

## PE Tier 2 and 3 Vocabulary Progression

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Y1</b>	<p><u>Iexercise</u> <u>Jungle</u> <u>core strength and balance</u> stretch, skip, dance, climb strength, exercise, well-being, balance, control, resilience, rules</p> <p><u>Gymnastics</u> action, roll, jump, level, direction, speed, point, balance</p>	<p><u>Imove</u> <u>Pirates</u> <u>locomotion, travelling and agility</u> balance, throw, catch, leap, spin strength, exercise, well-being, balance, control, resilience, rules</p> <p><u>Gymnastics</u> action, roll, jump, level, direction, speed, point, balance</p>	<p><u>Ipractise</u> <u>Machines</u> <u>Agility</u> attempt, persist, build, learn, adapt strength, exercise, well-being, balance, control, resilience, rules</p> <p><u>Dance</u> counts, pose, level, slow, fast, balance</p>	<p><u>Icommunicate</u> <u>Playtime</u> <u>Agility, Object control, Core strength &amp; balance</u> speak, explain, ask, hear strength, exercise, well-being, balance, control, resilience, rules</p> <p><u>Dance</u> counts, pose, level, slow, fast, balance</p>	<p><u>Ithink</u> <u>Funfair</u> <u>Co-ordination</u> sort, compare, question, identify strength, exercise, well-being, balance, control, resilience, rules</p> <p><u>Pilates/ Yoga</u> feel, breathe, copy, listen, slowly</p>	<p><u>Icreate</u> <u>Wild West</u> <u>Locomotion, Travelling &amp; Agility</u> design, invent, form build, craft strength, exercise, well-being, balance, control, resilience, rules</p> <p><u>Pilates/ Yoga</u> feel, breathe, copy, listen, slowly</p>
<b>Y2</b>	<p><u>Iexercise</u> <u>Workout World</u> <u>Core strength &amp; balance</u> balance, swing, twist, breathe, relax, sprint static, dynamic, develop, personal best, agility, coordination, cooperation</p> <p><u>Gymnastics</u> link, pathway, sequence, tuck, straddle, speed, star, pike</p>	<p><u>Imove</u> <u>Combat Zone</u> <u>Locomotion, Travelling &amp; Agility, Strength and balance</u> sequence, skill, glide, speed, flow, swim static, dynamic, develop, personal best, agility, coordination, cooperation</p> <p><u>Gymnastics</u> link, pathway, sequence, tuck, straddle, speed, star, pike</p>	<p><u>Ipractise</u> <u>Sporting Best</u> <u>Agility</u> effort, task, practice, independence, safety, patience static, dynamic, develop, personal best, agility, coordination, cooperation</p> <p><u>Dance</u> mirror, action, direction, speed, timing, pathway</p>	<p><u>Icommunicate</u> <u>Ball Crazy</u> <u>Object control</u> support, praise, turns, interact, express static, dynamic, develop, personal best, agility, coordination, cooperation</p> <p><u>Dance</u> mirror, action, direction, speed, timing, pathway</p>	<p><u>Icreate</u> <u>Skill Showdown</u> <u>Coordination</u> explore, observe, vary, combine, discover static, dynamic, develop, personal best, agility, coordination, cooperation</p> <p><u>Pilates</u> focus, position, flow, pose, create, choose</p>	<p><u>Ithink</u> <u>Game Changers</u> <u>Balance and agility</u> pattern, observe, assess, recognise, organise static, dynamic, develop, personal best, agility, coordination, cooperation</p> <p><u>Pilates</u> focus, position, flow, pose, create, choose</p>
<b>Y3</b>	<p><u>Imove</u> <u>Agility &amp; Fitness (jogging, running, jumping and landing)</u> precision, dodge, kick, roll, slide, hop</p>	<p><u>Ipractise</u> <u>Coordination, strength &amp; balance (controlling equipment, movement &amp; evasion, hand-eye coordination and gameplay positioning)</u></p>	<p><u>Icommunicate</u> <u>Coordination, strength &amp; balance (pass &amp; catch, passing &amp; intercepting and counter balance)</u> feedback, discuss, inform, suggest, dialogue, narrate</p>	<p><u>Icreate</u> <u>locomotion, strength &amp; balance (moving with control, core strength &amp; balance and balancing with equipment)</u></p>	<p><u>Ithink</u> <u>Coordination/manipulation, strength &amp; balance (ball catching, ball blocking &amp; avoiding, strength &amp; balance and seated balance)</u></p>	<p><u>Iexercise</u> <u>Strength &amp; balance, agility &amp; fitness (low beam balance, catch on a low beam, equipment tracking and speed &amp; accuracy)</u></p>

