



Physical Education Key Vocabulary

EYFS	Jog, Run, Walk, Hop, Freeze, Quick, Slow, Turn, Skip, Swing, Crawl, Jump, Backwards, Sideways, Forward, Stretch, Warm Up, Cool Down, Copy, Follow, Lead, Space, On The Spot, Safety, Twist, Tiptoe, High, Low, Sit, Under, Over
Year 1	Exercise, anti-clockwise, clockwise, zig-zag, shadow, roll, twist, shake, travel, catch, throw, kick, slide, bounce, change direction, posture mirror, curl up, straight back, head up
Year 2	Balance, strong, relax, stroll, gallop, find a space, creep, crouch, avoid, retrieve, aim underarm, strike, catch, field, dribble, stretch, pass, target, batter, feeder, fielder, attack, tension, levels, travel, rotate, beginning, finish, apparatus, extend, point, sequence, short, long
Year 3	Mobilise, Joints, Motif, Follow, Gesture, Beat, Partner, Expression, Posture, Stamina, Accuracy, Score Relay, Opposition, Invasion, Game, Keep Possession, Keep Score, Score points, Rules, Pass and Receive, Shoot, Tactics, Tackle, Cupped Hands, Caught out, Hitting, Court, Net, Racquet, Defending, Body Shapes, Link, Partner, Supple, Float, Breathe, Glide, Underwater, Aim, Far, Underarm, Overarm, Rotate, Straddle, Swing, Quickly, Lunge, Baton, Time, Circle, Feature, Hunt, Order, Orientate, Search, Plan
Year 4	Improvise, Pace, Canon, Dance, Pose, Unison, Body Language, Facial Expression, Improvise, Phrase, Tense, Choreography, Combinations, Contrasting
Year 5	Tension, Expression, Pace, Improvise, Flexible, Drag Back, Skill, Technique, Instep, Goalkeeper, Striker, Defender, Chest Pass, Thirds, Netball Court, Footwork, Dodging, Intercept, Opponent, Pivoting, High-Five, Challenge, Back-Stop, Base, Wicketkeeper, Forehand, Backhand, Technique, Volley, Co-operative, Rally, Counter-Balance, Landing, Take Off, Contrasting, Breaststroke, Back Crawl, Tread Water
Year 6	Accompaniment, Change Direction, Close Control, Competition Ladder, Flexibility, Suppleness, Asymmetrical, Symmetrical, Landing Level, Butterfly Stroke