

PE Vocabulary Document

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery Physical Development Gross Motor	throw catch roll	jump hop skip	large, small, movement	bike, hoop, skill, practise	ball, kick	path hop skip plan
Reception Physical Development Gross Motor	Beanbags hoops pathway	roll kick hop jump	backwards forwards sideways speed	Jump roll travel control	Dance sequence	team partner try travel
Year 1 / 2 - Discipline 1	throw lead arm take off balance coordination	goal line bench receive	Travel balance weight on hands	Run throw jump power static dynamic collect	Throwing rolling base teammates	batter bowl fetch collect feed filed
Year 1 / 2 - Discipline 2	attack defend receive hoops throwing	Aim attack compete controlling co-operate receive control	sequence body parts compose	ball flight dominant / non dominant hand grip rally	Swimming	Swimming
Year 3 / 4 - Discipline 1	agility balance coordination,	Passing running, backwards, tag, straight, space, teamwork	Perform power control flexibility	control space defend attack score pass	Run jump distance compete	Batting fielding bowling bat wicket stumps,
Year 3 / 4 - Discipline 2	forehand backhand underarm overarm	challenge attacking control dribble step over	facial expression improvisation mood feelings	changes speed direction sequence	Swimming	Swimming

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery Physical Development Gross Motor	throw catch roll	jump hop skip	jump hop skip	bike hoop skill practise	ball kick	path hop skip plan
Reception Physical Development Gross Motor	Beanbags hoops pathway	roll kick hop jump	backwards forwards sideways speed	Jump roll travel control,	Dance twist turn rhythm step	team partner try travel
Year 1 / 2 - Discipline 1	run furthest distance fast slow sprint	return tucked responsibility	piked sit straddle sit	strength power stamina fitness	Batter Bowl collect feed hitter	speed stack, performance
Year 1 / 2 - Discipline 2	Pulse bounce score targets rules	aim intercepting tactics	step character emotions rhyme	clockface freestyle motif	Swimming	Swimming
Year 3 / 4 - Discipline 1	Stretches kicks lunges swimming arms	overarm shoot seven metre throw distance	travel balance perform routine	pass receive possession unchallenged	Run jump throw, agility power, speed,	compass course map symbols
Year 3 / 4 - Discipline 2	dribble crossover bounce, jump shot	travelling, barn dance, country dancing, performance,	perform, travel, control, refine	Tension travelling, steps muscles	Swimming	Swimming