



Progression of Key Vocabulary in PE

	EYFS	Year 1	Year 2
Fundamentals of Movement	walk, run, balance, jump, skip, hop, space, side-step, gallop, start, stop, static, dynamic, take off, land	fast, slow, direction, land, safely, jog, together, change, different, partner	dodge, hurdle, speed, steady, sprint, distance, technique, control, co-ordination, group
Team Building	instruction, partner, together	communicate, simple, follow, others, lead, task, solve	successful, challenge, solve, share, ideas, honesty, fair, create
Dance	move, copy, shape, space, safely, around, travel, sideways, forwards, backwards, balance	counts, pose, level, slow, fast, balance, mirror, action, repeat, isolation, dynamic, movement	pathway, direction, speed, timing, perform, explore, create, expression, feedback, character, ideas, time, mirroring
Gymnastics	move, copy, shape, space, over, rock, around, safely, travel, forwards, backwards, sideways, movement	action, jump, roll, level, direction, speed, point, balance, explore, create, apparatus, control	link, pathway, sequence, tuck, pike, straddle, dish, arch, feedback, flow, matching, interesting, contrasting, barrel, straight, grace, relax, tense, stretch
Yoga	move, still, breath, shape, travel, feel, weight, stretch	copy, listen, slowly, mindfulness, flow, create, physically, mentally, tense, stretched, curled	focus, position, pose, repeat, action, link, choose, flexibility, perform, technique, breathing, calm
Sending & Receiving	ball, skill, feet, hands, pass, collect, stop, play, kick	catch, strike, send, receive, dribble, roll, throw, target, tactics	control, collect, accurately, equipment, bounce, consistency, without

Ball Skills	run, stop, throw, roll, team, kick, space, catch	far, aim, safely, direction, balance, send	overarm, underarm, collect, dribble, target, distance
Games and Striking & Fielding	run, pass, roll, team, space, safely, around, forwards, backwards	hit, points, target, throw, score, catch, send, runs	fielder, batter, teammate, received, bowler, strike, grip, backstop, bowl, post, wicket, batting, fielding
Invasion	pass, team, tag, balance, safely, space, forwards and backwards	defender, attacker, points, dribbling, score, partner, games, fairly	received, send, teammate, rebound, chest pass, bounce pass, possession, goal, dodge, attempt
Target Games	aim, space, team, pass, balance, safely, quickly, explore, group	points, throw, far, distance, score, partner, send, release, speed, leap	accurate, against, target, overarm, underarm, rules, dodge, drive, technique,
Athletics	push, stop, jump, space, forwards, backwards, balance, safely	hop, far, aim, fast, slow, bend, improve, direction, travel	sprint, jog, distance, height, take off, landing, overarm, underarm, appropriate, skill, scoring system
Fitness	push, stop, space, jump, balance, safely, body, heart	exercise, lungs, mood, strong, jog, changes, feel, important, warm up	pace, race, speed, steady, sprint, strength, accurately, distance, balance, control, persevere, challenge, stamina, determination, healthy, lifestyle
Net & Wall	team, space, catch, throw, safely, bounce, forward, backward, hit, pushing	ready position, partner, net, underarm, score, points, track, racket,	receive, quickly, trap, defend, return, collect, against, serve, accurately, opponent, control, court, sportsmanship