



PE: Progression of Vocabulary 2023 – 2024



At Cavendish, our vision is for all children to experience high-quality physical education, school sport and physical activity, to become confident and competent individuals, which will contribute to our pupils leading more physically active and healthy lives.

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Introduction to P.E	run, jump, hop, skip, balance, crawl, avoid, freeze, space, backwards, safe, stop, forwards, sideways, partner	run, jump, throw, catch, roll, skip, catch, path, score, direction, rules, space, partner, safely, stop						
Fundamental Movement Skills	balance, run, bend, land, stop, jump, hop, change direction	Bend, crawl, fast, land, rules, slide, slow, run, jump, hop, balance, change direction, travel	Bend, direction, dodge, fast, hop, jog, jump, land, ready position, skip, challenge, swing	Balance, dodge, hop, hurdle, jump, land, run, skip, speed, sprint, swing, take off, weight	Accelerate, agility, balance, co-ordination, control, decelerate, distance, momentum, react, rhythm, speed, stability, technique			
Ball skills	roll, throw, bounce, catch, stop, kick, bounce, points, score, catch, space, dribble, run, target, hit, safely	roll, track, throw, kick, catch, ball, partner, score, catch, ready, space, dribble, target, kick, safely	Catch, control, dribble, ready position, roll, safely, score, space, soft, swing, target, track, underarm	Bounce, catch, collect, control, dribble, kick, prepare, receive, release, roll, target, touch, underarm				
Games	Catch, caught, jog, rules, run, safe, safely, score, space,	Aim, gallop, hit, hop, jump, lose, partner, run, safely, score,			Hockey accelerate, control, cushion, decision, delay,	Handball Accelerate, accuracy, accurately,	Hockey Abide, appropriate, barrier, close	Lacrosse attack, defend, throw, catch, dribble,

	stop, team, throw, turn	stop, tag, target, team, win			gain, invasion, opposition, option, possession, receive, referee, tackle, tournament Tag Rugby Accelerate, delay, dodge, forward pass, gain, invasion, limit, offside, onside, option, pitch, possession, rugby, supporting, tag, tournament, track, try	catch, decision, delay, direction, dribble, gain, intercept, invasion, momentum, opponent, opposing, option, possession, referee, run, shoot, speed, throw	down, create, cushion, draw, pressure, situation, sportsmanship, stance, support, tactics, transition, turnover Tag Rugby throw, catch, run, change direction, change speed, attack, defend, forward, dribble, intercept, shoot, rules, communication, support others, collaboration, abide, long barrier, close down, consecutive, create, decision, dictate, draw, offside, onside, sportsmanship, support, tactic, track	intercept, shoot, rules, tactics, lacrosse, assist, body check, box, breakout, crease, dodge, faceoff, feed, flag, match-up, penalty, pick, screen, slide, communication, support others, collaboration
Invasion			Attacker, defender, dodge, goal, jump, marking, points, score, space, dribble, throw,	Attack, catch, defend, defender, goalkeeper, mark, opponent, receive, send,	Basketball Accelerate, accurate, accurately, attack, communicate,	Football Accelerate, attack, communicate, control, cushion, decision, defend,	Netball attack, defend, throw, catch, dribble, tactics, intercept, shoot, rules, netball,	Basketball attack, defend, throw, catch, dribble, intercept, shoot, rules, basketball,

			team, kick, run, goal	change direction, change speed, possession, score, teammate, shoot, tactic	decision, deny, gain, intercept, invasion, possession, pressure, protect, receiver, referee, teamwork, tournament, track	delay, deny, dribble, invasion, opposition, option, pass, pitch, possession, receive, referee, tournament, track	change direction, speed, communicate, respect, fair play, persevere, skill, teammate, pressure, abide, angle, assess, ball carrier, ball side, close down, contest, definite, dominant, draw, drive, extend, maintain, possession, rebound, umpire	obstacle, tournament, agility, balance, co-ordination, speed, stamina, possession, opposition, abide, angle, ball carrier, ball side, barrier, create, dominant, draw, maintain, rebound, sportsmanship, support, tactics, transition, turnover
Target Games			Balance, distance, further, overarm, point, score, swing, throw, underarm	Accurate, ahead, aim, opponent, overarm, release, strike, target, teammate, underarm	Dodgeball Accuracy, agility, avoid, catch, caught out, communicate, cushion, decide, decision, dodge, hit out, jump, opposition, release, tactic, throw, tournament	Golf balance, coordination, accuracy, opponent, communicate, protect, align, par, hole, accurate, adjust, chip, drive, grip, opposition, relaxed, power, putt, strike, support, swing, technique, tournament	Dodgeball Technique, accuracy, catch, aim, dodge, block, pressure, abide, anticipate, appropriate, assess, collaborate, cushion, fake, officiate, situation, stance, tactic, trajectory Archery Aim, target, archery, bow, arrow, draw, draw length, face, gold –	Golf balance, coordination, accuracy, strike, technique, swing, support, cooperatively, tournament, hazard, consistently, sportsmanship, outwit, bunker, abide, align, angle, appropriate, chip, drive, force, grip, par, putt, shot, situation, stance

