

	Autumn	Vocabulary	Spring	Vocabulary	Summer	Vocabulary
EYFS	<p><b><u>Introduction to PE (Unit 1)</u></b></p> <p><b><u>Theme: Witches and Wizards</u></b></p> <p>1.To move safely and sensibly in a space with consideration of others.</p> <p><b><u>Theme: Pirates</u></b></p> <p>2. To develop moving safely and stopping with control.</p> <p><b><u>Theme: Mythical Creatures</u></b></p> <p>3. To use equipment safely and responsibly.</p> <p><b><u>Theme: To The Castle</u></b></p> <p>4. To use different travelling actions whilst following a path.</p> <p><b><u>Theme: Superheroes</u></b></p> <p>5. To work with others co-operatively and play as a group.</p> <p><b><u>Theme: Monsters</u></b></p> <p>6. To follow, copy and lead a partner.</p>	<p>Avoid</p> <p>Freeze</p> <p>Space</p> <p>Backwards</p> <p>Safe</p> <p>Stop</p> <p>Forwards</p> <p>Sideways</p> <p>Partner</p>	<p><b><u>Games (Unit 1)</u></b></p> <p><b><u>Theme: Cars</u></b></p> <p>1. To work safely and develop running and stopping.</p> <p><b><u>Theme: Aeroplanes</u></b></p> <p>2. To develop throwing and learn how to keep score.</p> <p><b><u>Theme: Cyclists</u></b></p> <p>3. To play games showing an understanding of the different roles within it.</p> <p><b><u>Theme: Buses</u></b></p> <p>4. To follow instructions and move safely when playing tagging games.</p> <p><b><u>Theme: Boats</u></b></p> <p>5. To work co-operatively and learn to take turns.</p> <p><b><u>Theme: Trains</u></b></p> <p>6. To work with others to play team games.</p>	<p>Catch</p> <p>Safe</p> <p>Stop</p> <p>Caught</p> <p>Safely</p> <p>Team</p> <p>Jog</p> <p>Score</p> <p>Throw</p> <p>Rules</p> <p>Space</p> <p>Turn</p> <p>Run</p>	<p><b><u>Gymnastics (Unit 1)</u></b></p> <p><b><u>Theme: Rainforest Animals</u></b></p> <p>1. To copy and create shapes with your body.</p> <p><b><u>Theme: Woodland Animals</u></b></p> <p>2. To be able to create shapes whilst on apparatus.</p> <p><b><u>Theme: Lakeland Animals</u></b></p> <p>3. To develop balancing and taking weight on different body parts.</p> <p><b><u>Theme: Desert Animals</u></b></p> <p>4. To develop jumping and landing safely.</p> <p><b><u>Theme: Sea Animals</u></b></p> <p>5. To develop rocking and rolling.</p> <p><b><u>Theme: Pet Animals</u></b></p> <p>6. To copy and create short sequences by linking actions together.</p>	<p>Balance</p> <p>Land</p> <p>Squeeze</p> <p>Bend</p> <p>Rock</p> <p>Star</p> <p>Copy</p> <p>Roll</p> <p>Still</p> <p>Hold</p> <p>Shape</p> <p>Straight</p> <p>Jump</p>

	<p><b><u>Ball Skills (Unit 1)</u></b></p> <p><b><u>Theme: Beetles</u></b></p> <p>1. To develop rolling a ball to a target.</p> <p><b><u>Theme: Busy Bees</u></b></p> <p>2. To develop stopping a rolling ball.</p> <p><b><u>Theme: Ladybirds and Butterflies</u></b></p> <p>3. To develop accuracy when throwing to a target.</p> <p><b><u>Theme: Grasshoppers</u></b></p> <p>4. To develop bouncing and catching a ball.</p> <p><b><u>Theme: Caterpillars</u></b></p> <p>5. To develop dribbling a ball with your feet.</p> <p><b><u>Theme: Spiders</u></b></p> <p>6. To develop kicking a ball.</p>	<p>Bounce</p> <p>Points</p> <p>Score</p> <p>Catch</p> <p>Roll</p> <p>Space</p> <p>Dribble</p> <p>Run</p> <p>Target</p> <p>Hit</p> <p>Safely</p> <p>Throw</p> <p>Kick</p>	<p><b><u>Fundamentals (Unit 1)</u></b></p> <p><b><u>Theme: Body Parts</u></b></p> <p>1. To develop balancing whilst stationary and on the move.</p> <p><b><u>Theme: Feelings</u></b></p> <p>2. To develop running and stopping.</p> <p><b><u>Theme: Our Senses</u></b></p> <p>3. To develop changing direction.</p> <p><b><u>Theme: Ways We Look After Ourselves</u></b></p> <p>4. To develop jumping and landing.</p> <p><b><u>Theme: My Favourite Things</u></b></p> <p>5. To develop hopping and landing with control.