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	<p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p><b>Football</b> receiver, footwork, rebound, tracking, interception, mark, travelling, rules, dodge</p>	<p>regular, set, achieve, improve, challenge, progress</p> <p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p><b>Football</b> receiver, footwork, rebound, tracking, interception, mark, travelling, rules, dodge</p>	<p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p><b>Outdoor Adventurous Activity</b> rules, route, trust, navigate, grid, discuss, plan</p>	<p>develop, enhance, adapt, modify, innovate, experiment</p> <p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p><b>Outdoor Adventurous Activity</b> rules, route, trust, navigate, grid, discuss, plan</p>	<p>plan, design, predict, infer, evaluate, conclude</p> <p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p><b>Outdoor Athletics</b> speed, pace, control, accurately, further, higher, power, strength, faster</p>	<p>strength, stamina, agility, endurance, flex, coordination</p> <p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p><b>Outdoor Athletics</b> speed, pace, control, accurately, further, higher, power, strength, faster</p>
Y4	<p><b><u>Imove</u></b> <b><u>Coordination, agility &amp; fitness (evasion, effective movement, controlled slalom &amp; footwork patterns)</u></b> control, shoot, dribble, bat, strike, jog, vault competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p><b><u>Basketball</u></b> opponent, communicate, outwit, pivot, court, travelling, mark, footwork, rebound, receiver, tracking, bounce pass</p>	<p><b><u>Ipractise</u></b> <b><u>Coordination/manipulation, strength &amp; balance (controlling equipment, movement &amp; direction and control &amp; balance)</u></b> self-guided, personal, adapt, revise, feedback, strive, dedicate competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p><b><u>Basketball</u></b> opponent, communicate, outwit, pivot, court, travelling, mark, footwork, rebound, receiver, tracking, bounce pass</p>	<p><b><u>Icommunicate</u></b> <b><u>Coordination, strength and teamwork (cheerdance &amp; balance, pass &amp; catch, and passing &amp; intercepting)</u></b> collaborate, patience, listening, convey, engage, empathise, articulate competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p><b><u>Football</u></b> outwit, opposition, opponent, contact, pitch, dribble, distance</p>	<p><b><u>Icreate</u></b> <b><u>Locomotion, strength &amp; balance (balancing with equipment, strength &amp; balance and control, dexterity &amp; balance)</u></b> tactical, strategise, plan, envision, scheme, forecast, replicate competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p><b><u>Football</u></b> outwit, opposition, opponent, contact, pitch, dribble, distance</p>	<p><b><u>Ithink</u></b> <b><u>Agility &amp; fitness, strength &amp; balance (balance &amp; control, equipment &amp; apparatus, strength &amp; balance and seated balance)</u></b> reflect, understand, interpret, examine, deliberate, evaluate, judge competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p><b><u>Swimming</u></b> sculling, crawl, breaststroke, submersion, rotation, backstroke, stroke, huddle, survival, treading water, buoyancy, alternate, exhale, flutter</p>	<p><b><u>Iexercise</u></b> <b><u>Agility &amp; fitness, strength &amp; balance (jumping &amp; landing, and bootcamp fitness)</u></b> fitness, muscle, heart, pace, warm-up, cool-down, aerobic competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p><b><u>Swimming</u></b> sculling, crawl, breaststroke, submersion, rotation, backstroke, stroke, huddle, survival, treading water, buoyancy, alternate, exhale, flutter kick,</p>

