



PE Vocabulary Ladder

	Games	Gymnastics	Athletics	Dance	Outdoor Adventure
EYFS	Rules, Follow, Game	Forwards, Backwards Sideways, Bench, Mat, Table, Roll, Long, Slow On, Off, Stretched, Curled, Tuck, Body parts Tall, Small, Shape, Hold Still, Jump, Hop, Bounce Travel, Copy	Walk, Jog, Throw, Target Jump, Run, Hop, Skip Fast, Pass, In pairs	Move, Dance, Shake, Turn	Begin to Introduce Where Appropriate: <i>Health, Healthier Fitness, Strength, Flexibility, Warm up, Cool down, Reaction, Exercise, Safety principles, Wellbeing, Accuracy, Orientate, Orienteering, Trail, Physical challenge, Course, Navigation, Equipment, Maps, Compasses Symbols, Role, Environment, Route, Activity, Event, Teamwork, Leadership, Evaluate,</i>
Year 1 & Year2	Avoiding, Tracking a ball Rolling, Striking Overarm throw, Bouncing Catching, Free space Own space, Opposite Team, Rebound, Follow Aiming, Speed, Direction Passing, Controlling Shooting, Scoring	Place, Stretch, Push, Pull Hop, Skip, Step, Spring Crawl, Still, Slowly, Tall Long, Wide, Narrow Up, Down, Forwards, High Low, Elbows, Bottom Back, Around, Through Extension, Roll, Copy Pathway, Along, Jump Land, Balance, Tension Curved, Straight, Zig-zag Shape, Over, Hang, Grip, In front, Speed, Slow, Fast Wide, Shape, Narrow, Long, Land, Jump off, High, Low, Stretch, Point	Throw, High, Low, Skip, Aim, Fast, Slow, Safely, Step, Bounce, Jump, Leap, Hop, Repeat, Run, Target, Overarm, Underarm, Walking, Jogging, Accelerate, Baton, Relay, Push, Take off, Landing, Evaluate, Improve	Travel, Stillness, Direction, Space, Beginning, Middle, End, Feelings, Body parts, Levels, Directions, Pathways, Speed, Rhythm	

		Balance, Twisted, Curled Level, Medium, Backwards Sideways, Forwards, Zig zag, Angular, Under Through, Behind, Tension, Copy, Smooth, Sequence, Height			<i>Completion, Performance, Challenge, Feedback, Describe, Modify, Criteria, Improve, Skills, Techniques</i>
Year 3 & Year 4	Keep possession, Keep the ball, Scoring goals, Keeping score, Making space, Pass/send/receive, Dribble, Travel with a ball, Back up, Support partner, Make use of space, Points, Goals, Rules Tactics, Batting, Fielding Bowler, Wicket, Tee Base, Boundary, Innings Rounder, Backstop Court, Target, Net Defending, Hitting Stance, Offside, Pitch Forehand, Backhand Volley, Overhead Singles, Doubles, Rally	Flow, Explosive, Symmetrical, Asymmetrical, Combination, Evaluate, Improve, Stretch, Refine, Adapt, Pathway, Contrasting Curled, Stretched Suppleness, Strength Inverted, Jump, Land Over, Under, 90 degrees, 180 degrees, Leaving, Approaching Balance, Forwards Backwards, Combine Rotation, Against Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Wide, Tucked, Straight Twisted, Constructive Points, Twist, Turn, Safety, Refine, Away	Sling, Pull, Distance, Sprint, Steady pace, Accuracy, Height, Record, Joints, Rhythm, Leading leg, Measure, Underarm, Overarm, Heartbeat, Pulse rate, Jogging, Walk, Hurdles, Landing, Control, Preferred, Landing foot, Time, Stamina, Obstacles, Stance, Diagonal, Approach, Speed, Relay	Space, Repeat Dance Phrase Improvisation Character, Gesture, Repetition, Action and reaction, Myth, Legend, Costume, Prop, Pattern	Health, Healthier Fitness, Strength, Flexibility, Warm up, Cool down, Reaction, Exercise, Safety principles, Wellbeing, Accuracy, Orientate, Orienteering, Trail, Physical challenge, Course, Navigation, Equipment, Maps, Compasses Symbols, Role, Environment, Route, Activity, Event, Teamwork, Leadership, Evaluate, Completion, Performance, Challenge, Feedback,
Year 5 & Year 6	Keeping possession, Passing, Dribbling, Shooting, Shield ball, Width, Depth, Support, Marking, Covering,	Dynamics Combination Contrasting Control Mirroring Matching Accurately	Sprint Team Distance Measure Height Target Pacing	Dance style, Technique, Formation, Pattern, Rhythm, Variation, Improvisation,	

	Repossession, Attackers, Defenders, Team play, Batting, Fielding, Bowler, Wicket, Tee, Base, Boundary, Innings, Rounder, Backstop, Court, Target, Net, Defending, Hitting, Stance, Offside, Pitch, Forehand, Backhand, Volley, Overhead, Singles, Doubles, Rally	Refine, Evaluate, Display, Asymmetry, Performance, Create, Symmetry, Refinements, Assessment, Suppleness, Strength, Cool down, Warm up, Muscles, Joints, Explore, Rotation, Spin, Turn, Shape, Landing, Take-off, Flight, Co-operate, Audience, Assessment, Elements, Twist, Obstacles, Refine, Aesthetically, Criteria, Extension, Judgement, Tension, Inverted, Judge, Dynamics, Combination, Counter-tension, Counterbalance, Criteria, Performance, Imaginative, Parallel, Creativity, Flight, Timing	Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Trajectory Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles	Unison, Cannon, Action, Reaction, Motif, Phrase	Describe, Modify, Criteria, Improve, Skills, Techniques
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