

## Linton Primary School PE Vocabulary Progression

	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<b>Fundamental Movement Skills (FMS)</b>	space stretch muscle run walk balance throw catch hit ball cone bean bag jump hop follow lead copy games rules move forwards backwards equipment speed direction bounce push	jump hop sprint run skip gallop throw catch roll target kick accuracy aim dribble balance strike obstacle hit pass	over arm throw under arm throw chest pass volley pivot bounce consistency dynamics speed direction level coordination precision control fluency dribble	

	pull roll			
<b>Team/competitive games</b>		avoid tracking a ball roll overarm throw bounce catch free space own space opposite rebound follow aim direction pass shoot score strike speed direction balance target jump throw balance co-ordination receive send accuracy opponent control	keep possession keeping score making space pass/send/receive dribble travel with a ball back up support partner rules tactics batting fielding bowler wicket tee base boundary innings rounder backstop court target net defend hitting stance offside pitch forehand backhand	keeping possession passing dribbling shooting shield width depth support marking covering repossession attackers defenders/defending batting fielding bowler wicket tee base boundary innings rounder backstop court target net hitting stance offside pitch

		<p>rules  cooperate  control  accuracy</p>	<p>volley  overhead  singles  doubles  rally  spatial awareness  participation  attack  defence  competitive  mark</p>	<p>forehand  backhand  volley  overhead  singles  doubles  rally  support  marking  sportsmanship  leadership  officiating</p>
<p><b>Gymnastics</b></p>	<p>forwards  backwards  sideways  bench  mat  table  roll  long  slow  on  off  stretched  curled  tuck  body parts  tall  small  shape  hold  still</p>	<p>place  stretch  push  pull  skip  spring  crawl  still  tall  long  forwards  high  low  elbows  bottom  back  around  through  extension  roll</p>	<p>flow  explosive  symmetrical  asymmetrical  combination  evaluate  improve  stretch  refine  adapt  pathway  contrasting  curled  stretched  suppleness  strength  inverted  jump  land  over</p>	<p>dynamics  combination  contrasting  control  mirroring  matching  refine  evaluate  display  asymmetry  performance  symmetry  suppleness  strength  cool down  warm up  muscles  explore  spin  audience</p>

	<p>jump hop bounce travel copy</p>	<p>copy pathway along jump land balance tension curved straight zig-zag shape narrow point twisted curled level backwards sideways forwards under sequence height sideways roll slow travel speed fast land over level under</p>	<p>under 90 degrees 180 degrees leaving approaching balance forwards backwards combine rotation against towards across evaluate improve height strength stamina speed level wide tucked straight points twist turn safety refine away push pull step</p>	<p>assessment obstacles refine tension inverted judge canon counter-tension counter-balance imaginative creativity flight timing joints symmetrical/ asymmetrical rotation turn shape landing take-off flight leadership elements twist criteria extension parallel</p>
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			spring crawl still tall long forwards high low roll	
<b>Dance</b>		travel stillness direction space beginning middle end feelings body parts levels directions pathways speed rhythm	space repeat dance phrase improvisation character gesture repetition action and reaction costume prop pattern performance technique	dance style technique formation pattern rhythm variation improvisation unison canon action reaction motif phrase interpret exploration variation exploration choreography
<b>Athletics</b>	walk jog throw target jump	throw high low skip aim	sling pull distance sprint steady pace	sprint distance measure height target

	<p>run hop skip fast pass in pairs</p>	<p>fast slow safely step bounce jump leap hop repeat run target overarm underarm walking jogging accelerate baton relay push take off landing evaluate improve</p>	<p>accuracy height record joints rhythm leading leg measure underarm overarm heart beat pulse rate jogging walk hurdles landing control preferred landing foot time stamina obstacles stance diagonal approach speed relay</p>	<p>pace rhythm obstacles leading leg hurdles throwing speed accuracy take off stamina projectory release performance accuracy position control</p>
<b>Outdoor Adventurous</b>			<p>follow route equipment safely manage risks/problems.</p>	<p>control card control marker orienteering map team work key route</p>

				tactics communication location compass navigate plan safety leadership
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