

St George's Central CE Primary School and Nursery

Progression of PE Vocabulary

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	walk, run, kick, jump, hop, climb, beanbag, hoop, ball, throw, catch, bat, hit, balance, move, turn, mat, help, follow, copy, go, stop					
Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	line, balance, height, distance, one foot, side-step, skip, hop, dodge, catch, run, kick, pass, bat, apparatus, task, turns, travel, observe, exercise, dance					
Year 1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	agility coordination contact Point accuracy fluency technique attempt personal best	underarm overarm bounce direction target pattern bat encourage understand	agility coordination direction relay circuit gait rhythm beat levels mirroring decision order	pass space direction rotation underarm overarm kick control travel routine explore develop	speed take off landing direction technique hurdle posture core perform link	sprint gallop single stretch relaxation pose mindfulness exercise benefit

'Never settle for less than your best'

Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	flight track receive release chest pass hand dribble punt coping skill regular practice	stamina pace strength extension circuit field racquet bowler base strike long barrier rally strike two-handed strike patience cooperation	attack defend tactic position movement dribble awareness possession critique spatial awareness	backstroke breaststroke front crawl freestyle float frog kick dolphin kick medley circuit body tension variety expression tempo unison body base	stamina boxercise lunge jumping jack burpee squat crunch controlled shape consistency	salutation chakra drishti location theme compass orienteer mapping muscle health
Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	reading a game positioning application preparation propulsion follow-through variation improvisation choreography stimulus	overlap overload support play offside HIIT cardio aerobic calories sensitive feedback motivate	device contemporary cover marking clearance dropping deep analyse evaluate	assymetrical rotation dynamics bridging critique feint pivot travel (basketball) disguise audience	take off propulsion push technique handover repetitions deficit skill transfer skill combination	aerial photo plan view route location grid reference longitude latitude component fitness programme

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12