



North Road Community Primary School

Physical Education Vocabulary Progression

	EYFS PLUTO CLASS	Y1 MARS CLASS (KS1)	Y2 NEPTUNE CLASS (LKS2)	Y3 Y4 Y5 Y6	Y5 Y6
Health and Fitness	Body Move Still Exercise	Heart rate Temperature Healthy Unhealthy	Strength Flexibility Pulse		
Games					
Striking and hitting a ball	Push Roll Bounce Pass Dribble Bat Points Score Target	Strike Send Receive Position Control Bowl / Bowler Bat / Batter Game	Technique Fielding Distance Racquet / Club / Stick Accuracy Serve Rally Underarm Match Strike Post / wicket Back stop / wicket keeper Short / long barrier	Backhand Overarm Defensive shot	
Throwing and Catching a ball	Roll Throw Bounce Catch Target	Underarm Overarm Control	Accuracy Technique Pace Bowl		
Travelling with a ball	Move Bounce Kick Control	Dribble / dribbling	Possession Fluency		
Using Space	Travel Start Stop Forwards	Speed Pathway Space	Pass Receive	Awareness	



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	Backwards Sideways			
Attacking and Defending	Chase / chasing Rules	Attack / attacking Defend / defending Marking Dodging	Fielding Stop Invasion Tactics	Shoot Apply Adapt Communicate Lead
Athletics				
Running	Jog Run Sprint	Pace Speed Posture Balance Stride Distance Obstacle Maintain	Performance Hurdle Trail leg Lead leg Adjust Relay Baton	Accelerate Reaction time Stamina Endurance Sustain Fluency
Jumping	Jump Land Bend Knee	Sequence Height Distance Safe Opposite Position Muscle	Take off Flight Control Measure Long	Push Power Vertical Triple
Throwing	Roll Throw Bounce Catch Target Object	Underarm Overarm Control Height Distance Investigate	Push Accuracy Technique Pace Measure	Record Refine Pull Fling Heave
Dance				
Dance Skills	Move Copy Join	Copy Repeat Sequence	Control Motif Improvise	Choreograph Dynamics Pattern



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	Style Shape Space Travel Speed Phrase	Unison Canon Mirroring Level Stimulus Time Transition Explore	Compare Adapt Rhythm Timing Expression Represent	Spatial awareness Imagination Creativity Link Dramatic Flexibility Fluency Evaluation Contrast Formation
Gymnastics				
Acquiring and Developing Skills	Move Copy Roll Travel Stretch Sequence Jump Balance Around Under Over Through Shape Space Equipment	Create Perform Action Beginning/Middle/End Contrasting Direction Speed Control Point Level Straddle Tuck Star Pike Climb Canon Unison Mirroring	Apparatus Compose Extension Coordination Care Quality Turns Flexibility Vault Stability Formation Rotation	Theme Fluency Expression Position Technique Precision Symmetry / symmetrical Tension Counter balance Synchronization Inverted