							centre of target, handle	
Striking and Fielding			striking, throwing, catching a ball with an object, hit, points target, score	throwing, catching, batting, bowling, tracking a ball, fielding, send, bowler, batter, runs, wicket, keeper	Rounders throwing, catching, object, rounder, grip, backstop, bowl, post, batting, fielding, base, accuracy, batter, compete, cushion, decision, limit, no ball, pressure, retrieve, short barrier, strike, stumped out, tactics, technique, tournament, two-handed pickup, umpire	Cricket Accuracy, bowled out, caught out, cushion, decision, grip, momentum, no ball, opposition, overarm, pressure, retrieve, run out, short barrier, tactics, technique, tournament, two-handed pickup, underarm, wicket	Rounders Abide, appropriate, assess, back up, close catch, collaborate, consecutive, consistently, deep catch, long barrier, momentum, short barrier, situation, stance, tactic, tournament, track, umpire	Cricket throwing, catching, object, cricket, obstruction, LBW, boundary, stroke, drive, cooperatively, defensive hit, abide, assess, collaborate, close catch, consistently, deep catch, long barrier, momentum, short barrier, situation, stance, tactic, tournament, track
Net and Wall - Tennis			Bat, ball skills, throwing, catching, hitting, tracking, ready position, partner, net underarm, score, points	Bat and ball skills, throwing, catching, hitting, tracking, ready position, receive, quickly, trap, defend, return, collect, against	Tennis catching, hitting, tracking, ready position, consistency, shots, ball control, racket, rule, manage a game, backhand, competition, control, court, face, feeder, forehand, opponent,	Tennis underarm throwing, catching, forehand, backhand, ready position, strategy, outwit, opponent, technique, rule, manage a game, alternate, co-operative, compete,	Badminton Adjust, backhand, communicate, dominant, non-dominant, forehand, overarm, pressure, rally, serve, sportsmanship, situation, tactic, technique, underarm,	Badminton Abide, contact, dominant, footwork, grip, overhead, placement, rally, recover, return, serve, sportsmanship, stance, tactic, technique, underarm Volleyball

					opposition, rally, react, return, tactics, track	contact, continuous, control, court, deny, extend, rally, receiver, reflect, swing, tactic	Volleyball Sending, receiving, equipment, shuttlecock, shot, rules, competition, attacking, defending, competition, underarm, overhead forehand, skills, tournament, pressure, referee, co-operatively, communicate, cushion, dig, opposition, serve, set, situation, sportsmanship, tactics, volley	shot, strategy, outwit, opposition, reflection, run, shuttlecock, rally, opponent, collaborate, volley, continuous rally, pressure, refereeing, collaborate, abide, appropriate, communicate, create, cushion, dig, direct, extend, non-dominant, placement, recover, serve, set, sportsmanship, tactics, technique, thrust
Gymnastics	Balance, bend, copy, hold, jump, land, rock, roll, shape, squeeze, str, still, straight	Around, balance, hold, jump, land, over, rock, roll, still, straight, through, travel	Action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel	Balance, direction, level, link, pathway, pike, roll, sequence, shape, speed, star, straddle, tuck	Body tension, contrast, control, direction, extend, flow, landing position, match, matching, patch, point, take off		shapes, balances, rolls, jumps, rotation, asymmetrical, canon, cartwheel, decide, extension, identify, inverted, matching, mirroring, momentum,	shapes, balances, rolls, jumps, transitions, momentum, fluently, stability, aesthetics, competent, contrasting, counter balance, counter tension, engage,

