

Wildmoor Heath PE Vocabulary Progression Map



	Dance	Gymnastics	Athletics	Games
KS1	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.
KS2	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,