</p> <p><b><u>Theme: It's Good To Be Me</u></b></p> <p>6. To explore different ways to travel.</p>	<p>Balance</p> <p>Jump</p> <p>Space</p> <p>Bend</p> <p>Land</p> <p>Stop</p> <p>Direction</p> <p>Run</p> <p>Travel</p> <p>Hop</p> <p>Safe</p>	<p><b><u>Athletics (taken from year 1)</u></b></p> <p>1. To move at different speeds over varying distances.</p> <p>2. To develop balance.</p> <p>3. To develop changing direction quickly.</p> <p>4. To explore hopping, jumping and leaping for distance.</p> <p>5. To develop throwing for distance.</p> <p>6. To develop throwing for accuracy</p>	<p>Hop</p> <p>Balance</p> <p>Jog</p> <p>Safely</p> <p>Bend</p> <p>Jump</p> <p>Target</p> <p>Control</p> <p>Leap</p> <p>Time</p> <p>Direction</p> <p>Overarm</p> <p>Underarm</p> <p>Further</p> <p>Quickly</p> <p>Walk</p>
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1	<b><u>Gymnastics</u></b> <ol style="list-style-type: none"> <li>1. To explore travelling movements.</li> <li>2. To develop and combine travelling movements.</li> <li>3. To develop quality when performing linking shapes.</li> <li>4. To develop quality when linking shapes.</li> <li>5. To develop stability and control when performing balances.</li> <li>6. To develop stability and control when performing balances.</li> <li>7. To develop technique and control when performing shape jumps.</li> <li>8. To develop technique and control when performing shape jumps.</li> </ol>	<b>Action</b> Jump Speed Balance Level Squeeze Control Point Star Direction Roll Straight Shape Travel	<b><u>Invasion Games</u></b> <ol style="list-style-type: none"> <li>1. To understand the role of defenders and attackers.</li> <li>2. To recognise who to pass to and why.</li> <li>3. To move towards goal with the ball.</li> <li>4. To support a teammate when playing in attack.</li> <li>5. To move into space showing an awareness of defenders.</li> <li>6. To stay with a player when defending.</li> </ol>	<b>Attacker</b> <b>Defender</b> <b>Marking</b> <b>Points</b> <b>Dodge</b> <b>Score</b> <b>Goal</b> <b>space</b>	<b><u>Striking and Fielding</u></b> <ol style="list-style-type: none"> <li>1. To develop underarm throwing and catching.</li> <li>2. To develop overarm throwing.</li> <li>3. To develop hitting a ball.</li> <li>4. To develop collecting a ball.</li> <li>5. To learn how to get a batter out.</li> <li>6. To play games and understand how to score points.</li> </ol>	<b>Batter</b> <b>Batting</b> <b>Hit</b> <b>Bowl</b> <b>Out</b> <b>Bowler</b> <b>Ready position</b> <b>Fielder</b> <b>Track</b> <b>Fielding</b> <b>Underarm</b> <b>Overarm</b>
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	<b>Fundamentals</b> 1. To explore balance, stability and landing safely. 2. To explore how the body moves differently when running at different speeds. 3. To explore changing direction and dodging. 4. To explore jumping, hopping and skipping actions. 5. To explore co-ordination and combination jumps. 6. To explore combination jumping and skipping in an individual rope.	Bend Direction Jog Dodge Jump Skip Fast Land Challenge Hop Ready position swing	<b>Target Games</b> 1.To develop underarm throwing towards a target. 2. To develop throwing for accuracy. 3. To develop underarm and overarm throwing at a target. 4. To develop throwing for accuracy and distance using underarm and overarm. 5. To select the correct throw for the target. 6. To develop throwing for accuracy and distance.	Balance Distance Score Further Swing Overarm Throw Point Underarm	<b>Athletics</b> 1. To move at different speeds over varying distances. 2. To develop balance. 3. To develop changing direction quickly. 4. To explore hopping, jumping and leaping for distance. 5. To develop throwing for distance. 6. To develop throwing for accuracy.	Hop Balance Jog Safely Bend Jump Target Control Leap Time Direction Overarm Underarm Further Quickly Walk
