

Progression of vocabulary

EYFS	Throw, catch, roll, climb, jump, walk, run, jog, hop, balance, move, space, team, push, land, stretch, bend, bounce, accuracy, aim, pass, direction
Year 1 & 2	<p>Games: underarm, overarm, dribbling, accuracy, distance, attack, defend, control, rules</p> <p>Gymnastics: high, low, narrow, wide, still, balance, forwards, backwards, sideways, curl, travel, place, hold, twist, control, sequence, routine, perform</p> <p>Dance: forwards, backwards, sideways, curl, travel, pathways, speed, control, sequence, routine, perform, rhythm, coordination, link, mood, feeling, beginning, middle, end, levels, apparatus</p> <p>Athletics: throw, Skip, fast, slow, step, leap, hop, repeat, target, overarm, underarm, accelerate, baton, relay, take off, landing, speed, distance</p>
Year 3 & 4	<p>Games: awareness of space, support, opposition, strike and field, accuracy, rules, possession, tactics, strategy, transition, shoot, bounce pass, chest pass, shoulder pass, overhead pass, dodge, defend, receive, fielder, bowler, batter, forehand, backhand, wicket</p> <p>Gymnastics: adapt, criteria, strength, suppleness, performance, compare, contrast, stamina, improve, extension, flow, combine, rotation, symmetrical, asymmetrical, 90 degrees, 180 degrees</p> <p>Dance: share, phrases, plan, repeat, communicate, choreography, control, expression, motif, rhythm, improvisation, character, action</p> <p>Athletics: technique, distance, sprint, accuracy, personal best, steady, pace</p> <p>Swimming: swim, unaided, basic stroke, movements, coordinate breathing, surface, backstroke, breaststroke, freestyle, fly, lanes</p>
Year 5 & 6	<p>Games: possession, implement, rules, umpire, strategy, foul, free kick, off side, names for positions in each sport</p> <p>Gymnastics: complex, extended sequences, combine, perform, consistency, audience, link, vault, spring, canon, unison, composition, dynamics, tension, counter-tension, counter-balance,</p> <p>Dance : compose, creative, perform, accompaniment, clarity, fluency, accuracy and consistency, precise, posture, improvisation, canon, unison, juxtaposition, composition, exploration, dynamics, tension</p> <p>Athletics: control, techniques, combine, compete, stamina, rhythm,</p>