

**Wildmoor Heath**  
**PE Vocabulary Progression Map 2022-2023**



	Dance	Gymnastics	Athletics	Games
<b>KS1</b>	Explore, create, repeat, copy, patterns, choose, practise, link, remember, sequence, body actions, express ideas and feelings, perform, accompaniment, describe, observe, stimuli, style, places, times, cultures, body parts, rhythm, speed, level, direction.	Safely, travel, body parts, apparatus, mats, benches, walk, stride, bounce, hop, control, share, land, link, combination, balance, spinning, rocking, rolling, long, narrow, wide, short, shape, awareness, direction, pathway, sequence, formation, turn, fixing position,	Jump, combination, speed, control, underarm, push throw, breathing, temperature, travelling, jumping, throwing, take-off, landing.	Instructions, safely, travel, spring, body parts, co-operate, carry, steer, dribble, roll, direction, start, stop, share, awareness, rules, control, receive, throw, catch, aim, balance, outwit, strategy, tactics.
<b>KS2</b>	Explore, create, repeat, copy, patterns, choose, practise, link, remember, sequence, body actions, express ideas and feelings, perform, accompaniment, describe, observe, stimuli, style, places, times, cultures, body parts, rhythm, speed, level, direction.	Travel, range, shapes, arched, curled, sequence, symmetry, asymmetry, balance, jump, roll, spin, link, apparatus, combinations, transfer weight, control, turn, direction, bridge, contact point, rotate, axis, mirror movement, synchronised, rhythm, canon, safety, counter balance, counter tension,	Speed, direction, pattern, link, jump, relay, heart rate, breathing, temperature, warm up, safely, observe, combination, demands on the body, record, sprinting, technique, accuracy, compare and contrast, rhythmic, over-arm, upsweep (relay), strength, stamina, suppleness, efficiency, power, control,	Pass, control, dribbling, signal, possession, strike, target, tactics, rules, direction, throw, fielding, intercept, attacking, defending, bowler, striker, backstop, negotiate, modify, invasion, dodge, position, opponent, progress, organise, marking,