

PE vocabulary

Year 3	Dance	Gymnastics	Athletics	Outdoor Adventurous Activity	Striking and Fielding	Games		
	Partner Expression Tone Volume Speed Pitch Mirror Jerky Chugging Smooth Whirring Steady Push Pull	Symmetry Asymmetry Display Matching Flight Crouch Canon Inclined Unison Arch Body tension Balance Stretch Push Control Precision	Overarm Underarm Target Accuracy Coordination Combine Jogging Running Stamina Speed Hurdles Obstacle Throwing Jumping	Cooperation Challenge Listen Team work Control Precision Compass Orienteering Accuracy Explain Communicate Map	Throwing Catching Striking Bowling Batting Intercept Rules Team work	Opposition Control Possession Throw Catch Accuracy Underarm Chest pass Team work Spatial awareness Dribble Stamina		
Year 4	Dance	Gymnastics	Athletics	Outdoor Adventurous Activity		Invasion Games	Net/wall Games	Swimming
	Synchronisation Control Audience Exaggeration	Straight Tuck Star Pike Dish	Sprint Running Striding Jogging Relay	Orientate Circuit Repetition Problem solving		Pass Catch Dodge Tag Possession	Spatial Rules Control Coordination Opponent	Freestyle Backstroke Front crawl Safety Distance

	Tableau Stagger Unison Link	Arch Straddle Back support Front support Sequence Base Tension Twist Pathway	Obstacle Hurdle Combination Pace Control Landing Rotation Dynamic stretch	Team work		Control Space Support Rules Tactics Direction Points Marking	Tactics	
Year 5	Dance	Gymnastics	Indoor Athletics		Striking and Fielding	Invasion (Tag Rugby)	Net/Wall (Tennis)	
	Gestures Character Stretch Lunge Leap Bouncing Hopping Skipping Gallop Posture Alignment Coordination Flexibility Mobility Projection Musicality	Asymmetry Symmetry Display Matching Flight Feet apart Feet together Crouch Inclined Canon Unison Arch Body tension Balance Stretch Precision	Sprinting Jumping Throwing Angle Trajectory Stamina Fitness		Stance Crease Batting point Non-striker Leg-side Offside Home base Pitch Over Innings	Static Forward pass Drifting Retain space Evade Cooperation Footwork	Ball control Racket skills Rally Drop serve Forehand Backhand Low bounce Service Backline Lob Volley Smash Fake	

	Dance	Gymnastics		Outdoor Adventurous Activity (Kingswood) and Orienteering	Striking and fielding	Invasion Games (Hockey)		Young Leaders
Year 6	Action Timing Dramatic impact Theme Sequence Approach Detective Tempo Terrain Explosion	Counter balance Counter tension Partial weight supported Handholds Footholds Armlinks Canon Unison Pathways Carousel Transitions Symmetrical Asymmetrical Element Strength		Sustained pace Independent Problem solving Cooperation Team work Resilience	Long-barrier stopping technique Rolling Bouncing Over arm bowling Target Opposition Weight	Dribbling Pathway Control Accuracy Back line Centre line Centre pass Obstruction		Leadership Health and safety Warm up Skills drill Participation Inclusion Behaviour management