

PE vocabulary progression.

EYFS	YEAR 1	YEAR 2
warm-up sharing take turns teamwork balance safety	warm-up cool down stretch movement sequence coordination perform pattern body shapes balance skill control jump freeze turn personal best	warm-up cool down coordination footwork movement skill agility balance taking turns jump level speed direction control cooperate combine personal best
roll bounce catch dribble	strike hit catch skip sprint throw	log roll teddy bear roll forward roll

Year 3	Year 4	Year 5	Year 6
warm-up cool down persevere cooperate static balance rotation agility flexibility pivot hopscotch zigzag mirror personal best team player dribble possession travelling accuracy	warm-up cool down coordination footwork static balance positive performance personal best agility control fluency reaction response adaptation team player tag try pass intercept	warm-up cool down stamina pulse aerobic exercise coordination personal best static balance dynamic balance tactics analyse posture accuracy consistency cooperate negotiate team player fluency agility control dribble pass shoot mark	warm-up cool down reaction response support problem solve core strength stamina heartrate difficulty compete personal best coordination tactics cooperate negotiate team player control fluency agility tackle defend tag intercept

aim rally serve navigate orienteer control card	body tension motif canon unison technique	orienteer compass control card	bounce pass chest pass shoulder pass shoot pivot
--	---	--------------------------------------	--