



The Brow Community Primary School

Physical Education Whole School Vocabulary Progression Document

	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Health and Fitness	Exercise Safely Safety Body	Before, During and After Healthy Heartbeat Warm up Cool down	Strength Flexibility Performance Importance Progress	Safety Principles Well-being Analyse Measure
Dance	Movement Speed Travel Freeze	Repeat Motif Unison Canon Mirroring Transitions Levels Beat	Improvise/Improvisation Stimuli Sequence Rhythm Expression Fluency Spatial Awareness Character	Compose Creativity Complex Controlled Dramatic Expression Consistently Precision Artistic intention
Gymnastics	Roll Stretch Travel Balance Around Under Over Bunny Hop Turn Link Half Turn	Beginning, Middle and End Small/Tall Narrow/Wide Skipping Balancing Hopscotch Apparatus Level Point Sequence Tuck Straddle Pike Star Pathway	Handstand Cartwheel Lunge Chassis Steps Technique Perform Extension Inverted Cat Leap Transition Flow	Momentum Formation Counter Balance Counter Tension Fluently Formation Stability Symmetrical Asymmetrical Rotation Synchronisation

Games	Roll Throw Catch Bounce Run Stop Team Kick Pass Around Space	Hand-eye coordination Far Aim Safely Direction Balance Send Collect Target Dribble Distance Hit Points Score Attack/defend	Track Receive Chest Shoulder Overhead Accurate Release Consistent Technique Control Persevere Retrieve Stance Opposition Possession	Obstruction Tournament Sportsmanship Tactics Strategies Precision Controlled Anticipate Formation Conceding Consecutive Turnover Offside/Onside Foul Officiate
Athletics	Push Stop Jump Space Forwards Safely Backwards Balance Fast Slow Travel Sprint Jog	Investigate Far Aim Bend Improve Direction Distance Take off Landing Height Overarm Underarm	Push Throw Pull Throw Triple Jump Speed Power Strength Accurately Higher Pace Control Faster Further Stamina Personal Best Perseverance Officiate	Accelerate Fling Throw Vertical Technique Upsweep Down sweep Flight Rhythm Stride Rotation Force Compete Momentum Transfer of weight Continuous Pace
OAA			Orienteering Communication Symbols Teamwork Key Decision Trail Roles Leader	Prepare Navigate Compass Organise Manage Location Boundaries Critical thinking Strategy

			Inclusive Effectively Route Grid	Collaborate Tactics Control Card Cooperatively
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