

# PE Vocabulary

Year Group	Sport/Activity	Vocabulary
Year 1	Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch</b></li> <li>• <b>Travel</b></li> <li>• <b>Roll</b> (log/pencil or egg)</li> <li>• <b>Balance</b> (<i>5 Patch balances: Back, Front, Shoulder, Side, Bottom</i>)</li> <li>• <b>Jump</b> (<i>straight or shape</i>)</li> <li>• <b>Gymnastic shapes</b> (<i>Tuck, Pike, Straddle, Star, Dish &amp; Arch</i>)</li> <li>• <b>Equipment/Apparatus</b> (<i>ball, hoop, beam, table, mat</i>)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
	Invasion Games	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend</b></li> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Catch</b></li> <li>• <b>Travel</b></li> <li>• <b>Pass</b></li> <li>• <b>Receive</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Dance	<ul style="list-style-type: none"> <li>• <b>Travel</b> and <b>Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods</b> and <b>feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> <li>• <b>Balance</b></li> <li>• <b>Coordination</b></li> </ul>
	Co-operation games	<ul style="list-style-type: none"> <li>• <b>Teamwork / team building</b></li> <li>• <b>Communication / talking</b></li> <li>• <b>Trust</b></li> <li>• <b>Problems / problem solving</b></li> <li>• <b>Solutions</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Rhythmic dance	<ul style="list-style-type: none"> <li>• <b>Travel</b> and <b>Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods</b> and <b>feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> <li>• <b>Equipment</b> → <b>balls, hoops, ribbons</b></li> </ul>
	Chasing and fleeing	<ul style="list-style-type: none"> <li>• <b>Tag / IT</b></li> <li>• <b>Tactics</b></li> <li>• <b>Evading opponents</b></li> <li>• <b>Reaching opponents</b></li> <li>• <b>Trapping</b></li> <li>• <b>Sending/reacting to misleading signals</b></li> </ul>

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		<ul style="list-style-type: none"> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Target Games	<ul style="list-style-type: none"> <li>• <b>Score</b></li> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Judging distance</b></li> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points / goals</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Net and Wall Games	<ul style="list-style-type: none"> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Attack</b></li> <li>• <b>Over the net</b></li> <li>• <b>Create space on offence</b></li> <li>• <b>Reduce space on offence</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols)</li> <li>• <b>Communication</b></li> <li>• <b>Confidence / Self-esteem</b></li> <li>• <b>Strength / Agility</b></li> <li>• <b>Balance / Coordination</b></li> <li>• <b>Personal barriers</b></li> <li>• <b>Perseverance</b></li> <li>• <b>Determination</b></li> <li>• <b>Risk-taking</b></li> </ul>
	Striking and Fielding	<ul style="list-style-type: none"> <li>• <b>Batting</b></li> <li>• <b>Fielding</b></li> <li>• <b>Defending</b></li> <li>• <b>Attacking</b></li> <li>• <b>Teams</b></li> <li>• <b>Bowl / Throw</b></li> <li>• <b>Backstop</b></li> <li>• <b>Catch</b></li> <li>• <b>Run</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Personal Challenges	<ul style="list-style-type: none"> <li>• <b>Resilience</b></li> <li>• <b>Various Techniques</b></li> <li>• <b>Effectiveness</b></li> <li>• <b>Personal Best (PB)</b></li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>• <b>Run, Jump, Throw</b></li> <li>• <b>Speed</b></li> <li>• <b>Height</b></li> <li>• <b>Distance</b></li> <li>• <b>Accuracy</b></li> <li>• <b>Fitness, Health/Wellbeing</b></li> <li>• <b>Equipment</b> – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.</li> </ul>
Year 2	Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch / Flexibility</b></li> <li>• <b>Travel</b></li> <li>• <b>Roll</b> (log/pencil or egg)</li> </ul>

