a ball, striking, overarm throw, chest pass, bounce pass, rebound, aiming, passing, controlling, shooting, scoring, participate, co-ordination, technique, combinations, rules, tactics	tension , zig-zag, adapt direction, speed levels, pike, star, straddle, straight, tuck, landing mirror, action, direction, speed, timing, pathway	receiver, footwork, rebound, tracking, interception, mark, travelling, speed, pace, control, accurately, further, power, strength, faster	personal best, agility, coordination, cooperation

	Net and Wall Games	OAA	Gymnastics and Dance	Invasion Games	Striking and Fielding	Athletics
Year 3	serve, rally, forehand, backhand	orienteering , teamwork, plan	canon, unison	attack, defence	underarm, overarm, fielding	Relay, baton, underarm, overarm, finish line
Year 4	space, send, volley, opponent, baseline	trail, course, key, accuracy, communicate, compass, direction	dynamics, motif, spatial awareness, sequence, apparatus, routine	dribble, possession, tactic, technique	release, intercept, aim	Overtake, stride

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Year 5	isolation, modify, shot selection	orientate, navigation, strategy, resilience	flight, stimuli, transition, rhythm	control, intercept, sportsmanship	consistence, fairly, collaborative, advantageous	pace, reaction time, explosive start
Year 6	Drop shot, anticipation	Informed, observation	compose, fluent sequence, improvise	Marking, counterattack, closing down	anticipate	Technique, acceleration

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reaching great heights

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