



### Vocabulary for P.E. EYFS – Year 6

|                   | EYFS   | Year 1   | Year 2  | Year 3  | Year 4  | Year 5   | Year 6  |
|-------------------|--|--|---|---|---|--|---|
| <b>Gymnastics</b> | Straight, Pike, Tuck, Straddle, Star, Shape, Curl, Roll, Position, Body parts, Travel Balance Jump | stretch balance tension zig-zag travelling jumping climbing repeat sequence space perform adapt direction speed levels Shapes - Pike Star Straddle Straight Tuck Landing Health and fitness – warm up/ cool down | Speed Compose Movements Position Extend Travel Combinations Demonstrate Repeat Create Stretch Point Balance Level Tension Smooth Sequence Shapes – pike, star, straddle, top to toe, tuck Health and fitness – warm up/ cool down | Flow Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under Agility Strength, Technique, Control Balance Evaluate Improve Shapes - tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Health and fitness – warm up/ cool down/ heart rate | Degrees Balance Forwards Backwards Combine Rotation Against Towards Across Evaluate Improve Height Strength Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive Points Twist Turn Safety Refine Agility Strength, Technique, Control Balance Evaluate Improve Front support, shoulder stand, bridge Partner balances level 1 – steps, knees, thighs, shoulders, counter balance warm up/ cool down/ heart rate Shapes - Health and fitness – tuck, straddle, pike, arch, back support, | Dynamics Combination Contrasting Mirroring Matching Refine Evaluate Asymmetry Performance Create Symmetry Assessment Suppleness Strength Muscles Joints Explore Rotation Spin Turn Shapes – tuck, straddle, pike, arch, back support, front support, shoulder stand, bridge Partner balances Landing Take-off Flight Agility Strength, Technique, Control Improve Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery | Co-operate Audience Elements Twist Refine Aesthetically Criteria Extension Tension Inverted Judge Dynamics Combination Canon Counter-tension Counter-balance Criteria Performance Imaginative Parallel Creativity Flight Timing Agility Strength, Technique, Control Balance Evaluate Improve Shapes – tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge, partner balances – angle, lunge, feet, high thighs, straddle lift, trunk Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery |

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| <b>Dance</b> | Travelling - slither, gallop, shuffle, roll, crawl<br>Actions - lead, follow copy<br>Body parts Co-operation - share, wait, before, after.<br>Direction – forwards, backwards<br>Feeling - happy, excited, sad<br>Body actions e.g. stretching, curling, reaching, twisting, turning<br>Movement - strong, gentle, heavy, floppy<br>Space - between, through, above | Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue<br>Direction - forwards, backwards, sideways<br>Space - near, far, in and out, on the spot, own, beginning, middle end<br>Mood and feelings - happy, angry, calm, excited, sad, lonely<br>Body actions Levels high, medium, low<br>Speed - fast, slow<br>Pathways - curved, zigzag<br>Rhythm Co-ordination<br>Pattern Stimulus<br>Copy Health and fitness – warm up/ cool down | Movement<br>Control Speed<br>Level Sequence<br>Unison Cannon<br>Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue<br>Direction - forwards, backwards, sideways<br>Space - near, far, in and out, on the spot, own, beginning, middle end<br>Mood and feelings - happy, angry, calm, excited, sad, lonely<br>Body actions Levels high, medium, low<br>Speed - fast, slow<br>Pathways - curved, zigzag<br>Rhythm Co-ordination<br>Pattern Stimulus<br>Health and fitness – warm up/ cool down | Create<br>Combination<br>Sequence Space<br>Improvisation<br>Repetition Adapt<br>Motifs Pattern<br>Movement<br>Evaluate Improve<br>Agility Flexibility<br>Strength Control<br>Balance Stimulus<br>Rhythm Timing<br>Perform Health and fitness – warm up/ cool down/ heart rate | Spatial awareness<br>Repeat Dance<br>Character<br>Repetition Action<br>Reaction Pattern<br>Movement<br>Evaluate Improve<br>Agility Flexibility<br>Strength, Technique, Control<br>Balance<br>Combination<br>Stimulus Motifs<br>Dynamics Perform<br>Timing Health and fitness – warm up/ cool down/ heart rate | Dance phrase<br>Technique<br>Formation Pattern<br>Rhythm Expression<br>Improvisation<br>Modify Pace<br>Timing Action<br>Reaction Motif<br>Dynamics Interpret<br>Exploration Agility<br>Flexibility<br>Combination<br>Strength Technique<br>Control Balance<br>Evaluate Improve<br>Timing Perform<br>Health and fitness – warm up/ cool down/ heart rate/ pulse | Dance style<br>Dance phrase<br>Fluency<br>Travelling Technique<br>Formation Pattern<br>Rhythm Variation<br>Improvisation<br>Unison Canon<br>Action Reaction<br>Motif Dynamics<br>Phrase Interpret<br>Exploration Agility<br>Flexibility<br>Combination<br>Strength, Technique, Control<br>Balance<br>Evaluate Improve<br>Timing Perform<br>Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery |
| <b>Games</b> | Walking Running<br>Throwing Fast slow<br>Catching Rolling<br>Space Pushing<br>Patting Kicking   | Running Jumping<br>Rolling Striking<br>Throwing Bouncing<br>Catching Space<br>Opposite team Speed   | Avoiding Accuracy<br>Tracking a ball<br>Rolling Striking<br>Overarm throw<br>Chest pass Bounce   | Defending<br>Attacking Travel<br>Bouncing Control<br>Possession Co-ordination Co-   | Possession Scoring<br>Space<br>Pass/send/receive<br>Dribble Travel Team<br>Striking Bowling   | Possession Speed<br>Direction Range of techniques<br>Combinations<br>Competition Tactics   | Effective Use of space<br>Control<br>Accuracy Technique<br>Combinations Co-operation<br>Tactics   |