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	<ul style="list-style-type: none"> <li>• <b>Patch Balance</b> (<i>Back, Front, Shoulder, Side, Bottom</i>)</li> <li>• <b>Point Balance</b> (<i>hands, feet, elbows, knees &amp; head</i>)</li> <li>• <b>Jump</b> (<i>straight or shape</i>)</li> <li>• <b>Gymnastic shapes</b> (<i>Tuck, Pike, Straddle, Star, Dish &amp; Arch</i>)</li> <li>• <b>Equipment/Apparatus</b> (<i>ball, hoop, beam, table, mat</i>)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
Invasion Games	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend</b></li> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Catch</b></li> <li>• <b>Travel</b></li> <li>• <b>Pass</b></li> <li>• <b>Receive</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods and feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> </ul>
Cooperation games	<ul style="list-style-type: none"> <li>• <b>Teamwork / team building</b></li> <li>• <b>Communication / talking</b></li> <li>• <b>Trust</b></li> <li>• <b>Problems / problem solving</b></li> <li>• <b>Solutions</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
Rhythmic gym/dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods and feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> <li>• <b>Equipment → balls, hoops, ribbons</b></li> </ul>
Chasing and Fleeing	<ul style="list-style-type: none"> <li>• <b>Tag / IT</b></li> <li>• <b>Tactics</b></li> <li>• <b>Evading opponents</b></li> <li>• <b>Reaching opponents</b></li> <li>• <b>Trapping</b></li> <li>• <b>Sending/reacting to misleading signals</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>

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	Target Games	<ul style="list-style-type: none"> <li>• <b>Score</b></li> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Judging distance</b></li> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points / goals</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (STEP MODEL - <i>Differentiation</i>)</li> </ul>
	Net and Wall games	<ul style="list-style-type: none"> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Attack</b></li> <li>• <b>Over the net</b></li> <li>• <b>Create space on offence</b></li> <li>• <b>Reduce space on offence</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (STEP MODEL - <i>Differentiation</i>)</li> </ul>
	OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols)</li> <li>• <b>Communication</b></li> <li>• <b>Confidence / Self-esteem</b></li> <li>• <b>Strength / Agility</b></li> <li>• <b>Balance / Coordination</b></li> <li>• <b>Personal barriers</b></li> <li>• <b>Perseverance</b></li> <li>• <b>Determination</b></li> <li>• <b>Risk-taking</b></li> </ul>
	Striking and Fielding	<ul style="list-style-type: none"> <li>• <b>Batting</b></li> <li>• <b>Fielding</b></li> <li>• <b>Defending</b></li> <li>• <b>Attacking</b></li> <li>• <b>Teams</b></li> <li>• <b>Bowl / Throw</b></li> <li>• <b>Backstop</b></li> <li>• <b>Catch</b></li> <li>• <b>Run</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (STEP MODEL - <i>Differentiation</i>)</li> </ul>
	Personal Challenges	<ul style="list-style-type: none"> <li>• <b>Resilience</b></li> <li>• <b>Beat your previous goal</b></li> <li>• <b>Various Techniques</b></li> <li>• <b>Effectiveness</b></li> <li>• <b>Personal Best (PB)</b></li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>• <b>Run, Jump, Throw</b></li> <li>• <b>Speed</b></li> <li>• <b>Height</b></li> <li>• <b>Distance</b></li> <li>• <b>Accuracy</b></li> <li>• <b>Fitness, Health/Wellbeing</b></li> <li>• <b>Equipment</b> – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.</li> </ul>
Year 3	Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch / Flexibility</b></li> <li>• <b>Travel</b> (<i>2 → 1 foot leap &amp; cat leap</i>)</li> <li>• <b>Roll</b> (<i>log/pencil, egg &amp; shoulder roll</i>)</li> <li>• <b>Patch Balance</b> (<i>Back, Front, Shoulder, Side &amp; Bottom</i>)</li> </ul>

