

BILSTON CHURCH OF ENGLAND PRIMARY



PE PROGRESSION OF VOCABULARY

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Cool Kids	gross motor skills, balance, coordination, agility						
Fundamentals of balance and movement	balance, coordination, agility, base, direction, aim, throw, catch, kick, travel, accuracy,						
Multi Skills		balance, base, coordination, agility, direction, aim, throw, catch, kick, travel, accuracy.	balance, base, coordination, agility, direction, aim, throw, catch, kick, travel, accuracy, bounce, land, obstacle.				

Invasion Games	balance, coordination, agility, base, direction, aim, throw, catch, kick, travel, accuracy.	balance, base, coordination, agility, direction, aim, throw, catch, kick, travel, accuracy, bounce, land .	balance, base, coordination, agility, direction, aim, throw, catch, kick, travel, accuracy, bounce, land.	Hockey, pitch, stick, ball, passing, receiving, striking, attacking, defending, positioning, tactics, traveling, dribbling, control.	Netball, court, hoop, jumping, throwing, catching, chest pass, bounce pass, shoulder pass, attacking, defending, marking, tactics, pivot.	rugby ball, belts, carrying, catching, throwing, backwards, spiral, evading, attack, defend, possession, tactics, create space, positive, negative, intercept, challenge.	Frisbee, backhand throw, accuracy, two-handed rim catch, waist catch, pancake catch, forehand throw, hammer throw, end zone, positioning, flight, disc.
Striking and Fielding	balance, coordination, send, receive, strike	Send, receive, striking, fielding	Send, receive, striking.	bow, arrow, target, archer, shooter, safety line, bullseye.	accuracy, striking, tee, putter, golf club, hazard, hole, chip.	accuracy, striking, fielding, cricket bat, wind ball, wicket, bowler, fielder, batter, stumps, bails, bowling, throwing, overarm, underarm.	accuracy, striking, fielding, rounders bat, rounders ball, bases, bowler, fielder, batter.
Net/Wall Games	balance, coordination, agility, base, direction, aim, throw, catch, target, position.	balance, base, coordination, agility, direction, aim, throw, catch, target, position	balance, base, coordination, agility, direction, aim, throw, catch, target, position	Dodgeball, dodging, catching, throwing, underarm, overarm, ducking, centre line, court, sprinting.	Net, tennis, position, court, overhead, serve, net shot, service line, drop shot, ace, forehand, backhand.	Net, volleyball, position, court, overhead, serve, net shot, service line, drop shot, spike, digging, setting, blocking.	Net, racket, shuttlecock, position, court, overhead, serve, backhand, forehand, net shot, service line, drop shot

Athletics	sprinting, running, jogging, jumping, throwing, hop, skip, jump.	Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, relay, baton, accuracy, measure.	Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, relay, baton, tactics, accuracy, measure.	Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, relay, baton, stamina, tactics, accuracy, measure.	Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, accelerate, relay, baton, stamina, tactics, accuracy, measure.	Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, accelerate, relay, baton, endurance, stamina, tactics, accuracy, measure.	Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, accelerate, relay, baton, endurance, stamina, tactics, accuracy, measure.
Gymnastics		sequences, balances, coordination, travel, holding shapes, jumping, leaping, rolling, vault, point balances, support, tension.	sequences, balances, coordination, travel, holding shapes, jumping, leaping, rolling, vault, point balances, support, tension.	sequences, balances, coordination, travel, symmetry, asymmetry, holding shapes, jumping, leaping, rolling, vault, point balances, support, tension	sequences, balances, coordination, travel, headstand, symmetry, asymmetry, holding shapes, jumping, leaping, rolling, vault, point balances, support, tension.	sequences, balances, coordination, travel, headstand, symmetry, asymmetry, holding shapes, jumping, leaping, rolling, vault, point balances, support, tension, stag jump.	sequences, balances, coordination, travel, headstand, symmetry, asymmetry, holding shapes, jumping, leaping, rolling, vault, point balances, support, tension, stag jump, cartwheel, cat leap.
Outdoor and Adventure				Orienteering, maps, symbols, course, compass, teamwork, communication, leadership.	Orienteering, maps, symbols, course, compass, teamwork, communication, leadership.	Orienteering, maps, symbols, course, compass, teamwork, communication, leadership.	Orienteering, maps, symbols, course, compass, teamwork, communication, leadership.