P.E Vocabulary Progression Grid

	EYFS	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
General PE	Changed, large-muscle, wash, brush, teeth, core-muscle strength, good posture, wheeled, balance bike, scooter, wheelbarrow, pram, cart, roll, crawl, walk, jump, run, hop, skip, climb, obstacle course, avoid, move, balance, ride, changes, transport, large, heavy, still, quiet, health, wellbeing, physical activity, healthy eating, toothbrushing, screen time, sleep routine, safe pedestrian	Changed, safely, space equipment, change, move, stop, whistle, safely dismount, walk, skip, hop, jump, crawl, gallop, sidestep, slither, walk backwards, run safely, control speeds, walking, jogging, running, faster, slower, warm up, cool down	Changed, safely, space equipment, change, move,stop, whistle, safely dismount, walk, skip, hop,jump, crawl, gallop, sidestep, slither, walk backwards, run safely, control speeds, walking, jogging, running, faster, slower, warm up, cool down	Changed, safely, space equipment, change, move,stop, whistle, safely dismount, walk, skip, hop,jump, crawl, gallop, sidestep, slither, walk backwards, run safely, control speeds, walking, jogging, running, faster, slower, warm up, cool down	Changed, safely, space equipment, change, move,stop, whistle, safely dismount, walk, skip, hop,jump, crawl, gallop, sidestep, slither, walk backwards, run safely, control speeds, walking, jogging, running, faster, slower, warm up, cool down	Controlled, manoeuvres, hanged, safely, space equipment, change, move, stop, whistle, safely dismount, walk, skip, hop, jump, crawl, gallop, sidestep,slither, walk backwards, run safely, control speeds, walking, jogging, running, faster, slower, warm up, cool down	Controlled, manoeuvres, hanged, safely, space equipment, change, move, stop, whistle, safely dismount, walk, skip, hop, jump, crawl, gallop, sidestep,slither, walk backwards, run safely, control speeds, walking, jogging, running, faster, slower, warm up, cool down
Dance	Movements, freely, copy, speed, style, space, sequence	Isolated dance steps, movements, simple movement patterns, speed, mood, independent movements	Isolated dance steps, movements, simple movement patterns, speed, mood, independent movements	Co-ordinated dance steps, movements, movement patterns, speed, mood, contrastingmusic	Co-ordinated dance steps,movements, movement patterns, speed, mood, contrasting music	Perform, choreograph, co-ordinated dance steps, movements, movement patterns, speed, mood, contrasting music	Space, levels, canon, unison, expression, meaning, solo, duets, perform, choreograph, co-ordinated dance steps, movements, movement patterns, speed, mood, contrasting music
Gymnastics	Instructions, climb, apparatus, pose, core strength, fine motor skills, balance, body parts, jump, balance, rules, obstacle course, safely, A frame, stools, monkey bars, equipment, vocabulary, stillness, begin, end	Hold, balance, high, low,balance beam, straight line, techniques, balancing, arms out, head still, jumps, shapes, star, tuck, pike, straight, safely, jump, bent knees, good balance, safely, apparatus, A frame, stools, monkey bars	Hold, balance, high, low, balance beam, straight line, techniques, balancing, arms out, headstill, jumps, shapes, star, tuck, pike, straight, safely, jump, bent knees,good balance, safely, apparatus, A frame, stools, monkey bars	Co-ordinate, skills, flexibility, strength, control, balance, technique, apparatus, balance, control, rolls, teddy bear, front roll, jumps, shapes, star, tuck,pike, straight, safely, jump, bent knees, good balance, safely, apparatus, A frame, stools, monkey bars, sequence, gymnastic movements, floor, position, feedback,technique	Co-ordinate, skills, flexibility, strength, control, balance, technique, apparatus, balance, control, rolls, teddy bear, front roll, jumps, shapes, star, tuck,pike, straight, safely, jump, bent knees, good balance, safely, apparatus, A frame, stools, monkey bars, sequence, gymnastic movements, floor, position, feedback, technique, body shapes, beam, dips, lunges, dismount, self- reflect	Half turn, full turn, stretch, straddle, co-ordinate, skills, flexibility, strength, control, balance, technique, apparatus, balance, control, rolls, teddybear, front roll, jumps, shapes, star, tuck, pike, straight, safely, jump, bent knees, good balance, safely, apparatus, A frame, stools, monkey bars, sequence, gymnastic movements, floor,position, feedback, technique, body shapes, beam, dips, lunges, dismount, self- reflect	Half twist, reversed dip, half turn, full turn, stretch,straddle, co-ordinate, skills, flexibility, strength, control, balance, technique, apparatus, balance, control, rolls, teddy bear, front roll, jumps, shapes, star, tuck, pike, straight, safely, jump, bent knees, good balance, safely, apparatus, A frame, stools, monkey bars, sequence, gymnastic movements, floor, position, feedback, technique, body, shapes, beam, dips, lunges,dismount, self-reflect

