Holyport PE Progression in Vocabulary (2021 - 2022) – Bold signifies significant new vocab used

Skills/Sport Vocabulary	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Forwards Backwards Sideways Bench Mat Table Roll Long Slow On Off Stretched Curled Tuck Body parts Tall Small Shape Hold (balance) Still Jump Hop Bounce Travel Copy	Building on the EYFS vocab plus: Place, push, pull Hop skip step Spring crawl Still slowly Longer wide narrow up down forwards high low elbows bottom back around through **extension** roll copy **pathway** along jump land **balance tension curved straight zig-zag** shape over, hang, grip	Building on the Year 1 vocab pls: In front, Speed Slow, fast Wide, Shape Narrow, Long Land Over Jump Off High Low **Stretch, Point** Balance Twisted Curled Level Medium Backwards Sideways Forwards Zig Zag **Angular** Under Through Behind Tension Copy Smooth **Sequence Height**	**Flow** **Explosive** **Symmetrical** **Asymmetrical** Balance Combination **Evaluate** **Improve** Stretch **Refine** **Adapt** Pathway Contrasting Curled Stretched **Suppleness** **Strength,** **Inverted**, Jump Land Over Under	**90 degrees** **180 degrees** Leaving **Approaching** Balance Forwards Backwards Combine **Rotation** Against Towards Across Evaluate Improve Height Strength Suppleness **Stamina** Speed, Level Wide, **Tucked** **Straight, tight** Twisted **Constructive** Points Twist Turn Safety, Refine , adapt, Away	**Co-operate** **Dynamics** Combination Contrasting Control **Mirroring** **Matching** **Accurately** **Refine** Evaluate Display **Asymmetry** **Performance** **Create** **Symmetry** **Refinements** Assessment Suppleness Strength Cool down Warm up, Muscles Joints, Explore Rotation, Spin, Turn, Shape, Landing Take-off, Flight	Co-operate Audience Assessment **Elements** Twist **Obstacles** Refine **Aesthetically** Criteria **Extension** **Judgement** **Tension** Inverted **Judge** Dynamics **Combination** **Canon** **Counter-tension** **Counterbalance** Criteria Performance **Imaginative** **Parallel** **Creativity** Flight Timing
Dance	Beginning, Middle, End Still, stop, start travel, space, direction	Travel, Stillness, Direction, Space Beginning, Middle, End **Feelings, Body parts, Levels, Directions** **Pathways, Speed, Rhythm**		Space, **Repeat, Dance Phrase** **Improvisation, Character** **Gesture, Repetition** **Action and reaction** **Myth, Legend, Costume, Prop** **Pattern, symmetry /asymmetry**		**Dance style, Technique, Formation** **Pattern, Rhythm, Variation, a/symmetrical** **motion, modern, tradition, Haka** **Improvisation, Unison, Canon** **Action, Reaction, Motif, Phrase** **Interpret Exploration**	

Skills/Sport Vocabulary	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games/ Invasion Games	Rolling Bouncing Catching Free space Own space Throwing Aiming	Avoiding Tracking a ball Rolling Striking Overarm throw Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring		**Keep possession** Keep the ball Scoring goals Keeping score Making space Pass/send/receive **Dribble** **Travel with a ball** **Back up** **Support partner** **Make use of space** **Points, Goals, Rules, Tactics** **Batting, Fielding, Bowler, Wicket** **Tee, Base, Boundary** **Innings** **Rounder, Backstop** **Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally**		Keeping possession Passing, Dribbling, Shooting Shield ball, **Width, Depth** Support, **Marking, Covering** **Repossession, Attackers, Defenders** **Marking, Team play** Batting Fielding Bowler, Wicket, Tee, Base Boundary, Innings, Rounder, Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	
Athletics	Walk Jog Throw Target Jump Run Hop Skip Fast Pass In pairs	Cool down Warm up Throw, High, Low, Skip Aim, Fast, Slow, Safely Step, Bounce Jump, Leap, Hop Repeat, Run, Target, Overarm Underarm, Walking Jogging, Accelerate Baton, Relay, Push, Take off Landing, Evaluate, Improve		Cool down Warm up **Pull Distance Sprint Steady Pace Accuracy Height Record Joints Rhythm Leading leg, Measure,** Underarm Overarm, **Heart beat/Pulse** rate Jogging Walk **Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay**		Building on the Y3/4 plus: Cool down Warm up Sprint, Team, Distance, Measure Height, Target**, Pacing**, Rhythm Obstacles, Leading leg, Hurdles Throwing, Speed Accuracy Take off Stamina Time**, Trajectory, Release, Performance Accuracy,** Take off, Distance, Target, Time, Position, Measure, Control, Height, Run up	