

Cam Woodfield Junior School Progression of Vocabulary – Physical Education

Physical Education is split into 3 different categories: **Games**, **Dance** and **Gymnastics**. Below is the vocabulary progression from Reception until they leave us in Year 6.

Games						
Reception	Year 1		Year 2	Year 3 and Year 4		Year 5 and Year 6
Catching	Team		Striking	Keep possession		Keeping possession
Own space	Speed		Controlling	Scoring goals		Passing
Scoring	Passing		Rules	Keeping score		Dribbling
Direction	Shooting		Hitting	Making space		Shooting
				Pass/send/receive		Support
				Travel with a ball		Marking
				Make use of space		Attackers/defenders
				Points/goals		Marking
				Tactics		Team play
				Batting		Fielding
				Fielding		Bowler
				Defending		Defending
				Forehand/backhand		Hitting
						Offside
						Pitch
Dance						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

Travel	Space	Space	Repetition	Pattern	Variation	Unison
Stillness	Speed	Body parts	Action and reaction	Rhythm	Action	Dance style
Direction		Levels	Pattern		Reaction	Technique
						Canon

Gymnastic

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Forwards	Roll	Body parts	push	stretch	Muscles	Muscles
Backwards	Slow	Travel	pull	spring	Joints	Joints
Sideways	Shape	Stretch	crawl	land	Symmetrical/asymmetrical	Symmetrical/asymmetrical
	Jump	Wide	still	balance	Rotation	Rotation
		Narrow	slowly	roll	Turn	Turn
			tall	copy	Shape	Shape
			long	step	Landing	Landing
			high		Take-off	Take-off
			low		Flight	Flight
			jump		Performance/evaluation	Performance/evaluation