

Emscote Infant School PE Vocabulary Progression

Strand	EYFS	Year One	Year Two/Three
Gymnastics/Dance	Move, copy, shape, space, safely, travel, around, sideways, forwards, backwards, stop, run, jump, star, skip, balance, bridge	Counts, pose, level, slow, fast, action, roll, direction, speed, point, hold, land, pike, straddle, teddy bear roll	Mirror, action, pathway, timing, link, sequence, tuck, dodge, jog, hurdle, sprint, steady, control, perform, distance, rhythm, tension, co-ordination, explore, expression, feedback, contrasting
Invasion Games/multi skills	Pass, team, tag, balance, safely, space, forwards, backwards, push, aim, kick, throw, catch, space, run, stop	Points, throw, far, distance, score, partner, defender, dribbling, attacker, underarm, overarm, slow, fast, direction, send, far	Accurate, send, teammate, against, overarm, release, target, received, send, chest pass, possession, goal, dodge, bounce pass, collect, footwork, mark, tracking, rebound, interception
Athletics	Push, stop, jump, space, forwards, safely, balance, backwards,	Far, hop, aim, fast, slow, bend, improve, direction, travel, overarm, underarm	Sprint, jog, distance, height, take off, landing, power, speed, strength control, pace, stamina
Net and Wall	Team, space, catch, throw, safely, bounce, forward, backward	Ready position, partner, net, underarm, score, points	Receive, quickly, trap, defend, return, collect, against, serve, control, opponent, rally, accurately
Striking and Fielding	Run, pass, roll, team, space, safely, around, forwards, backwards	Hit, points, targets, throw, score, catch, runs, send, teammate	Fielder, batter, bowler, received, strike, rounder, wicket, post, backstop, grip
Yoga	Move, still, space, travel, shape, safely, breathe,	Feel, calm, deep, control copy, listen, slowly	Focus, position, flow, pose, create, choose, flexibility, link, try, perform, technique