

Vocabulary

Taken from the Physical Education Lancashire Scheme of Work Progression Document (2020)

Fundamental Movement Skills



EYFS
Running
Underarm throw
Overarm throw
Jumping
Distance
Travel
Hopping
Skiping
Rolling
Marching
Fast
Slow
Catching
Climbing
Landing
Egg roll
Pencil roll
Teddy bear roll
Dish roll
Forwards roll
Rock and roll
Balance
Large body parts
Small body parts

Games Vocabulary

Vocabulary

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Year 1 and 2 (including Striking and Fielding games and Net and Wall games)	Year 3 and 4	Year 5 and 6
Attacking Traveling Sending Receiving Side gallop Underarm throw Overarm throw Running Rolling Bouncing Kicking Catching Dodging Striking Drop feed Strike of a tee Strike from a drop feed	Accuracy Attacking Dribbling Opposition Space Receive Consistency Tactics Position Dodging Chest pass Bounce pass Swing pass	Attacking Defending Passing Dribbling Shooting Consistency Accuracy Control Tactics Evaluation Chest pass Bounce pass Shoulder pass Dodging

Dance

Year 1 and 2	Year 3 and 4	Year 5 and 6
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Jumping	Create	Control
Turning	Adapt	Create
Body	Link	Groups
Actions	Actions	Props
Control	Gestures	Fluently
Travel	Partner	Perform
Gesture	Perform	Partners
Stillness	Dynamic	Refine
Movement	Rhythmic	Link
Patterns	Control	Space
Mood	Fluency	Express
Ideas	Movement	Sensitivity
Feelings		
Speed		
Strength		
Tension		
Space		
Co-ordination		

Gymnastics

Year 1 and 2	Year 3 and 4	Year 5 and 6
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Movement Stillness Space Safety Floor Apparatus Copy Create Repeat Link Jump Roll Combination Sequence Control Gallop Hop Walk Jog Skip Balancing Front support Landing Pencil roll Egg roll Traveling Control Co-ordination.	Stretching Pointing Extension Plan Perform Actions Sequences Flow Linking Travel Balance Jump Apparatus Dish and arch Consistency Accuracy Control Pairs Matching Mirroring Competition Combine	Individually Partner Group Sequence Linking Control Precision Balance Jump Travel Counter tension Counter balance Speed Apparatus
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Athletics

Year 1 and 2	Year 3 and 4	Year 5 and 6
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Running	Running	Targets
Jumping	Jumping	Improve
Throwing	Throwing	Running
Traveling	Distance	Jumping
Speed	Time	Throwing
Distance	Combination	Sprints
Height	Judging	Distance
Accuracy	Organising	Throw
Hopping	Designing	Run
Rolling	Consistency	Jump
Underarm	Accuracy	Height
Overarm	Push throw	Control
Push throw	Pull throw	Speed
	Swing throw	Push throw
	Hop, step and jump	Pull throw
		Sling throw
		Heave throw
		Baton

Striking/ Fielding Games
Games

Net and Wall

Year 3 and 4	Year 5 and 6
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Hit	Bowler
Strike	Backstop
Space	Fielder
Runs	Batter
Fielding	Wicketkeeper
Tactics	Shots
Bases	Strike
Accuracy	Consistency
Bowl	Control
Strike of a tee	Accuracy
Catching	Bowl
Return	Strike of a tee
Teamwork	Strike bowled ball
Consistency	Overarm
Straight drive	Tactics

Year 3 and 4	Year 5 and 6
Tactics	Tactics
Direct	Serving
Target	Technique
Space	Aim
Opponent	Target
Accuracy	Opponent
Ready position	Return
Underarm throw	Consistency
Overarm throw	Accuracy
Racket	Control
Strike	Throwing
consistency	Racket
	Forehand
	Backhand
	Volley
	Underhand serve



Target/ Creative Games

Year 3 and 4	Year 5 and 6
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Outdoor and Adventurous Activities

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Design	Tactics
Tag	Target
Target	Dodgeball
Accuracy	Consistency
Dodging	Accuracy
Catching	Control
Underhand throw	One-handed throw
Rolling	Catching
Overhead throw	Dodging
Tactics	Receiving
Equipment	Games
Boccia	Invasion
Consistency	
Propelling a ball	

Year 3 and 4	Year 5 and 6
Trust	Orienteering
Orienteering	Problem solving
Maps	Familiar environment
Diagrams	Unfamiliar environment
Groups	Trust
Trails	Teamwork
Accuracy	Control
Control cards	Accuracy
Navigate	Map
Course	Orientated
Safety	Course
Challenges	Compass
Problem solving	Control marker
Communication	Accuracy
Teamwork	Control
Roles	Consistency
Responsibilities	Direction
Travel	Travel
Balance	instruction
Planning	
Reviewing	



Swimming

KS2

Vocabulary

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Water confident

Afloat

Challenges

Breathe

Aids

Propel

Legs

Distance

Time

Control

Leg-kick

Underwater

Temperature

Fluently

Strokes

Survival

Techniques

Front

Back

Surface

Dangers