

Burton Road Primary School PE Vocabulary Progression

This document provides **new vocabulary** introduced in each PE unit. Teachers should use all new vocabulary plus any vocabulary learnt in previous years to assist in teaching. Children should use the vocabulary to show understanding. Children should understand the words and their meanings which should be assessed to check retention. Please make links between units, e.g. Receiver in golf and then dodgeball.

**Vocabulary in blue is added by Burton Road Vocabulary in purple has been moved year group from the Get Set Scheme Vocabulary in bold in in line with. Science*

Year Group	Fundamentals	Yoga	Athletics	Ball Skills	Dance	Fitness	Gymnastics	Invasion Games	Net Wall Games	O A A	Striking and Fielding Games	Target Games	Swimming
EFYS	Loud Quiet	Move still Space Shape Travel Shape Safely <i>Breathing</i> <i>Listen</i> <i>Slowly</i> <i>Choose</i> <i>Balance</i>	Push Pull Stop Jump Space Forwards Backwards Balance <i>Safely</i> <i>Balance</i> <i>Fast</i> <i>Slow</i> <i>Hop</i> <i>Fast</i> <i>Faster</i> <i>Slow</i>		<i>Travel</i>	Hot Cold 'Body Parts' Exercise Bones		In Process				Against Under <i>Far</i> <i>Points</i> <i>Throw</i> <i>Score</i> <i>Partner</i> Aim Space Team Pass Safely Balance Jump Catch	
Year 1/2	Communicate <i>Practice</i>	Copy Feel Breathe Breath Focus Position Create (balance)	Near Far Aim Bend Improve Direction Travel (3/4) Fling Sprint Jog Distance <i>Further</i> Height Take off Leap Landing Underarm Overarm Strides Pace			Physical Stretch/ Stretchy						<i>Rules</i> <i>Protect</i> <i>Fair Play</i> Underarm Overarm Teammate Target Send Release <i>Accurate/ Accuracy</i> Distance Defend	
Unit Specific 1/2		Pose											
Year 3/4	Tactic Technique Control	Strength Flexibility Relax Relaxation Perform	Force Heave Speed Power Strength		Patterns Mirror Instruments	Nutrients Nutrition Skeleton Muscles Support		Contact				Receiver Drive Duck Block Power	

		Technique Link Control Calm Strength Inhale Exhale Posture Sequence balance Y4 Grounded Gratitude Mindfulness Well-being Stable Connected Flow	Control Power Technique Stamina Determinati on Officiate Perseveranc e Resilience Personal Best Flight Force Co- ordination Release Obstacle Extend Balance			Protection Movement Function Diet Physical Digestive System							Pressure opposition Force Distance Support technique		
Unit Specific 3/4			Relay Baton Change over										Golf: Putt Drive Course Swing Hole	Dodgeball: Court Endzone Dead zone Head shot Live ball Dead ball	
Year 5/6	Precision Variation	Quality Develop notice High lunge Fluidity Fluid Alignment Agility Maintain Reflect Imagery Y6 Salutation Co- operatively Transition Aware	Rhythm Stride Rotation Momentum Fluency Trajectory Compete Continuous Pace Transfer of weight Stability Agility Vertical Officiate			Hormones Puberty Circulatory System Heart Blood Vessels Blood Drugs Lifestyle Organs Substances	Unsupported						Align Officiate Hazzard Outwit Tournament Sportsmanship Cooperatively consistency		

Subject Specific		Namaste Sun salutation	Downsweep Upsweep										Golf: Parr Chip bunker	Dodgeball :	
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