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	<ul style="list-style-type: none"> <li>• <b>Point Balance</b> (<i>hands, feet, elbows, knees, head &amp; arabesque</i>)</li> <li>• <b>Jump</b> (<i>straight, shape, hop &amp; leap</i>)</li> <li>• <b>Gymnastic shapes</b> (<i>Tuck, Pike, Straddle, Star, Dish &amp; Arch</i>)</li> <li>• <b>Equipment/Apparatus</b> (<i>ball, hoop, beam, table, mat</i>)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
Invasion Games	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend</b> (<i>opponents</i>)</li> <li>• <b>Shoot / Hit / Throw</b> accurately</li> <li>• <b>Travel</b> (<i>and remain in control of the ball</i>)</li> <li>• <b>Pass / send</b></li> <li>• <b>Catch / Receive</b></li> <li>• <b>Tactics</b></li> <li>• <b>Possession</b> (<i>adapt techniques to keep it</i>)</li> <li>• <b>Evaluate</b> performance to improve</li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
Dance	<ul style="list-style-type: none"> <li>• <b>Travel</b> and <b>Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods</b> and <b>feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> </ul>
Cooperation Games	<ul style="list-style-type: none"> <li>• <b>Teamwork / team building</b></li> <li>• <b>Communication / talking</b></li> <li>• <b>Trust</b></li> <li>• <b>Problems / problem solving</b></li> <li>• <b>Solutions</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
Cheerleading	<ul style="list-style-type: none"> <li>• <b>Routines</b></li> <li>• <b>Jump</b></li> <li>• <b>Dismount</b></li> <li>• <b>High V, Low V</b></li> <li>• <b>Ready position</b></li> <li>• <b>Pom-Poms / Ribbons</b></li> <li>• <b>Gymnastic shapes – Tuck/Straddle</b></li> </ul>
Chasing and Fleeing	<ul style="list-style-type: none"> <li>• <b>Tag / IT</b></li> <li>• <b>Tactics</b></li> <li>• <b>Evading opponents</b></li> <li>• <b>Reaching opponents</b></li> <li>• <b>Trapping</b></li> <li>• <b>Sending/reacting to misleading signals</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
Target Games	<ul style="list-style-type: none"> <li>• <b>Score</b></li> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Judging distance</b></li> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points / goals</b></li> </ul>

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		<ul style="list-style-type: none"> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Net and Wall	<ul style="list-style-type: none"> <li>• <b>Shoot/Hit/Throw/Serve</b></li> <li>• <b>Attack</b></li> <li>• <b>Over the net</b></li> <li>• <b>Create space on offence</b></li> <li>• <b>Reduce space on offence</b></li> <li>• <b>Tactics</b></li> <li>• <b>Rally</b></li> <li>• <b>Drop shot</b></li> <li>• <b>Umpire</b></li> <li>• <b>Volley</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols, contours)</li> <li>• <b>Communication</b></li> <li>• <b>Confidence / Self-esteem</b></li> <li>• <b>Strength / Agility</b></li> <li>• <b>Balance / Coordination</b></li> <li>• <b>Personal barriers</b></li> <li>• <b>Perseverance</b></li> <li>• <b>Determination</b></li> <li>• <b>Risk-taking</b></li> </ul>
	Striking and Fielding	<ul style="list-style-type: none"> <li>• <b>Batting</b></li> <li>• <b>Fielding</b></li> <li>• <b>Defending</b></li> <li>• <b>Attacking</b></li> <li>• <b>Teams</b></li> <li>• <b>Bowl / Throw</b></li> <li>• <b>Backstop</b></li> <li>• <b>Catch</b></li> <li>• <b>Run</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Personal Challenges	<ul style="list-style-type: none"> <li>• <b>Resilience</b></li> <li>• <b>Beat your previous goal</b></li> <li>• <b>Various Techniques</b></li> <li>• <b>Competence</b></li> <li>• <b>Skills &amp; Strategy</b></li> <li>• <b>Effectiveness</b></li> <li>• <b>Personal Best (PB)</b></li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>• <b>Run, Jump, Throw</b></li> <li>• <b>Speed</b></li> <li>• <b>Height</b></li> <li>• <b>Distance</b></li> <li>• <b>Accuracy</b></li> <li>• <b>Fitness, Health/Wellbeing</b></li> <li>• <b>Equipment</b> – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.</li> </ul>
Year 4	Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch / Flexibility</b></li> <li>• <b>Travel</b> (<i>Stag leap, scissor leap, cat leap &amp; backwards</i>)</li> </ul>

