

PE Vocabulary

	Gymnastics and fitness	Striking and fielding	Athletics	Invasion games	Indoor Athletics	OAA
	Actions, level, direction, control, quality, high, low, wide, narrow, roll, balance, jump, travel, stretch	Run, catch, hop, skip, step, sideways, forwards, backwards, throw high, low, far, near, straight, aim, drop, roll, fast, slow, safely, balance, change direction, describe, target, space, jog, turn, warm up, cool down, improve	Run, catch, hop, skip, step, sideways, forwards, backwards, throw high, low, far, near, straight, aim, drop, roll, fast, slow, safely, balance, change direction, describe, target, space, jog, turn, warm up, cool down, 2 feet, jump, improve		Balance, control, space, speed, warming up, perform, challenges, fitness, agility.	Control, coordination, solve, problem, challenge, how?, Why? Teamwork, obstacle, tasks.
Year 1	Actions, level, direction, control, quality, high, low, wide, narrow, roll, balance, jump, travel, stretched	Run, catch, hop, skip, step, sideways, forwards, backwards, throw high, low, far, near, straight, aim, drop, roll, fast, slow, safely, balance, change direction, describe, target, space, jog, turn, warm up, cool down, improve	Aim, forwards, backwards, change direction, far, near, freeze, high, low, in a space, jog, run, overarm, underarm, turn, power, warm up, cool down, jump, leap, fast, slow, 2 feet, 1 to 1 foot, 1 to 2 feet, 1 to other, 2 feet to 1, quickly, swing arm,		Balance, agility, coordination, multi skills, confidence, fitness, exercise.	Map, picture, shapes, symbols, represent, routes, trails, rotating
Year 2	Actions, mirroring, matching, level, direction, control, accuracy, fluency, quality, high, low, wide, narrow, roll, balance jump, travel	Aim, forwards, backwards, change direction, far, near, freeze, high, low, in a space, jog, run, overarm, underarm, turn, power, warm up, cool down, fast, slow,	run, jog, fast, slow, increase speed, relay, pace, lunge, stride, aim, accurate, target, throwing action, distance, safety, space, run up, hop, skip, pathways, zigzag, curved, straight, 2 footed, 2 to 2, 2 to 1, 1 to 1, 1 to other, 1 to 2, time, power, speed, bend knees, land safely, standing jump, swing arms, take off		Skipping, twister, jumping jack, slalom, scissors, partner, balance, fitness, health, improve, targets, multi skills.	Map, symbols, shapes, set, challenges, stamina, represent, rotate,
Year 3	small body parts, tension, extend, balance, travel, actions, level, speed, direction, transfer of body weight, sequence, combinations	Strike, hit, watch, bowl, throw, over arm, underarm, fielding, catch, collect,	Distance, coordination, control, underarm, over arm, accuracy, sling, push, pull, targets, aiming.	Pass, receive, dribble, send, head up, space, movement, decisions, shoot, score, possession, goals, control	Agility, balance, control, throwing, catching, aiming, power, speed, strength, stamina, technique.	Signs, symbols, maps, plans, challenge, set, shapes, stamina, work together, discuss, orienteering, improve.
Year 4	Actions, mirroring, matching, level, direction, control, accuracy, fluency, quality, leading, following, meeting, parting, side by side, tension, extension	Strike, hit, watch, bowl, throw, over arm, underarm, fielding, catch, collect, retrieve, batter, fielder, intercept, judge, make decisions, power, control	Fast, slow, sprint, pace, relay, changeovers, jump, basic jump patterns,	Passing, changing direction, moving, speeds, control, technique, tactics, possession, rules, score, improvement, dribbling, turn, positions, team play	Stamina, fitness, heart health, control, balance, strength, technique, skill, improve, targets	Solve, problems, symbols, maps, signs, set, directions, locations, challenges, tasks, route, orienteering, fitness, stamina.
Year 5	Unison, canon, mirroring, matching, acrobatic balances, part weight bearing, counter balance, counter tension, tension, extension	Strike, hit, watch, bowl, throw, over arm, underarm, fielding, catch, collect, retrieve, batter, fielder, intercept, judge, make decisions, power, control, outwit, tactics, strategies	Aiming, throw, sling, push, pull, principles of throwing, targets, distance, speed, release, action, throwing arm, speed, pace, stamina, power, hurdle, take off, landing, coaching	skills, accurate, control, attacking principles, communicate, environment, strategies, turning, tactics, verbal, non verbal, receiving, opportunities	Targets, stamina, health, fitness, well being, strength, power, control, competition, coach, score	Solve, problems, symbols, maps, signs, set, directions, locations, challenges, tasks, route, orienteering, fitness, stamina.
Year 6	Strength, suppleness, control, tension, body control, fitness, stretch, compositional principles	Strike, hit, watch, bowl, throw, over arm, underarm, fielding, catch, collect, retrieve, batter, fielder, intercept, judge, make decisions, power, control, outwit, tactics, strategies, accuracy, team play,	Control, power, stamina, fitness, running, sprinting, pace, hurdling, preparation, sling, push, pull, balance, competition, improve, technique, rules, challenges.	Passing, controlling, dribbling, shooting, attacking, defending, intercepting, defensive moves, tactics, marking, tackling, opposition, trajectory, direction, speed, anticipation, scanning	Circuit, improve, balance test, standing long jump, target throw, hi stepper, shuttle run.	Solutions, compass, contours, fitness, stamina, challenges, solve, problems, map, symbols, directional trail.