



# Sunnybrow Primary School

## PESSPA

### Progression in Vocabulary



PE Vocabulary Progression							
Topic	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Start End Story Balance Travel Roll Forward Backwards Mat Bench Stretch curled	Along Direction Level Link Onto and off Over Pike Posture Rolling: egg, log, forward, teddy bear rolls. Sequence Straddle Straight Tension Travel Tuck	Apparatus Balance Patches Points Shapes Travelling Shoulder stand Tension	Analyse Balance Co-operation Empathy Jumps Landing Shapes Roll Teamwork Travel	Asymmetry Balance Body Canon Counterbalance Moves Pike Posture Sequence Straddle Symmetry Techniques Tension Tuck Unison	Arch Asymmetrical Balance Bridging Canon Counterbalance Direction Dish Dynamic Evaluate Extend Level Points of balance Pull Push Rolling Rotation Sequence Shape Star Symmetrical Techniques Tension Unison	Asymmetrical Balance Canon Direction Dynamic Front and back support Level Movement Rolling and bridging Rotation Sequence Shape Symmetrical Unison
Dance	Travel Still Begin End	Beat Gesture Perform Rap	Beat Flow Independent Medieval	Canon Clock Confidence Direction	Agility Balance Charleston step Chassé	Agility Back point step Posture Balance	Beat Canon Choreograph Fluency



PESSPA Vocabulary Progression by Year Group

	Move Shape Fast slow	Sequence Pathway direction	Methods Movements Performance Travel	Formation Performance Pivot Tempo Timing Unison	Co-ordination Dynamics Emotion Endurance Expression Improvise Line dancing Muscular strength Phrasing Rhythm Sequence Flexibility Space Stamina Strut Timing	Beats Bollywood dancing Break-it-down Canon Co-ordination Collaboration Control Dynamics Emotion Endurance Expression Flexibility Fluency Improvise Lotus Motif Muscular strength Phrasing Prayer Rhythm Sections Sequence Space Stamina Timing Unison Variation	Match Mirror Pose Routine Street dance Timing Unison
<b>Multi-Skills (Y1-2)</b>	Children show good control and coordination	<b>Multi skills</b>  Accuracy Agility      Aim	<b>Multi skills</b>  Accuracy Agility	<b>Invasion</b>  Agility Balance	<b>Invasion</b>  Attack Defend	<b>Invasion</b>  Beats Bounce pass	<b>Invasion</b>  Competition Forfeit



PESSPA Vocabulary Progression by Year Group

<p><b>Invasion Games (Y3-6)</b></p>	<p>in large and small movements.</p> <p>They move confidently in a range of ways, safely negotiating space.</p> <p>They handle equipment and tools effectively</p>	<p>Balance Base Co-ordination Control Fluency Guide Movement Push Rotate Target Technique Timing Transitions Travel</p>	<p>Aim Balance Base Co-ordination Crab Guide Movement Pattern Rock and roll Rotate Skittles Target Timing Tuck Twist and turn</p>	<p>Bounce Control Dribble Observation Safety Send Speed Travel</p>	<p>Dribble Passing Play Receiving Support</p>	<p>Break-it-down Canon Chest pass Collaboration Defend Dodging Footwork Goal High 5 Netball Intercepting Land Marking Motif Names of positions Non-contact Overhead pass Pivot Point Positions Push Receive Sections Shoulder pass Signal Step Unison Variation</p>	<p>Handover Hop Rules Skip Tag Tournament Try Dodging</p>
<p><b>Throwing and Catching (Y1-2)</b></p>	<p>Throw Catch Aim Ball</p>	<p><b>Throwing and Catching</b>  field</p>	<p><b>Throwing and Catching</b></p>	<p><b>Throwing and Catching</b>  field</p>	<p><b>Striking and Fielding</b>  Backhand</p>	<p><b>Striking and Fielding</b>  Backhand Drop serve</p>	<p><b>Striking and Fielding</b>  Aim Attack</p>



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<b>Striking and Fielding (Y3-6)</b>	Beanbag Hoop Target Team Game Rules Points space	games Bat Racket Catch Fielding Rounders Scoring Strike Target Throw Warm-up	games Bounce Circuit Cushion Kwik Cricket Overarm throw Sideways Underarm	games Accuracy Bowling Defenders Fielding Long barrier Overarm throw Retrieve Run Safe zone Soft hands Striking Stumped Surface area Target hands Underarm throw Wickets	Drop serve Forehand Rally Rally building Receive Send Trap	Forehand Overhead serve Rally Rally building Scoring Volley	Back line Contact Court Disguise Doubles High Long Low Net Opponent Outwit Overhead clear Pressure Racket Rally Ready position Serve Shot Shuttle Target
<b>Athletics</b>	Run Race Jump Start Finish Walk Jog Hop Skip	Balance Hopping Jog Mobility Obstacle Overarm throw Relay Speed	Balance Direction Distance Hurdle Obstacle Power Relaxed Relay Speed	Changeover Competition Direction Improve Landing Overarm Relay Take-off	Arm action Bend Carousel Control Direction Distance Effort Extend Handover	Baton Bend Carousel Continuous Control Distance Extend Landing Long jump	Bend Carousel Control Direction Distance Extend Handover Javelin Landing



PESSPA Vocabulary Progression by Year Group

	pairs	Sprint Take-off and landing Underarm	Swing	Technique Underarm	Javelin Knee lift Landing Long jump Pace Position Pull Relax Relay Stride length Take off Target Technique	Pull Push Push technique Relay Take off Throw	Long jump Pace Position Pull Relay Sprint start Standing start Take off Target Technique
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