



# Leamington Hastings C of E Academy

## Physical Education and Physical Development – vocabulary expectations by year group



\* This document details new vocabulary to be introduced in each year group. It is assumed that the vocabulary in the previous year group is secure, it will not be listed again in the following year groups, although teachers will use this vocabulary in their teaching.

	Nursery Rising 3s	Nursery Pre-School	Reception	Year 1	Year 2
<b>Gross motor, fine motor and self care skills – continuous provision and core strength</b>	Key vocabulary throughout the unit:				
	Climb Run Walk Carry Balance Throw Catch Kick Jump Roll Wave Push Pull Press Colour Pour Cut	Dig Fill Move Stack Crawl Circle Line Zig-zag Control Hop Skip Slither Thread Hammer Tap Trace Copy Zip Button/Unbutton	Spin Rock Tilt Slide Bounce Pass Bat Aim Crouch Lift Shuffle Energy Faster Higher Further Weave Sew Letter formation Grip		
<b>Core strength / agility,</b>	Key vocabulary throughout the unit:				
			Pose Pencil roll Nosy sea lion pose Egg Balance	Apparatus Superman pose Lift Tip toe	Route Static Sequence Assess

<b>balance and coordination – P.E. lessons</b>			Crab Walk Forwards Backwards Sideways Move Hold	Freeze Level Direction Speed Mirror Travel	Develop
<b>Ball skills – throwing, catching and striking – P.E. lessons</b>	Key vocabulary throughout the unit:				
	Roll Throw Catch Kick	Control Hit	Forwards Backwards Sideways Bounce Bat Aim	Raquet Target Pass Receive Defend Attack	Accurate Tactics Gather Underarm Overarm
<b>Target and invasion games (involving throwing, catching, jumping, running and skipping) – P.E. lessons</b>	Key vocabulary throughout the unit:				
	Run Walk Throw Catch Kick Jump	Move Control Skip Ball Beanbag	Forwards Backwards Sideways Aim Target	Direction Speed Dodge Defend Attack	Tactics Adjust
Key vocabulary throughout the unit:					

<b>Dance – P.E. lessons</b>	Wiggle Still	Move Control Dance	Join Pattern Respond Performance Partner Copy	Movement Speed Mirror Motif Repeat	Mood Feeling Unison Canon Sequence Create Evaluate
<b>Gymnastics – P.E. lessons</b>	Key vocabulary throughout the unit:				
	Roll Jump Balance Climb Still	Control Around Under Over Through	Stretch Straight Star Copy Forwards Backwards Sideways	Tall Narrow Wide Curved Motif Timing Pike Tuck Straddle Arch Dish Travel	Sequence Create Evaluate T-shape L-Shape Y-Shape Performance
<b>Athletics – P.E. lessons</b>	Key vocabulary throughout the unit:				
	Run Walk Jump Roll Throw	Control Land	Jog Sprint Further Target Obstacle	Underarm Overarm Distance Power Pace	Compete Technique Accurate Sequence
<b>Healthy and active lifestyles</b>	Key vocabulary throughout the year group:				
	Hot	Heartbeat Fast Slow	Healthy Body Mind Sweat	Warm up Cool Down Change	Observe Pulse Active