Stalyhill Junior School

PE Vocabulary Progression

	Athletics	Catching & Throwing	Dance	Games	Gymnastics	Travelling with equipment	
KS1	Speed Agility Quickness Power Accelerate Maintain speed	Bouncing Underarm throw Overarm throw accuracy Power Distance	Stillness Travel Timing creative Beat Routine	Space Teamwork Encourage Engagement space Teamwork Encourage Engagement	Take off Landing Rolling Jumping Sequence Routine Control	Dribble Control Space Passing Movement Attack Defend Safety	
	Athletics	**Invasion Games (basketball, football, hockey, netball, rugby)**	**Dance**	**Net/Wall games (tennis, volleyball)**	**Gymnastics**	**Striking/Field Games (cricket, rounders)**	**OAA**
Year 3	Steeplechase Speed bounce Long jump Triple jump Javelin Shot putt Discus Personal best	Dribble Movement Control Invasion space/spatial Position Attacker Defender Midfielder Goalkeeper Turning Tackling safety	Unison Canon Formation	Racket Court forehand Backhand stroke Serve Rally Volley Singles Doubles Net/wall Underarm serve Forearm pass Dig	Dish Arch Flow	Batting Fielding Striking Wickets Bowling	Communication Teamwork Explore Listening Symbol Compass Surroundings Geography Trust

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		Grip Flat-side Bridge Movement Passing Receiving Catching Tagging Forwards Backwards Sideways Try		Volley Set Feed			
Year 4	Obstacle Combination Control Timing Release Distance	Snap Footwork Protect Sending Encourage Teamwork technique Penalty Shooting Footwork Pivot Decision- making handling Spatial - awareness Knock-on	Levels Rhythm Repetition	Overarm serve Ace Diagonal Drop shot Direction movement Block Hand-eye coordination Teamwork	Extension Contrast Inverted	Target Retrieve Grip Stance	Spatial awareness Problem solving Safety Support Confidence
Year 5	Changeover Flight Stride Technique	Block Inventive Direction Tactics	Musicality Improvisation	Service box Baseline Technique Focus	Explosive Combinations Rotation	Technique Hand-eye co- ordination Position	Cooperation Instruction Decision making

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	Push throw Pull throw	Tackle Intercept Rotate Opponent Obstruction Intercept Assist		Tactics Deuce Advantage Positioning Rotation Tactics Technique Awareness Encourage			Evaluate Coordination Anagram
Year 6	Efficiency Tempo Pace Stamina Endurance	Creativity Sportsmanship Leadership Communicate Fluency Accuracy Extend Utilise	Dynamics Motive	Consistency Accuracy Agility	Aesethic Suppleness Asymetrical	Areas Line + length	Map-orientation Accuracy Memory Alertness Agility Concise