



Physical Education Vocabulary Progression Grid

EYFS	KS1	LKS2	UKS2
Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll.	Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules Gymnastics Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling. General Copy, compare and contrast, repeat.	Games Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics Gymnastics Adapt sequences, apparatus, criteria, strength, suppleness, performance, compare and contrast sequences, stamina, improve Dance Changing speed and direction, share and create phrases, plan, repeat, remember and perform phrases, communicate. Athletics Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best	Games Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy Gymnastics Complex extended sequences, combine, perform, consistency, audience, link, vault, spring Dance Compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy and consistency, style, interpret, precise and posture Athletics Control, accuracy, techniques, combine, distance, compete, improve personal best, stamina

		Outdoor and Adventurous Follow, route, appropriate equipment, safely, familiar context, manage risks/problems Swimming Swim, unaided, basic stroke, movements, coordinate breathing, surface.	Outdoor and Adventurous Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership
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