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|                  | Bounce Control Co-ordination Bounce Body parts | Direction Passing Controlling Shooting Scoring Co-ordination Participate Health and fitness – warm up/ cool down | pass Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring Participate Co-ordination Technique Combinations Rules Tactics Health and fitness – warm up/ cool down | operation Scoring Batting Space Pass Dribble Team Points Goals Rules Tactics Fielding Bowler Wicket Innings Rounder Backstop Court Target Net Striking Pitch Health and fitness – warm up/ cool down/ heart rate | Throwing Fielding Combinations Co - ordination Fluency Co -operation Competition Technique Partner Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Health and fitness – warm up/ cool down/ heart rate | Co-operation Create Control Decisions Passing Dribbling Shooting Shield ball Support Marking Repossession Attackers Defenders Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery | Composition Fluency Create Rules Keeping possession Passing range Decisions Dribbling Shooting Shield ball Width Depth Support Marking Covering Repossession Attackers Defenders Marking Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery |
| <b>Athletics</b> |  |  |   | Running Speed Throw Skip Aim Bounce Jump Leap Hop Target Overarm Underarm Walking Jogging  | Running Technique Pace Accuracy Power Throw High Low Skip Aim Fast Slow Bounce Jump Leap Hop Run Target Overarm   | Pull Accuracy Technique Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure   | Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off   |

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|          |  |  |  | <p>Baton Relay Take off Landing Health and fitness – warm up/ cool down</p>                                 | <p>Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Health and fitness – warm up/ cool down</p> | <p>Underarm Overarm Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Approach Speed Relay Strength, Technique, Control Balance Evaluate Improve Health and fitness – warm up/ cool down/ heart rate</p> | <p>Stamina Time Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles Strength, Technique, Control Balance Evaluate Accelerate, Decelerate Improve Health and fitness – warm up/ cool down/ heart rate/ pulse/ recover</p> |
| Swimming |  |  |  | <p>Shallow Deep Turning Rolling Metres Glide Front Back Style Horizontally Vertically Front crawl Float</p> |  | <p>Shallow Deep Turning Metres Glide Front Back Style Submerge Horizontally Vertically Front crawl Back stroke Breast stroke Independence Rescue</p>   | <p>Shallow Deep Turning Metres Glide Front Back Style Submerge Horizontally Vertically Front crawl Back stroke Breast stroke Independence Rescue</p>   |