							observe, pathways, performance, quality, stable, symmetrical, synchronisation, transition	execution, flight, formation, handstand, progression, refine, structure, vault
Athletics			Balance, bend, control, direction, further, hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk	Aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw	Running, jumping, push, pull, throwing, javelin, accurately, higher, pace, control, faster, further, accuracy, baton, control, event, further, personal best, power, relay, speed, strength	running, jumping, throwing, javelin, skills, perseverance, determination, accuracy, distance, heave, launch, measure, official, officiate, pace, power, record, speed, stamina, stride technique, transfer of weight	Running, jumping, throwing, distance, development, upsweep, rhythm, downsweep, flight, approach, changeover, consistent, dominant, drive, event, field, force, javelin, momentum, shot put, pace, relay, sprint, stamina, stride, technique, track	Running, pacing, sprinting, relay, changeovers, jumping, throwing, distance, javelin, rotation, trajectory, continuous pace, force, compete, momentum, transfer of weight, discus, drive, event, explosive, fling, grip, maximum, meet, officiate, pace, pattern, phase, power, release, rhythm, stance, strategy
Fitness				Accelerate, agility, balance, co-ordination, control, decelerate, direction, dynamic, muscle, progress, react, record, speed,				strength, speed, balance, stamina, generate force, continuous, flexibility, abdominals, agility, analyse, calves, co-ordination,

				stamina, static, strength, technique				consistent, drive, engage, measure, motivate, persevere, power, quadriceps, record, rhythm, stable
Yoga			Balance, breath, copy, feel, focus, listen, pose, slowly, stretch	Breath, choose, create, flexibility, flow, focus, perform, pose, strength	balance, coordination, try, perform, technique, base, breath, contact, control, extend, flexibility, flow, hinge, link, mindfulness, pose, strength, stretch, tilt			balance, strength, flexibility, coordination, flow, relax, stable, control, grounded, lunge, practice, connected, collaborate, concentrate, engage, exhale, expand, fluidly, inhale, lengthen, mindfulness, muscles, notice, practice, quality, salutation, transition
Dance	Move, action, direction, shake, bend, high, space, count, low, twist	Quickly, actions, fast, shape, beat, finish position, slowly, counts, high, start position, direction, low, travel	Action, balance, beat, copy, counts, direction, fast, travel, level, pathway, pose, quickly, slow, slowly, timing	Action, counts, create, direction, dynamics, expression, level, matching, mirroring, pathway, perform, speed, timing, unison	action, action and reaction, canon, dynamics, expression, flow, formation, match, mirror, order, performance, phrase, relationship, represent,		Techniques, pathways, copying, control, reaction, represent, actions, canon, choreograph, choreography, collaborate, dynamics,	complex movement, patterns, connect, contrast, fluently, action, aesthetic, choreography, dynamics, express,

					rhythm, space, structure, timing, unison		formation, genre, motif, pathway, performance, phrase, posture, quality, relationship, space, structure, timing, transition, unison	formation, freeze frame, inspiration, mood, motif, phrase, pose, refine, rehearse, stimulus, structure, style, transition
OAA / Teambuilding			Share, team, teamwork, path, listen, space, travel, follow, safely, lead, co-operate, solve, instruction	Travelling, actions, balancing, jumping, teamwork, skill support, successful, map, direction, communicate	Travelling, actions, balancing, jumping, skill, rules, trust, navigate, grid, plan, communicate, compass, course, discuss, honest, interrupt, map, route, support, symbol, tactics, teamwork		teamwork, skill, map reading, decision making, leader, effectively, symbol, orientate, inclusive, collaborate, collective, navigation, tactical, control card, orienteering, cardinal points, compromise, concise, critical thinking, landmark, navigation, negotiate, orientate, solve, strategy, verbal, visual	teamwork, map reading, ability, decision making, symbol, strategy, boundaries, critical thinking, co-operatively, adhere, approach, cardinal points, communication, contribute, critical thinking, determine, evaluate, inclusive, leadership, location, navigate, orientate, trust
Swimming						skills, swimming 25m unaided, streamline,		

						propel, endurance, alternate, backstroke, breaststroke, breathing, buoyancy, crawl, floating, front crawl, glide HELP position, handstand, huddle, rotation, sculling, sidestroke, sinking, stroke, submerge, surface, surface dive, survival, tactics, technique, treading water, water safety	
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Invasion

Net and Wall

Striking and Fielding

Target Games

OAA / Team building