

# PE 2021-22

## KEY VOCABULARY

	Autumn 2021		Spring 2022		Summer 2022	
<b>EYFS</b>	<u>Movement</u> walk run jump space move fast slow turn forwards backwards	<u>Running and jumping</u> run jump knees space move forwards backwards sideways straight fast slow jog	<u>Gymnastics</u> forwards backwards sideways bench mat table roll long slow on off stretched curled tuck body parts tall small shape hold still jump hop bounce travel copy	<u>Dance</u> space bend shape travel body parts still space	<u>Athletics</u> walk jog throw target jump run hop skip fast pass in pairs	<u>Kicking</u> leg foot weave move fast slow ball obstacles kick tap hard light
<b>KS1</b>	<u>Tennis</u> bouncing free space own space opposite team rebound follow aiming speed direction passing controlling	<u>Dance</u> travel stillness direction space beginning middle end feelings body parts levels directions pathways speed rhythm  <u>Basketball/ netball</u> avoiding tracking a ball overarm throw bouncing catching free space own space opposite team rebound follow aiming speed	<u>Gymnastics</u> place stretch push pull hop skip step spring crawl still slowly tall long wide narrow up down forwards high low elbows bottom back around through extension roll copy pathway along	<u>Football</u> free space own space opposite team follow aiming direction passing controlling shooting scoring	<u>Athletics</u> throw high low skip aim fast slow safely step bounce jump leap hop repeat run target overarm underarm walking jogging accelerate baton relay push take off landing evaluate	<u>Striking/fielding</u> overarm throw catching opposite team follow aiming speed direction hitting batting fielding

		direction passing controlling shooting	jump land balance tension curved straight zig-zag shape over hang grip in front speed slow fast wide shape narrow long land over jump off high low stretch point balance twisted curled level medium backwards sideways forwards zig zag angular under through behind tension copy smooth sequence			
<b>KS2</b>	<u>Tennis</u> keeping score making space pass/send/receive support partner make use of space points rules tactics court net hitting stance forehand backhand	<u>Dance</u> space repeat dance phrase improvisation character gesture repetition action and reaction myth legend costume prop pattern dance style technique formation	<u>Gymnastics</u> flow explosive symmetrical asymmetrical combination evaluate improve stretch refine adapt pathway contrasting curled stretched suppleness strength inverted	<u>Football</u> keep possession keep the ball scoring goals keeping score making space pass/send/receive dribble travel with a ball back up support partner make use of space goals rules	<u>Athletics</u> pull distance sprint steady pace accuracy height record joints rhythm leading leg measure underarm overarm heart beat pulse rate jogging walk	<u>Striking and fielding</u> keeping score rules tactics batting fielding bowler wicket base boundary innings rounder backstop hitting batting

<p>volley singles doubles rally overhead</p>	<p>pattern rhythm variation improvisation unison canon action reaction motif phrase interpret exploration</p> <p><u>Basketball/</u> <u>netball</u> keep possession keep the ball shooting pass/send/receive dribble support partner make use of space rules tactics court net overarm underarm shoulder pass bounce pass positions marking covering repossession attackers defenders team play defending</p>	<p>jump land over under 90 degrees 180 degrees leaving approaching balance forwards backwards combine rotation against towards across evaluate improve height strength suppleness stamina speed level wide tucked straight twisted constructive points twist turn safety refine away dynamics combination contrasting control mirroring matching accurately refine evaluate display asymmetry performance create symmetry refinements assessment suppleness strength cool down warm up muscles joints explore rotation spin turn shape</p>	<p>tactics defencing offside pitch stance dribbling shooting shield ball marking covering repossession attackers defenders team play</p>	<p>hurdles landing control preferred landing foot time stamina obstacles stance diagonal approach speed relay discus sprint team distance measure height target pacing rhythm obstacles leading leg hurdles throwing speed accuracy take off stamina time release performance accuracy take off distance target time position measure control height run up hurdles shot put</p>	
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