



## PE - Progressive vocabulary

	Year 3&4	Year 5&6
Gymnastics	Extension / extend Flex Sequence Rotation 90, 180, 270 and 360 degrees Strength Height Half turn Tuck Pike Straddle Star Balance	Counter balance Counter tension Straddle over Aesthetic Judgement Match Mirror Directions Pathways Flight Half turn Pivot Tuck Pike Straddle Star
Team games: Hockey Basketball Netball Tag Rugby	Possession Attackers Defenders Marking Control Dribble Shoot Push pass Pass, send & receive Aim	Possession Repossession Attackers / Attack Defenders / Defend / Defence Marking Covering Accuracy / accurate Opponent Tactics
Racket sports: Tennis Badminton	Forehand / Backhand Serve Return Rally Shuttlecock Service court	Forehand / Backhand Serve Return Rally Baseline Cross court Volley Lob Drop shot Smash - badminton Fault
Athletics	Agility Co-ordination Balance Track and Field events Measure Time Record Relay Throwing action	Agility Co-ordination Balance Track and Field events Relay change over Stride Pacing Stamina Throwing action



## PE - Progressive vocabulary

Striking and fielding: Cricket Rounders	Tactics Batting Fielding Defending Hitting Bowler Backstop Wicket keeper Accuracy	Long barrier Tactics Fielding Striking Retrieve Bowler Backstop Wicket keeper Accuracy
--	---	--