



Vocabulary Progression for PE



		Dance	Gymnastics	Games	Athletics
F1	<p>Safe – to protect from harm or injury</p> <p>Exercise - activity done to keep the body or mind strong</p>	<p>Space – an empty area</p> <p>Move – change position or place or to be in motion</p>	<p>Balance – to keep your body steady</p> <p>Jump – to leap into the air</p>	<p>Equipment – things used for an activity</p> <p>Rules – a direction that guides behaviour or action</p>	<p>Run – to move quickly putting one foot in front of the other</p> <p>Change direction – to move or travel in a different way</p>
F2	<p>Health – the condition of your body or mind</p> <p>Warm up – to prepare for exercise</p> <p>Cool down – to return body to normal after exercise</p>	<p>Rhythm – movement marked by regular repetition of sounds</p> <p>Copy – to look exactly like another</p> <p>Perform – to present for an audience</p>	<p>Shape – to give a certain form</p> <p>Roll – move by turning over</p>	<p>Throw – to send through the air with force</p> <p>Catch – to take hold of something that has been thrown</p>	<p>Hop – to leap on one foot</p> <p>Skip – to jump forward lightly by sliding and hopping on one foot and then the other</p> <p>Target – an object to aim at</p>
Y1	<p>Heart – an organ that pumps blood around our body</p> <p>Muscle – part of the body that helps us to move</p>	<p>Phrase – a short passage of music/ dance</p> <p>Mirroring – to show as if in a mirror</p>	<p>Shapes:</p> <p>Straight – reach up tall with a straight back and arms above head</p> <p>Tuck – round the back, keep the knees</p>	<p>Dribble – to move along in repeated bounces, kicks or pushes</p> <p>Hit – to give a blow or stroke to</p>	<p>Dodge – to avoid something by moving quickly</p> <p>Speed – to move rapidly</p>

		<p>Repeat – to do it again</p>	<p>together and tight to the chest</p> <p>Star – legs and arms stretched out straight in a star shape</p> <p>Straddle – back straight at 90 degrees to wide straight legs</p> <p>Pike – back straight at 90 degrees to straight legs</p> <p>Balances: Dish – lie down with back curved shoulders and legs off the ground</p> <p>Bridge – take weight on hands and feet</p> <p>Rolls: Egg – lie down, knees tucked into chest</p> <p>Pencil – lie down, body straight, arms stretched above head</p>	<p>Attack – trying to score points</p> <p>Defend – trying to stop the opponent score points</p>	<p>Strength – the condition of being strong</p>
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Y2	<p>Injury – damage that causes physical pain</p> <p>Evaluate – to judge the level</p>	<p>Unison – to do it at the same time</p> <p>Canon – to do one after the other</p>	Apparatus – equipment used for a task	<p>Strike – to hit</p> <p>Footwork – the manner in which feet are used for sport</p> <p>Field – to catch or stop the ball in a game</p> <p>Tactics – a technique used to achieve a goal/ win</p>	<p>Agility – the ability to move easily and quickly</p> <p>Co-ordination – the working together of different muscles to achieve a movement</p> <p>Stamina – the strength to handle long effort</p>