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		<ul style="list-style-type: none"> <li>• <b>Roll</b> (log/pencil, egg, shoulder &amp; teddy bear roll)</li> <li>• <b>Patch Balance</b> (<i>Back, Front, Shoulder, Side, Bottom, symmetrical &amp; asymmetrical</i>)</li> <li>• <b>Point Balance</b> (<i>hands, feet, elbows, knees, head &amp; arabesque</i>)</li> <li>• <b>Jump</b> (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn and jump ½ turn</i>)</li> <li>• <b>Gymnastic shapes</b> (<i>Tuck, Pike, Straddle, Star, Dish &amp; Arch</i>)</li> <li>•</li> <li>• <b>Equipment/Apparatus</b> (<i>ball, hoop, beam, table, mat</i>)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
	Invasion Games	<ul style="list-style-type: none"> <li>• <b>Attack</b> (<i>mark</i>)</li> <li>• <b>Defend</b> (<i>opponents</i>)</li> <li>• <b>Shoot / Hit / Throw</b> accurately (<i>in a variety of ways</i>)</li> <li>• <b>Travel</b> (<i>changing speed, direction and remaining in control of the ball</i>)</li> <li>• <b>Pass / send</b></li> <li>• <b>Catch / Receive</b></li> <li>• <b>Tactics</b> (<i>suggest what they need to practice to enjoy or develop the game</i>)</li> <li>• <b>Possession</b> (<i>adapt techniques to keep it</i>)</li> <li>• <b>Evaluate</b> performance to improve</li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>
	Dance	<ul style="list-style-type: none"> <li>• <b>Travel</b> and <b>Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods</b> and <b>feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> </ul>
	Cooperation Games	<ul style="list-style-type: none"> <li>• <b>Teamwork / team building</b></li> <li>• <b>Communication / talking</b></li> <li>• <b>Trust</b></li> <li>• <b>Problems / problem solving</b></li> <li>• <b>Solutions</b></li> </ul>
	Yoga	<ul style="list-style-type: none"> <li>• <b>Flexibility</b></li> <li>• <b>Agility</b></li> <li>• <b>Co-ordination</b></li> <li>• <b>Poses</b> (<i>poster → crab, dolphin, hero, flamingo</i>)</li> <li>• <b>Calm/Tranquil relaxation</b></li> <li>• <b>Inhale/Exhale</b></li> </ul>
	Chasing and Fleeing	<ul style="list-style-type: none"> <li>• <b>Tag / IT</b></li> <li>• <b>Tactics</b></li> <li>• <b>Evading opponents</b></li> <li>• <b>Reaching opponents</b></li> <li>• <b>Trapping</b></li> <li>• <b>Sending/reacting to misleading signals</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL - Differentiation</i>)</li> </ul>

