



Vocabulary Progression



	FS1	FS2	Y1	Y2	Y3	Y4	Y5	Y6
Physical Performance	Catch climb roll crawl walk jump run Hop skip balance	- Throw - Catch - Control - Moving - Jumping - Space - Travel - Catching - Roll - Balance - Skip - Obstacle - Jump - Squat - Tuck - Straddle - Straight - Kick - Overarm - Underarm	- Directions - Balance - Squatting - Kicking - Jump - Perform - Apparatus - Travelling - Roll - Position - Support - Timed - Accurately - Push - Posture - Obstacles	- Move - Fluency - Speeds - Turning - Receiving - Attacking - Defending - Sliding - Dance - Rocking - Rolling - Pushing - Pulling - Gymnastic - Bounce - Explore - Tennis - Increasing - height	- Zig-zag patterns - Netball 2v2 games - Half turn - Tuck jump - Small gestures - Large gestures - Jerky gestures - React - Large apparatus - Shapes in flight - Rugby ball - Pass - Backwards - Tag Rugby - Strike a ball - Forehand - Backhand - Serve - Posture - Foam Javelin - Hurdles - Hop, step and jump	- Swimming - Stroke - Breaststroke - Self-rescue - Complex moves - Footwork - Pivoting 3v3 - Pattern of movement - Curved gestures - Angular gestures - Bridge shapes - Dodging games - Strike - Volley - Serve - Rally - Hurdles - Overarm - Sweep 4v4 - Bowl - Underarm - Batt - Straight drive - Cricket	- Alternate - Netball - Footwork - Pivoting - Same front - Mirror dance - Choreographed - Contrast dance - Walk fluidly - Gymnastic sequences - Synchronisation - Canon - Back support - Seated position - Evade - Communicate effectively - Plan effectively - Navigate - Orientate a map - Compass - Sprint - Stride lengths - Constant pace	- Accuracy - Umpire 5v5 - Changing the front - Twisted - Dance patterns - Heel to toe landing - Mirror travelling - Matching - Mirroring - Counter-Balance - Static positions - Sprint - stride lengths
Non-physical Focus	Safely	- Safely - Exercise - Partner	- Instructions - Practice - Fairly - Turns - Praise - Health - Link - Theme	- Succeed - Appropriate - Challenge - Praise - Movements - Rules - Performance - Similarities	- Positively - Personal Best - Co-operate - Compete - Competition - Range of skills - Consistency - Link - Actions - Support - Fitness - Components - Movements - Respond - Express - Theme	- Personal Best - challenges - Praise others. - Help and praise others - Co-operate with others. - Flow - Patience - Fitness components - Express ideas	- Improve - Strengths - Weaknesses - Targets - Technique - Compete - Feedback - Roles and responsibilities - Tactics - Disguise	- Persevere - Reflect - Team performance - Compete - Organise - Sensitive feedback. - Imagination - carefully. - Trust



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