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					kick, surface, somersault, personal best, inhale	surface, somersault, personal best, inhale
Y5	<p><b><u>Ipractise</u></b>  <b><u>Coordination, agility &amp; fitness (anticipating moves, catching &amp; passing, and moving with equipment)</u></b>            target, plan, enhance, overcome, commit, advice, resilience, evaluate            positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><b><u>Outdoor Adventurous Activity</u></b>            tactical, collaborate, collective, control card, orienteering, navigation, symbol, strategy</p>	<p><b><u>Icommunicate</u></b>  <b><u>Locomotion, strength &amp; balance (maintaining balance, controlling equipment, strength &amp; flexibility and linking movements)</u></b>            communicate, persuade, debate, negotiate, clarify, instruct, perspective, motivate            positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><b><u>Outdoor Adventurous Activity</u></b>            tactical, collaborate, collective, control card, orienteering, navigation, symbol, strategy</p>	<p><b><u>Icreate</u></b>  <b><u>Coordination/manipulation, strength &amp; balance (passing &amp; moving, strength &amp; balance and seated balance)</u></b>            problem-solve, revise, refine, transform, originate, evolve, integrate            positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><b><u>Netball</u></b>            tactics, control, support, communicate, footwork, chest pass, possession, goal, court</p>	<p><b><u>Ithink</u></b>  <b><u>Coordination, strength &amp; balance (changing directions, quick &amp; light movements, one leg balance, and strength &amp; balance)</u></b>            analyse, direct, theorise, hypothesise, critique, justify, generalise            positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><b><u>Netball</u></b>            tactics, control, support, communicate, footwork, chest pass, possession, goal, court</p>	<p><b><u>Iexercise</u></b>  <b><u>Strength &amp; balance (core strength &amp; balance/posture and bootcamp fitness)</u></b>            reflex, goal, teamwork, agility, routine, yoga, cardio, strategy            positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><b><u>Swimming</u></b>            sculling, crawl, breaststroke, submersion, rotation, backstroke, stroke, huddle, survival, treading water, buoyancy, alternate, exhale, flutter kick, surface, somersault, personal best, inhale</p>	<p><b><u>Imove</u></b>  <b><u>Agility &amp; fitness (predicting movements, bounce &amp; catch, jumping for distance and jumping)</u></b>            aim, dash, toss, complex, jump, serve, pivot            positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><b><u>Swimming</u></b>            sculling, crawl, breaststroke, submersion, rotation, backstroke, stroke, huddle, survival, treading water, buoyancy, alternate, exhale, flutter kick, surface, somersault, personal best, inhale</p>
Y6	<p><b><u>Ipractise</u></b>  <b><u>Coordination, agility &amp; fitness (Predicting movements, changing direction, passing accuracy and quicker &amp; faster)</u></b></p>	<p><b><u>Icommunicate</u></b>  <b><u>Coordination/manipulation, strength &amp; balance (control &amp; coordination, adaptation, strength &amp; flexibility and linking movements)</u></b></p>	<p><b><u>Icreate</u></b>  <b><u>Strength &amp; balance (strength &amp; balance, seated balance, utilise space and efficient movement)</u></b>            adaptation, innovation, disguise, compose,</p>	<p><b><u>Ithink</u></b>  <b><u>Coordination, strength &amp; balance (one leg balance, strength &amp; balance, footwork patterns and changing direction)</u></b></p>	<p><b><u>Iexercise</u></b>  <b><u>Agility &amp; fitness, strength &amp; balance (passing on the move, pass &amp; catch and bootcamp fitness)</u></b>            planning, insight, preparation, performance,</p>	<p><b><u>Imove</u></b>  <b><u>Locomotion, agility &amp; fitness (jumping &amp; landing, jumping stations, low beam balance and balance with equipment)</u></b></p>

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	<p>ownership, adaptation, experiment, advance, flexibility, strategy, persistence, ambition, innovation manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><b>Football</b> cooperatively, tournament, support, consistently, sportsmanship, conceding, turnover, control</p>	<p>lead, inspire, construct, guide, direct, facilitate, mediate, advise, resolve manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><b>Football</b> cooperatively, tournament, support, consistently, sportsmanship, conceding, turnover, control</p>	<p>orchestrate, engineer, customise, invent, choreograph manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><b>Dance/ Cheerleading</b> choreograph, formation, posture, performance, canon, relationship, phrase, structure, connect, contrast, fluently</p>	<p>improve, strategise, produce, critically, estimate, scrutinise, rationalise, conceptualise manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><b>Dance/ Cheerleading</b> choreograph, formation, posture, performance, canon, relationship, phrase, structure, connect, contrast, fluently</p>	<p>hydration, nutrition, schedule, tactics, lifestyle manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><b>Outdoor Athletics</b> rotation, trajectory, momentum, continuous pace, force, compete, transfer of weight</p>	<p>transfer, link, fluency, tactics, sprint, catch, pass, dive, manoeuvre manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><b>Outdoor Athletics</b> rotation, trajectory, momentum, continuous pace, force, compete, transfer of weight</p>
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