## PE Vocabulary

	Target games	<ul style="list-style-type: none"> <li>• <b>Score</b></li> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Judging distance</b></li> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points / goals</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL – Differentiation</i>)</li> </ul>
	Net and Wall	<ul style="list-style-type: none"> <li>• <b>Shoot/Hit/Throw/Serve</b></li> <li>• <b>Attack</b></li> <li>• <b>Over the net</b></li> <li>• <b>Create space on offence</b></li> <li>• <b>Reduce space on offence</b></li> <li>• <b>Tactics</b></li> <li>• <b>Rally</b></li> <li>• <b>Drop shot</b></li> <li>• <b>Umpire</b></li> <li>• <b>Volley</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL – Differentiation</i>)</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>• <b>Strokes</b> (freestyle, front crawl, back crawl, butterfly, breast stroke)</li> <li>• <b>Dolphin technique</b></li> <li>• <b>Body Position</b> (<i>hips &amp; legs high so chn are streamlined and the body has increased resistance</i>)</li> <li>• <b>Breathing</b></li> <li>• <b>Deep water</b></li> <li>• <b>Water safety</b></li> <li>• <b>Confidence</b></li> <li>• <b>Forward rolls / Backward roll</b></li> </ul>
	Striking and Fielding	<ul style="list-style-type: none"> <li>• <b>Batting</b></li> <li>• <b>Fielding</b></li> <li>• <b>Defending</b></li> <li>• <b>Attacking</b></li> <li>• <b>Teams</b></li> <li>• <b>Bowl / Throw</b></li> <li>• <b>Backstop</b></li> <li>• <b>Catch</b></li> <li>• <b>Run</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL – Differentiation</i>)</li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>• <b>Run, Jump, Throw</b></li> <li>• <b>Speed</b></li> <li>• <b>Height</b></li> <li>• <b>Distance</b></li> <li>• <b>Accuracy</b></li> <li>• <b>Fitness, Health/Wellbeing</b></li> <li>• <b>Equipment</b> – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.</li> </ul>
Year 5	Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch / Flexibility</b></li> <li>• <b>Travel</b> (<i>Spinning on point, Spinning with travel &amp; cartwheel</i>)</li> <li>• <b>Roll</b> (<i>log/pencil, egg, shoulder, teddy bear roll &amp; forward roll</i>)</li> <li>• <b>Balance</b> (<i>point, patch, mirror and match &amp; counter balance</i>)</li> </ul>

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		<ul style="list-style-type: none"> <li>• <b>Jump</b> (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn, jump ½ turn, hopscotch &amp; compass</i>)</li> <li>• <b>Gymnastic shapes</b> (<i>Tuck, Pike, Straddle, Star, Dish &amp; Arch</i>)</li> <li>• <b>Equipment/Apparatus</b> (<i>ball, hoop, beam, table, mat</i>)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
	Football	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend / Defender</b></li> <li>• <b>Possession</b></li> <li>• <b>Centre pass</b></li> <li>• <b>Dribble</b></li> <li>• <b>Corner / Goal Kick</b></li> <li>• <b>Formation</b></li> <li>• <b>Foul / Penalty</b></li> <li>• <b>Hand ball</b></li> </ul>
	Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods and feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> </ul>
	Hockey	<ul style="list-style-type: none"> <li>• <b>Hockey stick</b> (<i>flat side</i>) (<i>Lifted no higher than shoulder height</i>)</li> <li>• <b>Pitch</b></li> <li>• <b>Team</b></li> <li>• <b>Hit/Pass/Push/Dribble</b></li> <li>• <b>Attackers / Defenders / Midfielders</b></li> <li>• <b>Goal / Shoot</b></li> <li>• <b>Obstruction</b></li> </ul>
	Strictly	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods and feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> <li>• <b>Equipment</b> → <b>balls, hoops, ribbons</b></li> </ul>
	Rugby (TAG)	<ul style="list-style-type: none"> <li>• <b>Tag</b> (<i>removal of the Velcro tag belt</i>)</li> <li>• <b>Goal line</b></li> <li>• <b>Touchline</b></li> <li>• <b>Scoring a try</b></li> <li>• <b>Free pass</b></li> <li>• <b>Pass back</b></li> <li>• <b>Knock on</b></li> <li>• <b>Offside</b></li> </ul>
	Target Games	<ul style="list-style-type: none"> <li>• <b>Shoot/ Hit / Throw</b></li> <li>• <b>Judging distance</b></li> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points / goals</b></li> </ul>

