

**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”**StrengthBalance Co-ordination **“Negotiate space and obstacles safely, with consideration for themselves and others”**SpaceSafety 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 SkippingClimbing  | **Games**ThrowUnderarmHit/hittingMoveStopCatch SafelyKick/kicking**Gymnastics**Curl TenseStretchRelaxControlTravelBalanceCopyRoll**Dance**Move/sSpaceSafelyCopy**Athletics** ExploreRunningThrowingHoppingJumpingLeapingBalanceLanding  | **Games**Rolling RulesDecideSpace Hit/hitting (Y1&2)Kick/kicking (Y1&2)**Gymnastics** SequenceMovementsImprovePlanPerformFeedback**Dance**RhythmSpeedDirectionControlCo-ordinationMood/feelingLink **Athletics** SprintingObstaclesOver armDistanceSafetyHeight | **Games**ControlAwareness SupportOppositionFairness**Gymnastics**Adapt sequencesApparatusCriteriaStrengthSupplenessPerformanceCompare and contrast **Dance**Improvise FreelyStimulusShareCreateRepeat**Athletics**Change speedDirectionRelayRhythm**Outdoor and Adventurous**FollowMapRouteSafelyClues**Swimming**Swim Unaided – 25mBasic stroke/s | **Games** Strike FieldAccuracyPossession Adapt tacticsSkill**Gymnastics** ControlSpeedDirectionShapesCreate RepeatPhase**Dance**LeadCommunicateIdeasPerform phrases**Athletics** Long/short distanceTargetsJavelin/Overhand throwHigh JumpLong JumpVertical jump **Outdoor and Adventurous**Follow (more demanding)Familiar contextTiming  | **Games**ForehandBackhandDefending Attacking TechniquesDribblingShooting **Gymnastics** ComplexExtended sequencesCombineConsistencyAudienceAction **Dance** ComposeCreative AccompanimentClarityFluencyAccuracy Consistency**Athletics**ControlAccuracyTechniquesCombineTake off/landing **Outdoor and Adventurous**LocationCompassNavigateOvercome problems | **Games** Implement rules Umpire Communicate StrategyPlanLead **Gymnastics** IndependentGroup workLinkSpecificTiming**Dance** Style Sequence/sInterpretPrecise Posture**Athletics** Stamina Distance Personal bestCompete**Outdoor and Adventurous**PlanClues (a series of)DangerLeadership.**Swimming**Self-rescueBreast strokeFront crawlBack strokeBreast stroke Water safety |