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2	<b><u>Sending and Receiving</u></b> 1.To roll a ball towards a target. 2. To track and receive a rolling ball. 3. To send and receive a ball with your feet. 4. To develop catching skills. 5. To develop throwing and catching skills. 6. To send and receive a ball using a racket.	Catch Distance Receive Target Kick Roll Throw Ready position Send Track	<b><u>Fitness</u></b> 1. To learn how to run for a long time. 2. To develop jumping in a long rope using timing. 3. To develop co-ordination in individual skipping. 4. To develop stamina and change of direction. 5. To explore exercises to develop strength. 6. To develop agility, balance and co-ordination.	Bend Jump Steady Breath Land Strong Exercise Speed Time Jog Sprint Tired	<b><u>Athletics</u></b> 1. To develop the sprinting action. 2. To develop jumping for distance. 3. To develop jumping for height. 4. To develop throwing for distance. 5. To develop throwing for accuracy. 6. To select and apply knowledge and technique in an athletics carousel.	Aim Overarm Height Sprint Distance Jog Take off Far Jump Target Fast Landing Throw
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	<b>Team Building</b> <ol style="list-style-type: none"> <li>1. To follow instructions and work with others.</li> <li>2. To co-operate and communicate in a small group to solve challenges.</li> <li>3. To create a plan with a group to solve the challenges.</li> <li>4. To communicate effectively and develop trust.</li> <li>5. To use teamwork skills to work as a group to solve problems.</li> <li>6. To work with a group to copy and create a basic map.</li> </ol>	Communicate Plan Include Solve Instructions Successful Map Support	<b>Ball Skills</b> <ol style="list-style-type: none"> <li>1.To develop rolling a ball to hit a target.</li> <li>2. To develop stopping a rolling ball.</li> <li>3. To develop dribbling a ball with your feet.</li> <li>4. To develop kicking a ball.</li> <li>5. To develop throwing and catching.</li> <li>6. To develop dribbling a ball with your hands.</li> </ol>	Bounce Catch Kick Roll Collect Prepare Target Control Receive Touch Dribble Release Underarm	<b>Net and Wall</b> <ol style="list-style-type: none"> <li>1. To use the ready position to defend space on court.</li> <li>2. To develop returning a ball with hands.</li> <li>3. To play against a partner.</li> <li>4. To develop racket skills and use them to return a ball.</li> <li>5. To develop returning a ball using a racket.</li> <li>6. To play against an opponent using a racket.</li> </ol>	Against Defend Ready position Partner Receive Point Return Quickly Trap
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3	<p><b><u>Judo</u></b></p> <p>Lesson plans provided by external provider</p>	<p>Rei – bow Hajime – begin/start Matte – stop/pause Sensei – teacher/instructor Obi – belt Oss – greeting/respect Uke – receiver Tori – executer</p>	<p><b><u>Football</u></b></p> <ol style="list-style-type: none"> <li>1. To understand the role of an attacker when in possession.</li> <li>2. To develop movement skills to lose a defender and move into space.</li> <li>3. To understand that scoring goals is an attacking skill and learn how to do this.</li> <li>4. To understand the role of a defender.</li> <li>5. To apply tactics to small sided games.</li> <li>6. To apply skills and knowledge to play games using football rules.</li> </ol>	<p>Accurate Attack Communicate Control Defend Delay Intercept Invasion Pitch Possession Shoot Referee Tactics Teamwork Tournament Track</p>	<p><b><u>Swimming</u></b></p> <p>Lesson plans provided by external provider</p>	<p>Swim Pool Shallow end Deep end Lifeguard Float Goggles Swimwear Kick Paddle Glide Blow bubbles Push off Front crawl Backstroke Breaststroke Floating Breathe</p>