P.E Vocabulary Progression Grid

Games Striking, Fielding/ Sending and Receiving- OUTDOOR	Catch, technique, stable base, hands as dishes, eyes watching the ball, roll, target, strike, take turns, equipment, group,move, bat, pat, hit, throwing, catching, beanbag, quoit, ball, rules, games, confidence, competence, precision, accuracy	Catch, technique, stable base, hands as dishes, eyes watching the ball, cricket bats, hockey sticks, bean bags, quoits,balls, throw, underarm,overarm, chest, shoulder arm, wrist, finger, dribble, footballs basketballs, hockey balls, chest pass, bounce pass, push pass, rugby pass, inside foot pass, shoot, strike, laces, slap shot, shot, basket, control, moving ball, stopping, passing, passed, teammate	Catch, technique, stable base, hands as dishes, eyes watching the ball, cricket bats, hockey sticks, bean bags, quoits,balls, throw, underarm, overarm, chest, shoulderarm, wrist, finger, dribble, footballs basketballs, hockey balls,chest pass, bounce pass, push pass, rugby pass, inside foot pass, shoot, strike, laces, slap shot, shot, basket, control, moving ball, stopping, passing, passed, teammate	Catch, accuracy, shots on target, Catch, technique, stable base, hands as dishes, eyes watching the ball, cricketbats, hockey sticks, beanbags, quoits, balls, throw, underarm, overarm, chest, shoulder arm, wrist, finger, dribble, footballs basketballs, hockey balls, chest pass, bounce pass, push pass, rugby pass, inside foot pass, shoot, strike, laces,slap shot, shot, basket, control, moving ball, stopping, passing, passed,team mate, cushion the ball	Catch, accuracy, shots ontarget, Catch, technique, stable base, hands as dishes, eyes watching theball, cricket bats, hockey sticks, bean bags, quoits, balls, throw, underarm, overarm, chest, shoulder arm, wrist, finger, dribble, footballs basketballs, hockey balls,chest pass, bounce pass, push pass, rugby pass, inside foot pass, shoot, strike, laces, slap shot, shot, basket, control, moving ball, stopping, passing, passed, team mate, cushion the ball	Short barrier, long barrier, bowl overarm, accuracy, shots on target, catch, technique, stable base, hands as dishes, eyes watching the ball, cricket bats, hockey sticks, bean bags, quoits, balls, throw, underarm, overarm, chest, shoulder arm, wrist, finger, dribble, footballs basketballs, hockey balls, chest pass, bounce pass, push pass, rugby pass, insidefoot pass, shoot, strike, laces, slap shot, shot, basket, control, moving ball,stopping, passing, passed, team mate, cushion the ball	Short barrier, long barrier, bowl overarm, accuracy, shots on target, catch, technique, stable base, hands as dishes, eyes watching the ball, cricket bats, hockey sticks, bean bags, quoits, balls, throw, underarm, overarm, chest, shoulder arm, wrist, finger, dribble, footballs basketballs, hockey balls, chest pass, bounce pass, push pass, rugby pass, insidefoot pass, shoot, strike, laces, slap shot, shot, basket, control, moving ball,stopping, passing, passed, team mate, cushion the ball
Multiskills- INDOOR		Speed, height, movement, direction, effectively, efficiently, agility, ladders, reaction balls, hurdles, tag belts, speed bounce, balance, coordinate, javelins, bats and balls,bean bags, cones, spots, scarves	Speed, height, movement,direction, effectively, efficiently, agility, ladders, reaction balls, hurdles, tag belts, speed bounce, balance, coordinate, javelins, batsand balls, bean bags, cones, spots, scarves	Body control, spatially aware, skill, focus, stability, balance, spatially aware, speed, height, movement, direction, effectively, efficiently, agility, ladders, reaction balls, hurdles, tag belts, speedbounce, balance, coordinate, javelins, batsand balls, bean bags, cones, spots, scarves	Equilibrium, body control,spatially aware, skill, focus, stability, balance, spatially aware, speed, height, movement, direction, effectively, efficiently, agility, ladders, reaction balls, hurdles, tag belts, speed bounce, balance, coordinate, javelins, bats and balls, bean bags, cones, spots, scarves	Confidence, competence, equilibrium, body control, spatially aware, skill, focus, stability, balance, spatially aware, speed, height, movement, direction, effectively, efficiently, agility, ladders, reaction balls, hurdles, tag belts, speed bounce, balance, coordinate, javelins, bats and balls, bean bags, cones, spots, scarves	Confidence, competence, equilibrium, body control, spatially aware, skill, focus, stability, balance, spatially aware, speed, height, movement, direction, effectively, efficiently, agility, ladders, reaction balls, hurdles, tag belts, speed bounce, balance, coordinate, javelins, bats and balls, bean bags, cones, spots, scarves
Net Games- INDOOR AND OUTDOOR		Racket, handle, ready position, shoulder-width, balls of your feet, strike, forehand, arm's length, swing, strike, backhand	Racket, handle, ready position, shoulder-width,balls of your feet, strike,forehand, arm's length, swing, strike, backhand	Striking, volley shot, swing, serve, toss, racket, handle, ready position, shoulder-width,balls of your feet, strike,forehand, arm's length, swing, strike, backhand	Striking, volley shot, swing, serve, toss, racket, handle, ready position, shoulder-width,balls of your feet, strike,forehand, arm's length, swing, strike, backhand	Confidence, competence, body position, tactical, striking, volley shot, swing, serve, toss, racket, handle,ready position, shoulder-width, balls of your feet, strike, forehand, arm's length, swing, strike, backhand	Confidence, competence, body position, tactical, striking, volley shot, swing, serve, toss, racket, handle,ready position, shoulder-width, balls of your feet, strike, forehand, arm's length, swing, strike, backhand

