

## PE Vocabulary

EYFS	Key Stage One	Key Stage Two
<p><b>GYMNASTICS</b> Move, Copy, over. Shape, Space, rock, around, safely, travel, sideways, forwards, backwards run, jump, hop, skip, roll, balance</p> <p><b>INVASION GAMES</b> Pass, team, tag, , Safely, Space, forwards, backwards, throw, catch, kick</p> <p><b>WALL AND NET</b> Team, Space, underarm, catch, Throw, safely, Bounce, Forward, backwards, tap, hit, target</p> <p><b>DANCE</b> Move, copy, Shape, Space, Safely, around, Travel, Sideways, Forwards, backwards</p> <p><b>STRIKING AND FIELDING</b> Run, pass, Roll, Space, Safely, around, Forwards, backward,</p> <p><b>ATHLETICS</b> Push, stop, jump, space, forwards, backwards, sideways, safely, balance,</p> <p><b>MULTI SKILLS /FITNESS</b> Safe, Taking Turns, Happy, Sad, Balance, Aiming, Targeting,</p>	<p><b>GYMNASTICS</b> Link, pathway, straddle, speed, Sequence, Tuck, Star. Pike, Flow, explore. Interesting, control. Create. Contrasting, japana, back, support, front support, Action, jump. Roll. level, direction, speed, point, balance</p> <p><b>INVASION GAMES</b> pass, dribble, throw, catch, kick Points, Score, dribbling, Partner, competition</p> <p><b>WALL AND NET</b> backwards Net, underarm, throw, Score,points catch, underarm forwards, ready position, Receive, quickly, tap, defend, Return, collect, rally, Opponent</p> <p><b>DANCE</b> Counts, pose, slow, fast, level, balance Mirror, Action, Pathway, Direction, Speed, Timing</p> <p><b>STRIKING AND FIELDING</b> Hit, Points, target, Throw, Score, catch. Fielder, send, teammate,runs, Batter, received, Bowler, overarm, underarm, chase,</p> <p><b>ATHLETICS</b> Far, hop, aim, Fast, Slow, Bend, Improve, Travel, Direction, forwards, backwards, sideways control swing, Sprint, Jog, Distance, Height, Take off, landing, Accuracy Overarm, underarm, breathing rate, heart rate, sweaty</p> <p><b>MULTI SKILLS /FITNESS</b> Brain, Heart, Lungs, Bones, Skeleton, Femur, Humorous, Tibia and Fibula, Muscles Hamstrings, Quadriceps, Balance, Safe, Aim, Target, Feelings</p>	<p><b>GYMNASTICS</b> Flow, explore. Interesting, control. Create. Contrasting, japana, half lever, Quality, Technique, apparatus, Perform, Extension, Inverted, dish, arch, bridge half lever, Symmetrical, Rotation, Asymmetrical, Synchronisation, aesthetics, progression, Canon, Momentum, Formation, Counter balance, Fluently. Counter tension, Stability</p> <p><b>INVASION GAMES</b> Receiver, Footwork, Rebound, Tracking, Interception, mark, travelling, Playing area, tactics, opposition, opponent, contact, Pivot, court, Field, pitch , , Offside, outwit Control, Foul, Support, Pressure, onside, Obstruction, Consecutive, formation, Consistently, Conceding, Dictate, contest,</p> <p><b>WALL AND NET,</b> Serve, racket, accurately, control, rally, Track, opponent, tactics,Receiver, outwit, Court, backhand, Forehand, Volley, tactics. Footwork, Continuously, stance, scoring, Deep, forecourt. Defensive, consecutive, backcourt, attacking, stance, follow through</p> <p><b>DANCE</b> Flow , perform, Explore, Match, feedback, create, expression, Reaction, Represent, Dynamics, Unison, control, Posture, Formation, Performance, Canon, Relationship, Phrase, Choreograph, contrast, structure, Fluently. Connect, motif</p> <p><b>STRIKING AND FIELDING</b> Strike, grip, rounder, backstop, bowl, Post, wicket, batting, wicket keeper, Fielding, Stance, Retrieve, opposition, stumped, two-handed pick up, technique, long barrier, Pressure, overtake, tracking, Backing up, Support, Outwit, Tactics, Obstruction, continuous, drive Hit, consecutive, Consistently cooperatively Defensive hit</p> <p><b>ATHLETICS</b> Speed, power, Strength, Accurately, higher. Pace, Control, faster, Further, takeoff, flight phase, landing. Push throw, stance, Power, Stamina, speed, pace, Officiate, Perseverance, Determination, Accuracy, Personal Best, drive, Lead, trail, follow through, Technique, Downsweep, upsweep, Flight,, stride, preparation,l, rhythm, control, determination,execution , acceleration, fluency, consistent, Rotation, Trajectory, Continuous Pace, Force, Compete, Momentum. Transfer of weight, execution, competitive, accurately</p> <p><b>FITNESS-</b> Heart, Heart Rate Lungs, Veins, Arteries Alveoli oxygenated Deoxygenated Speed, Power, Endurance, Agility, Muscles, Fast Twitch, Slow Twitch, Cardiac Muscle, Skeletal Muscle Bicep, Tricep, Quadriceps Hamstrings, Trapezius Latissimus Dorsi Pectoralis Deltoid Abdominals Gastrocnemius Health Fitness Wellbeing Mental Health Endorphine</p>