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		<ul style="list-style-type: none"> <li>• <b>Tactics</b></li> <li>• <b>Space, Time / Task, Equipment, People</b> (<i>STEP MODEL – Differentiation</i>)</li> </ul>
	Netball	<ul style="list-style-type: none"> <li>• <b>High-Five</b></li> <li>• <b>Attack</b></li> <li>• <b>Defence</b></li> <li>• <b>Shoot / Shot</b></li> <li>• <b>Positions</b> (GK, GD, GS, GA, WD, WA, C)</li> <li>• <b>Off-side</b></li> <li>• <b>Center Circle</b></li> <li>• <b>3-foot distance</b></li> <li>• <b>Footwork</b></li> </ul>
	OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols, contours)</li> <li>• <b>Communication</b></li> <li>• <b>Confidence / Self-esteem</b></li> <li>• <b>Strength / Agility</b></li> <li>• <b>Balance / Coordination</b></li> <li>• <b>Personal barriers</b></li> <li>• <b>Perseverance</b></li> <li>• <b>Determination</b></li> <li>• <b>Risk-taking</b></li> </ul>
	Kwik Cricket	<ul style="list-style-type: none"> <li>• <b>Bats &amp; Balls</b></li> <li>• <b>Stumps / Wickets</b></li> <li>• <b>Fielders</b></li> <li>• <b>Bowler &amp; Batters</b></li> <li>• <b>Underarm throw (10m)</b></li> <li>• <b>Scores / Runs</b></li> </ul>
	Personal Challenges	<ul style="list-style-type: none"> <li>• <b>Resilience</b></li> <li>• <b>Beat your previous goal</b></li> <li>• <b>Various Techniques</b></li> <li>• <b>Competence</b></li> <li>• <b>Skills &amp; Strategy</b></li> <li>• <b>Effectiveness</b></li> <li>• <b>Personal Best (PB)</b></li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>• <b>Run, Jump, Throw</b></li> <li>• <b>Speed</b></li> <li>• <b>Height</b></li> <li>• <b>Distance</b></li> <li>• <b>Accuracy</b></li> <li>• <b>Fitness, Health/Wellbeing</b></li> <li>• <b>Equipment</b> – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.</li> </ul>
Year 6	Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch / Flexibility</b></li> <li>• <b>Travel</b> (<i>Stepping sideways, spinning on point, spinning with travel, 2 → 1 foot leap, cat leap, scissor leap, stag leap &amp; backwards</i>)</li> <li>• <b>Roll</b> (log/pencil, egg, shoulder, teddy bear roll &amp; forward roll)</li> <li>• <b>Balance</b> (<i>point, patch, mirror and match &amp; counter balance</i>)</li> <li>• <b>Jump</b> (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn, jump ½ turn, hopscotch &amp; compass</i>)</li> </ul>

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	Football	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend / Defender</b></li> <li>• <b>Possession</b></li> <li>• <b>Centre pass</b></li> <li>• <b>Dribble</b></li> <li>• <b>Corner / Goal Kick</b></li> <li>• <b>Formation</b></li> <li>• <b>Foul / Penalty</b></li> <li>• <b>Hand ball</b></li> </ul>
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	Sport Theme Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>)</li> <li>• <b>Direction</b> (<i>forwards, backwards, sideways</i>)</li> <li>• <b>Space</b> (<i>near, far, in and out, on the spot, own</i>)</li> <li>• <b>Sequence</b> (<i>beginning, middle, end</i>)</li> <li>• <b>Moods and feelings</b> (<i>expressive qualities</i>) (<i>jolly, stormy</i>)</li> <li>• <b>Nature of movement</b> (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)</li> <li>• <b>Equipment</b> → <b>balls, hoops, ribbons</b></li> </ul>
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	Swimming/OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols, contours, grid reference, coordinates)</li> <li>• <b>Communication</b></li> <li>• <b>Confidence / Self-esteem</b></li> <li>• <b>Strength / Agility</b></li> <li>• <b>Balance / Coordination</b></li> <li>• <b>Personal barriers</b></li> <li>• <b>Perseverance</b></li> <li>• <b>Determination</b></li> <li>• <b>Risk-taking</b></li> </ul>
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