P.E Vocabulary Progression Grid

Invasion and Team Games- OUTDOOR		Rules, games, support, teammates	Rules, games, support,teammates	Games, rules, support, teammates, skills, game- based, tactical, achieve	Games, rules, support, teammates, skills, game-based, tactical, achieve	Defending, attacking, games, rules, support, teammates, skills, game-based, tactical, achieve	Defending, attacking, games, rules, support, teammates, skills, game-based, tactical, achieve
Outdoor Adventurous- OUTDOOR		Team, communicate	Team, communicate	Teammates, communicate, tactically	Teammates, communicate, tactically	Teammates, communicate, tactically	Teammates, communicate, tactically
Athletics- INDOOR AND OUTDOOR		Technique, running, standing long jump, vertical jump, balance	Technique, running, standing long jump, vertical jump, balance	Pace, dynamic start, power, technique, running,standing long jump, vertical jump, balance propel, distances, standing long jump, javelin, heights, times, personal targets, improve, event	Pace, dynamic start, power, technique, running,standing long jump, vertical jump, balance propel, distances, standing long jump, javelin, heights, times, personal targets, improve, event	Personal bests, triple jump, pace, dynamic start, power, technique, running, standing long jump, vertical jump, balance propel, distances, standing long jump, javelin, heights, times,personal targets, improve, event	Personal bests, triple jump,pace, dynamic start, power,technique, running, standinglong jump, vertical jump, balance propel, distances, standing long jump, javelin, heights, times, personal targets, improve, event
Swimming				Safely, swimming, safety, running, front crawl, back stroke, breaststroke, afloat	Safely, swimming, safety, running, front crawl, back stroke, breaststroke, afloat	Safely, swimming, safety, running, front crawl, back stroke, breaststroke, afloat	Safely, swimming, safety, running, front crawl, back stroke, breaststroke, afloat