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			<p><b><u>Yoga</u></b></p> <ol style="list-style-type: none"> <li>1. To explore poses that challenge my balance.</li> <li>2. To create a flow using poses that challenge my balance.</li> <li>3. To explore poses that challenge my flexibility.</li> <li>4. To create a flow using poses that challenge my flexibility.</li> <li>5. To explore poses that challenge my strength.</li> <li>6. To create a flow using poses that challenge my strength.</li> </ol>	<p>Base Breath Contact Control Extend Flexibility Flow Hinge Link Mindfulness Pose Strength Stretch Tilt</p>	<p><b><u>Athletics</u></b></p> <ol style="list-style-type: none"> <li>1. To develop the sprinting technique and improve on your personal best.</li> <li>2. To develop changeover technique in relay events.</li> <li>3. To develop jumping technique in a range of approaches and take off positions.</li> <li>4. To develop throwing for distance and accuracy.</li> <li>5. To develop throwing for distance in a pull throw.</li> <li>6. To develop officiating and performing skills.</li> </ol>	<p>Accuracy Baton Control Event Further Personal best Power Relay Speed Strength Technique</p>
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4	<p><b><u>Handball</u></b></p> <ol style="list-style-type: none"> <li>1. To develop passing and moving and play within the rules of the game.</li> <li>2. To develop movement skills to lose a defender and find space.</li> <li>3. To use space effectively to create shooting opportunities.</li> <li>4. To use defensive skills to intercept a pass and gain possession.</li> <li>5. To develop defending skills to delay an opponent and gain possession.</li> <li>6. To apply skills and knowledge to compete in a tournament.</li> </ol>	<p>Accelerate Accuracy Decision Delay Deny Gain Intercept Invasion Momentum Opposing Option Referee Supporting Timing Tournament</p>	<p><b><u>Swimming</u></b></p> <p>Lesson plans provided by external provider</p>	<p>Swim Pool Shallow end Deep end Lifeguard Float Goggles Swimwear Kick Paddle Glide Blow bubbles Push off Front crawl Backstroke Breaststroke Floating Breathe</p>	<p><b><u>Athletics</u></b></p> <ol style="list-style-type: none"> <li>1. To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>2. To develop power and speed in the sprinting technique.</li> <li>3. To develop technique when jumping for distance.</li> <li>4. To develop power and technique when throwing for distance.</li> <li>5. To develop a pull throw for distance and accuracy.</li> <li>6. To develop officiating and performing skills.</li> </ol>	<p>Accuracy Distance Heave Launch Measure Official Officiate Pace Power Record Speed Stamina Stride Technique Transfer of weight</p>
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	<p><b><u>Basketball</u></b></p> <ol style="list-style-type: none"> <li>1. To develop attacking skills to move towards a goal.</li> <li>2. To develop passing and moving and play within the rules of the game.</li> <li>3. To develop movement skills to lose a defender and move into space.</li> <li>4. To develop defending skills to delay an attacker and gain possession.</li> <li>5. To use space effectively to create shooting opportunities.</li> <li>6. To apply skills and knowledge to play games using basketball rules.</li> </ol>	<p>Accelerate Accurate Decision Delay Deny Gain Option Possession Pressure Protect Receiver Referee Supporting Teamwork Tournament</p>			<p><b><u>Cricket</u></b></p> <ol style="list-style-type: none"> <li>1. To develop overarm and underarm throwing and apply these to a striking and fielding game.