



Tansley Primary School

PE Vocabulary Progression

	Oaks	Elms	Sycamores and Elders
Gymnastics	Stretch Forwards /Backwards Begin to explore levels sideways Roll slow Balance Jump Shape Body part Wide /narrow Equipment/Apparatus Simple sequences	Stretch Travel Understand levels Pull Push Spring Step Slow Still Long Tall Wide High Low Roll Body part Balance Body control Gymnastic shapes <i>(Tuck, Pike, Straddle, Star, Dish & Arch)</i> Apparatus Sequence Direction	Flexibility Secured Travel Secured use of Levels Speed Muscles Joints Rotation Landing Take off Performance Evaluation Partner Balances Point balances Routines Symmetrical/ Asymmetrical Inversion Roll <i>(stretch, tuck, straddle & forward roll)</i> Linking Gymnastic shapes <i>(Tuck, Pike, Straddle, Star, Dish & Arch)</i>
Games	Hitting Catching Own space Running Throwing Rolling Bouncing Stopping Speed Fast Slow Aim Evading Avoid Dodge Tag Stop Start Kicking Watching Being aware Control	Striking Fielding Spatial awareness Sprinting Jogging Attacking individually Defending individually Shoot / Throw accurately <i>(in a variety of ways)</i> Directional change Accuracy Send /Receive Tactics <i>(suggest what they need to practice to enjoy or develop the game)</i> Possession <i>(adapt techniques to keep it)</i> Self-evaluate performance to improve Observe Rules	Attacking a team Defending as team Possession Passing Dribbling Shooting Supporting Marking Formations Tactics Strategies Cooperation Self-officiating Out whit Dummy Score Peer evaluation Team work Disguise Off the ball movement Technique Judgement

Dance

Forwards/Backwards
Travel
Stillness
Space
Begin to understand sequence
Feelings
Jump
Warm up
Cool down
Fast
Slow

Travel and Stillness combined
Sideways/Forwards/Backward s
High
Middle
Low
Cannon
Unison
Eye contact
Spatial awareness
(near, far, in and out, on the spot,
own, group)
Sequence
(beginning, middle, end)
Moods and feelings
(expressive qualities, jolly, stormy,
excited, angry)
Dynamics
Sharp
Smooth
Solo
Duet
Self-assessment

Exploration
Rhythm
Direction
Contrasts
Creating solo and group
sequences **Improvisation**
Fluidity
Secured Unison
Secured Cannon
Timing
Peripheral vision
Using moods and feelings
within sequence **Patterns and**
lines
Symmetry and asymmetry
Formation
Nature of movement
(dynamic
qualities) (fast, strong, gentle)
Agility / Agile
Fitness
Balance **Coordination**