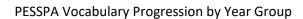


## Sunnybrow Primary School PESSPA

Progression in Vocabulary

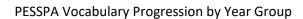


PE Vocabulary Progression									
Topic	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6		
Topic Gymnastics	Start End Story Balance Travel Roll Forward Backwards Mat Bench Stretch curled	Along Direction Level Link Onto and off Over Pike Posture Rolling: egg, log, forward, teddy bear rolls. Sequence Straddle Straight Tension Travel Tuck	Apparatus Balance Patches Points Shapes Travelling Shoulder stand Tension	Year 3  Analyse Balance Co-operation Empathy Jumps Landing Shapes Roll Teamwork Travel	Year 4  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	Year 6  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	Shape Star Symmetrical Techniques Tension Unison Agility Back point step Posture Balance	Beat Canon Choreograph Fluency		



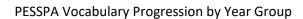
cs mary so	100 VO
	M

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





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





	Beanbag	games	games	games	Drop serve	Forehand	Back line
Striking and	Ноор	Bat	Bounce	Accuracy	Forehand	Overhead serve	Contact
Fielding (Y3-	Target	Racket	Circuit	Bowling	Rally	Rally	Court
6)	Team	Catch	Cushion	Defenders	Rally building	Rally building	Disguise
'	Game	Fielding	Kwik Cricket	Fielding	Receive	Scoring	Doubles
	Rules	Rounders	Overarm throw	Long barrier	Send	Volley	High
	Points	Scoring	Sideways	Overarm throw	Trap		Long
	space	Strike	Underarm	Retrieve			Low
	30000	Target		Run			Net
		Throw		Safe zone			Opponent
		Warm-up		Soft hands			Outwit
				Striking			Overhead clear
				Stumped			Pressure
				Surface area			Racket
				Target hands			Rally
				Underarm			Ready position
				throw			Serve
				Wickets			Shot
							Shuttle
							Target
Athletics	Run	Balance	Balance	Changeover	Arm action	Baton	Bend
	Race	Hopping	Direction	Competition	Bend	Bend	Carousel
	Jump	Jog	Distance	Direction	Carousel	Carousel	Control
	Start	Mobility	Hurdle	Improve	Control	Continuous	Direction
	Finish	Obstacle	Obstacle	Landing	Direction	Control	Distance
	Walk	Overarm throw	Power	Overarm	Distance	Distance	Extend
	Jog	Relay	Relaxed	Relay	Effort	Extend	Handover
	Нор	Speed	Relay	Take-off	Extend	Landing	Javelin
	Skip		Speed		Handover	Long jump	Landing



## PESSPA Vocabulary Progression by Year Group

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