</li> <li>2. To develop bowling technique and learn the rules of the skill within this game.</li> <li>3. To develop batting technique and understand where to hit the ball.</li> <li>4. To develop fielding techniques and apply them to game situations.</li> <li>5. To play different roles in a game and begin to think tactically about each role.</li> <li>6. To apply skills and knowledge to compete in a tournament.</li> </ol>	<p>Accuracy Bowled out Caught out Cushion Decision Grip Momentum No ball Opposition Pressure Retrieve Run out Short barrier Tactics Technique Tournament Two handed pickup Wicket</p>
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5	<p><b>Swimming</b></p> <p>Lesson plans provided by external provider</p>	<p>Swim</p> <p>Pool</p> <p>Shallow end</p> <p>Deep end</p> <p>Lifeguard</p> <p>Float</p> <p>Goggles</p> <p>Swimwear</p> <p>Kick</p> <p>Paddle</p> <p>Glide</p> <p>Blow bubbles</p> <p>Push off</p> <p>Front crawl</p> <p>Backstroke</p> <p>Breaststroke</p> <p>Floating</p> <p>Breathe</p>	<p><b>Netball</b></p> <p>1. To explore different passes and apply them to different situations.</p> <p>2. To develop movement skills to lose a defender in different situations.</p> <p>3. To communicate with my team, move into space and take the ball towards goal.</p> <p>4. To defend an opponent and know when to try and intercept.</p> <p>5. To develop the shooting action under pressure.</p> <p>6. To use and apply skills, principles and tactics to a game situation.</p>	<p>Accelerate</p> <p>Angle</p> <p>Create</p> <p>Drive</p> <p>Intercept</p> <p>Maintain</p> <p>Opposition</p> <p>Pressure</p> <p>Receiver</p> <p>Rebound</p> <p>Situation</p> <p>Sportsmanship</p> <p>Stance</p> <p>Support</p> <p>Technique</p> <p>Tournament</p>	<p><b>Athletics</b></p> <p>1. To understand pace and apply different speeds over varying distances.</p> <p>2. To develop fluency and co-ordination when running for speed.</p> <p>3. To develop technique in relay changeovers.</p> <p>4. To build momentum and power in the triple jump.</p> <p>5. To develop throwing with force for longer distances.</p> <p>6. To develop throwing with greater control and technique.</p>	<p>Approach</p> <p>Change over</p> <p>Consistent</p> <p>Dominant</p> <p>Drive</p> <p>Event</p> <p>Field</p> <p>Force</p> <p>Javelin</p> <p>Momentum</p> <p>Shot put</p> <p>Stamina</p> <p>Stride</p> <p>Technique</p> <p>Track</p>
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			<p><b><u>Gymnastics</u></b></p> <ol style="list-style-type: none"> <li>1. To perform symmetrical and asymmetrical balances.</li> <li>2. To perform interesting symmetrical and asymmetrical balances using apparatus.</li> <li>3. To develop the straight, forward, straddle and backward roll.</li> <li>4. To develop the straight, forward, straddle and backwards roll into a sequence.</li> <li>5. To explore different travelling actions using both canon and synchronisation.</li> <li>6. To explore different methods of travelling, linking actions in both canon and synchronisation.</li> <li>7. To perform progressions of inverted movements.</li> </ol>	<p>Asymmetrical Canon Cartwheel Decide Extension Identify Inverted Matching Mirroring Momentum Observe Pathways Performance Quality Stable Symmetrical Synchronisation Transition</p>	<p><b><u>Dodgeball</u></b></p> <ol style="list-style-type: none"> <li>1. To develop throwing skills and apply them appropriately to the situation.</li> <li>2. To develop dodging skills and apply them appropriately to the situation.</li> <li>3. To develop catching skills and apply them appropriately to the situation.</li> <li>4. To develop blocking skills and apply them appropriately to the situation.</li> <li>5. To understand the need for tactics and identify how to create and use them.</li> <li>6. To apply rules, skills and tactics when playing in a tournament.</li> </ol>	<p>Avoid Communication Cushion Fake Force Officiate Opponent Tactic</p>
