

St Mary's First School Tier 3 Vocabulary - PE



	Gymnastics	Dance	Games	Athletics	Swimming
EYFS	Straight, Pike, Tuck, Straddle, Star, Shape, Curl, Roll, Position, Body parts, Travel Balance Jump	Travelling - slither, gallop, shuffle, roll, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after. Direction – forwards, backwards Feeling - happy, excited, sad Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above.	Walking Running Throwing Fast slow Catching Rolling Space Pushing Patting Kicking Bounce Control Co-ordination Bounce Body parts	Stretch, Run Throw, Catch Cone Bean bag Jump Hop Rules, Forwards, Backwards, Equipment, Speed, Direction, Target, Jump, Hop, Skip, Fast	
Year 1	Stretch, balance tension zig-zag travelling jumping, climbing repeat sequence space perform, adapt direction speed levels Shapes - Pike, Star Straddle, Straight Tuck, Landing Health and fitness – warm up/ cool down	Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Rhythm Co-ordination Pattern, Stimulus, Copy Health and fitness – warm up/ cool down	Running Jumping Rolling Striking Throwing Bouncing Catching Space Opposite team Speed Direction Passing Controlling Shooting Scoring Co-ordination Partcipate Health and fitness – warm up/ cool down	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 improve	

Year 2	Speed Compose Movements Position Extend Travel Combinations Demonstrate Repeat Create Stretch Point Balance Level Tension Smooth Sequence Shapes – pike, star, straddle, top to toe, tuck Health and fitness – warm up/ cool down	Movement Control Speed Level Sequence Unison Cannon Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Rhythm Co-ordination Pattern Stimulus Health and fitness – warm up/ cool down	Avoiding Accuracy Tracking a ball Rolling Striking Overarm throw Chest pass Bounce pass Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring Participate Co-ordination Technique Combinations Rules Tactics Health and fitness – warm up/ cool down	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 Improve	
Year 3	Flow Explosive Symmetrical Asymmetrical Combination Evaluate	Create Combination Sequence Space Improvisation Repetition	Defending Attacking Travel Bouncing Control Possession	Running Speed Throw Skip Aim Bounce	Shallow Deep Turning Rolling Metres Glide

	<p>Improve Stretch Refine Adapt Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over Under Agility Strength, Technique, Control Balance Evaluate Improve Shapes - tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Health and fitness – warm up/ cool down/ heart rate</p>	<p>Adapt Motifs Pattern Movement Evaluate Improve Agility Flexibility Strength Control Balance Stimulus Rhythm Timing Perform Health and fitness – warm up/ cool down/ heart rate</p>	<p>Co-ordination Co-operation Scoring Batting Space Pass Dribble Team Points Goals Rules Tactics Fielding Bowler Wicket Innings Rounder Backstop Court Target Net Striking Pitch Health and fitness – warm up/ cool down/ heart rate</p>	<p>Jump Leap Hop Target Overarm Underarm Walking Jogging Baton Relay Take off Landing Health and fitness – warm up/ cool down Distance Sprint Pace accuracy height measure</p>	<p>Front Back Style Horizontally Vertically Front crawl Float</p>
Year 4	<p>Degrees Balance Forwards Backwards Combine Rotation Against</p>	<p>Spatial awareness Repeat Dance Character Repetition Action Reaction</p>	<p>Possession Scoring Space Pass/send/receive Dribble Travel Team</p>	<p>Running Technique Pace Accuracy Power Throw High</p>	<p>Shallow Deep Turning Rolling Metres Glide Front</p>

	<p>Towards Across Evaluate Improve Height Strength Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive Points Twist Turn Safety Refine Agility Strength, Technique, Control Balance Evaluate Improve Shapes - Health and fitness – tuck, straddle, pike, arch, back support,</p>	<p>Pattern Movement Evaluate Improve Agility Flexibility Strength, Technique, Control Balance Combination Stimulus Motifs Dynamics Perform Timing Health and fitness – warm up/ cool down/ heart rate</p>	<p>Striking Bowling Throwing Fielding Combinations Co-ordination Fluency Co-operation Competition Technique Partner Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Health and fitness – warm up/ cool down/ heart rate</p>	<p>Low Skip Aim Fast Slow Bounce Jump Leap Hop Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Health and fitness – warm up/ cool down Distance Sprint Pace accuracy height measure</p>	<p>Back Style Horizontally Vertically Front crawl Float</p>
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