

**Gainsborough Primary & Nursery School**

**VOCABULARY OVERVIEW**

**PHYSICAL EDUCATION**

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| **Focus** | **Early Years** | **Year One** | **Year Two** | **Year Three** | **Year Four** | **Year Five** | **Year Six** |
|  | **Games**  **“Demonstrate strength, balance and co-ordination when playing”**  Strength  Balance  Co-ordination  **“Negotiate space and obstacles safely, with consideration for themselves and others”**  Space  Safety  Obstacles  **“Enjoy being imaginative and expressive with physical movement. Try to move in time with music.”**  Imagination  Movement  **“Move energetically – running, jumping, dancing, hopping, skipping, climbing.”**  Dancing  Skipping  Climbing | **Games**  Throw  Underarm  Hit/hitting  Move  Stop  Catch  Safely  Kick/kicking  **Gymnastics**  Curl  Tense  Stretch  Relax  Control  Travel  Balance  Copy  Roll  **Dance**  Move/s  Space  Safely  Copy  **Athletics**  Explore  Running  Throwing  Hopping  Jumping  Leaping  Balance  Landing | **Games**  Rolling  Rules  Decide  Space  Hit/hitting (Y1&2)  Kick/kicking (Y1&2)  **Gymnastics**  Sequence  Movements  Improve  Plan  Perform  Feedback  **Dance**  Rhythm  Speed  Direction  Control  Co-ordination  Mood/feeling  Link  **Athletics**  Sprinting  Obstacles  Over arm  Distance  Safety  Height | **Games**  Control  Awareness  Support  Opposition  Fairness  **Gymnastics**  Adapt sequences  Apparatus  Criteria  Strength  Suppleness  Performance  Compare and contrast  **Dance**  Improvise  Freely  Stimulus  Share  Create  Repeat  **Athletics**  Change speed  Direction  Relay  Rhythm  **Outdoor and Adventurous**  Follow  Map  Route  Safely  Clues  **Swimming**  Swim    Unaided – 25m  Basic stroke/s | **Games**  Strike  Field  Accuracy  Possession  Adapt tactics  Skill  **Gymnastics**  Control  Speed  Direction  Shapes  Create  Repeat  Phase  **Dance**  Lead  Communicate  Ideas  Perform phrases  **Athletics**  Long/short distance  Targets  Javelin/Overhand throw  High Jump  Long Jump  Vertical jump  **Outdoor and Adventurous**  Follow (more demanding)  Familiar context  Timing | **Games**  Forehand  Backhand  Defending  Attacking  Techniques  Dribbling  Shooting    **Gymnastics**  Complex  Extended sequences  Combine  Consistency  Audience  Action  **Dance**  Compose  Creative    Accompaniment  Clarity  Fluency  Accuracy Consistency  **Athletics**  Control  Accuracy  Techniques  Combine  Take off/landing  **Outdoor and Adventurous**  Location  Compass  Navigate  Overcome problems | **Games**  Implement rules  Umpire  Communicate  Strategy  Plan  Lead  **Gymnastics**  Independent  Group work  Link  Specific  Timing  **Dance**  Style    Sequence/s  Interpret  Precise  Posture  **Athletics**  Stamina  Distance  Personal best  Compete  **Outdoor and Adventurous**  Plan  Clues (a series of)  Danger  Leadership.  **Swimming**  Self-rescue  Breast stroke  Front crawl  Back stroke  Breast stroke  Water safety |