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6	<p><b><u>Dance – Theme: Stamp, Clap</u></b></p> <p>1. To copy and repeat a dance phrase showing confidence in movements.</p> <p>2. To work with others to explore and develop the dance idea.</p> <p>3. To use changes in dynamics in response to the stimulus.</p> <p><b><u>Theme: Bhangra</u></b></p> <p>4. To demonstrate a sense of rhythm and energy when performing bhangra style motifs.</p> <p>5. To perform a bhangra dance, showing an awareness of timing, formations and direction.</p> <p>6. To select, order, structure and perform movements in a bhangra style, showing various group formations.</p>	<p>Action</p> <p>Aesthetic</p> <p>Choreography</p> <p>Dynamics</p> <p>Express</p> <p>Formation</p> <p>Freeze frame</p> <p>Inspiration</p> <p>Mood</p> <p>Motif</p> <p>Phrase</p> <p>Pose</p> <p>Refine</p> <p>Rehearse</p> <p>Stimulus</p> <p>Structure</p> <p>Style</p> <p>Transition</p>	<p><b><u>Dodgeball</u></b></p> <p>1. To throw under pressure and apply this to a target game.</p> <p>2. To select the appropriate dodging skill for the situation.</p> <p>3. To develop catching with increasing consistency under pressure.</p> <p>4. To develop defensive techniques and select the appropriate action for the situation.</p> <p>5. To understand and apply tactics in a game.</p> <p>6. To develop officiating skills and referee a game.</p>	<p>Abide</p> <p>Anticipate</p> <p>Appropriate</p> <p>Assess</p> <p>Collaborate</p> <p>Cushion</p> <p>Fake</p> <p>Officiate</p> <p>Situation</p> <p>Stance</p> <p>Tactic</p> <p>Trajectory</p>	<p><b><u>Athletics</u></b></p> <p>1. To develop my own and others sprinting technique.</p> <p>2. To identify a suitable pace for the event.</p> <p>3. To develop power, control and technique for the triple jump.</p> <p>4. To develop power, control and technique when throwing for distance.</p> <p>5. To develop throwing with force and accuracy for longer distances.</p> <p>6. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p>	<p>Discus</p> <p>Drive</p> <p>Event</p> <p>Explosive</p> <p>Fling</p> <p>Grip</p> <p>Maximum</p> <p>Meet</p> <p>Officiate</p> <p>Pace</p> <p>Pattern</p> <p>Phase</p> <p>Power</p> <p>Release</p> <p>Rhythm</p> <p>Stance</p> <p>Strategy</p>
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	<b><u>Badminton</u></b> 1. To return the shuttlecock using an underarm clear. 2. To return the shuttlecock using an overhead clear. 3. To use a variety of shots to keep a continuous rally going. 4. To develop the serve and understand the rules of serving. 5. To employ tactics to play against an opponent and with a partner. 6. To apply rules, skills and principles to play against an opponent.	Abide Contact Dominant Footwork Grip Overhead Placement Rally Recover Return Serve Sportsmanship Stance Tactic Technique Underarm	<b><u>Tennis</u></b> 1. To develop placement of the ball using a forehand. 2. To develop placement using a backhand. 3. To develop the volley and understand when to use it. 4. To employ tactics when playing with a partner. 5. To develop accuracy and consistency using the underarm serve. 6. To apply rules, skills and principles to play against an opponent.	Abide Appropriate Doubles Limit Official Placement Prepare Pressure Recover Serve Service Stance volley	<b><u>Swimming</u></b> Lesson plans provided by external provider	Swim Pool Shallow end Deep end Lifeguard Float Goggles Swimwear Kick Paddle Glide Blow bubbles Push off Front crawl Backstroke Breaststroke Floating Breathe
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