

## PE vocabulary spine

Theme	EYs	Y1	Y2	Y3	Y4	Y5	Y6
<b>Games</b>	Control Run Jump Hop Skip Roll Throw Catch Kick Pass Bat Aim Space Obstacles Direction Speed	Hit Strike Turn Team Teamwork Jog Sprint Pace Rules Goal	Teammate Opponent Field Tactics Possession Shoot Score Points	Dribble Competition Competitive Defend Attack Receive Travel Bowl Volley Forehand Backhand Hand-eye coordination	Accuracy Making space Position Direction Lead	Combine technique Gain Direction of play Mark Support Team positions Spirit of fair play Competitive respect Role model Tournament	Advantage Disadvantage Anticipate Participation
<b>Dance</b>	Steps Travel Direction (forward, back, side) Body parts Speed Energy Balance Space	Routine Beat Turn Spin Kick (leg movement from the hip) Stamp Jump Repeat	Sequence Section Action Reaction Rotate Leap Flick (leg movement from the knee) Levels	Choreography Choreograph Choreographer Flex Extend Scuff Posture Formation Technique Solo	Phrase Mirroring Break away Weight transference Flexibility Co-ordination Style	Canon Symmetry Structure Isolations Strut Style Variation Genre	Interpret Improvise Shadowing Lateral movement Syncopation Dynamics Charleston Swing

	Show	Stretch Position Audience Perform Pattern Speed	Present Rhythm Tempo Control	Unison			
<b>Gymnastics</b>	Balance Control Body Crawl Roll (Forwards, Backwards, sideways) Straddle roll Lateral roll Slide Jump Land Climb Actions Hang Grip Apparatus Safety Height Big Small Shape	Spatial awareness Equipment Bend Stretch Strength Core Muscle	Wide Narrow Link Sequence Contrast Straight Curved Wide Narrow Travel Flexibility Curl	Plan Perform Repeat Clear and expressive manner Direction Level Placement and alignment Centre of gravity Organisation of body Inversions	Swing Refine movements into sequences Fluency Performance Flight	Complex sequences Spring Vault Rotation Gestures Linking skills Hold shapes that are strong Techniques Rehearse Upright	Complex and well executed sequences Full range of movements Strong, fluent and expressive shapes. Set pieces
<b>Swimming</b>		Swim Float	Unaided Stroke	Co-ordinate breathing	Front Crawl Backstroke	Length Dolphin kick	Self-rescue Efficiently

		Front Back Noodle Woggle Safety Breathing Technique Underwater Kick Pull	Control Mushroom float Star float Surface Below surface	Co-ordinate leg and arm stroke Submerge		Breaststroke	Push off Butterfly
<b>Athletics</b>	Run Move Control Jump Hop Skip Throw Distance	Stamina Pace Speed Personal best Successful	Compete Style of running Breathing	Sprint Cross Country Underarm Overarm Target Bounce Jump, height and distance Measure	Conserve energy Tactics Develop Improve Technique	Hurdle Take off Landing Stride	Choose pace Running technique Sustain correct breathing Analyse technique Competition
<b>Outdoor and adventurous</b>	Spin Turn Climb Hang Balance Roll slide Explore Swing Hunt Boundary Den Choose	Ignite Extinguish fuel Saw Chop Locate Axe Loppers Secateurs Gloves Protect	Whittle Knife Tie Untie Plan Execute Explain	Self assess Risk Benefit Decide Improve	Individual Team Collaborate Orienteer Cave Harness (other equipment specific language as taught by staff on residential)	Dynamic Manage Control Evaluate Measure Construct	Resilience Confidence Peseverance Kayak Raft Paddleboard (other equipment specific language as taught by staff on residential)

	Knife Peeler Drill						
<b>General</b>	Warm up, cool down, heart rate, body awareness						