

Streetsbrook Infant & Early Years Academy

PE Vocabulary: Progression



PE Vocabulary Progression			
	EYFS	Year 1	Year 2
Fundamental Movement	balance direction jump run slow bend fast land safely space travel crawl hop rules slide stop	dodge jog ready position skip swing	hurdle speed sprint take-off weight
Fitness	balance fast jump safely squeeze travel bend copy hold land slow still copy hop run space stop	active bones breathing exercise heat mood quick brain calm healthy memory muscles strong	speed sprint steady time tires
Gymnastics & Yoga	around copy land roll star balance hold over shape space still through bend jump rock squeeze straight travel straight fast slow safely squeeze stop	action control direction level speed breath feel focus listen pose stretch	link pathway pike sequence straddle tuck choose create flexibility flow preform strength
Dance	action direction high move shape space travel counts finish position low quickly slowly start position	balance copy level pose beat fast pathway timing	create expression mirroring speed dynamic matching perform unison
Athletics	balance bend jog rules hop direction fast jump land run throw safely safe slow space stop target	walk balance bend jog rules hop direction fast jump land run throw safely safe slow space stop target time leap quickly underarm further overarm control	aim far landing take off distance height sprint
Ball Skills	ball bounce catch dribbling hit kick partner points ready roll run score target throw	control ready position soft swing track underarm	collect prepare receive release touch
Invasion Games	aim direction kick partner points safely stop win bounce dribble land pass rules score team catch jump lose path run space throw	attacker defender dodge goal mark track	attach opponent send teammate defend possession shoot goalkeeper receive tactic
Net & Wall Games	aim catch direction hit lose partner points rules run safely score space stop target throw win	net racket ready position track underarm	against defend quickly receive return trap
Striking & Fielding Games	aim catch direction jump land lose partner pass points rules run safely score space stop team throw win	batter batting bowl bowler fielder fielding hit out overarm ready position track underarm	backstop collect runs stump tactics teammate
Target Games	aim ball bounce catch caught dribble hit jog jump lose partner points ready roll rules run safely score space stop target team throw win	balance distance further overarm swing underarm	accurate ahead opponent release strike teammate