



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
Team games: Hockey Basketball Netball Tag Rugby	Possession Space Intercept Teamwork Attackers Defenders Marking Control Push pass Pass, send & receive Aim	Possession Repossession Attackers / Attack Defenders / Defend / Defence Accuracy / accurate Opponent Tactics Regain Counterattack Feint
Racket sports: Tennis Badminton	Forehand / Backhand Clear Ready Position Serve Return Rally Shuttlecock Service court	Forehand / Backhand Serve Return Rally Baseline Cross court Volley Lob Drop shot Smash - badminton Fault Overhead Offensive Play
Athletics	Agility Co-ordination Balance Record Relay Throwing action Power Pace Accelerate	Agility Co-ordination Balance Relay change over Stride Pacing Stamina Force Sustain



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	Take off Stamina	Optimum Trajectory
Striking and fielding: Cricket Rounders	Tactics Defending Bowler Backstop Wicket keeper Accuracy Feed Field Collect Retrieve	Long barrier Tactics Retrieve Accuracy Stance Innings Pick up
Outdoor & Adventurous Activity	Symbol Verbal Key Problem Solving Coordination Tactile Scale Orienteering	Symbol Verbal Problem Solving Coordination Tactile Compass Ingenuity Decipher Orient
Dance	Canon Rhythm Levels Circling Ribbons Clockwise Anti-clockwise	Dynamics Ribbons Canon Rhythm Formation