

PE Tier 2 and 3 Vocabulary Progression

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<p><u>Exercise</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 & 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 & 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>
Y2	<p><u>Exercise</u> <u>Workout World</u> <u>Core strength & 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 & 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>
Y3	<p><u>Imove</u> <u>Agility & Fitness (jogging, running, jumping and landing)</u> precision, dodge, kick, roll, slide, hop</p>	<p><u>Ipractise</u> <u>Coordination, strength & balance (controlling equipment, movement & evasion, hand-eye coordination and gameplay positioning)</u></p>	<p><u>Icommunicate</u> <u>Coordination, strength & balance (pass & catch, passing & intercepting and counter balance)</u> feedback, discuss, inform, suggest, dialogue, narrate</p>	<p><u>Icreate</u> <u>locomotion, strength & balance (moving with control, core strength & balance and balancing with equipment)</u></p>	<p><u>Ithink</u> <u>Coordination/manipulation, strength & balance (ball catching, ball blocking & avoiding, strength & balance and seated balance)</u></p>	<p><u>Iexercise</u> <u>Strength & balance, agility & fitness (low beam balance, catch on a low beam, equipment tracking and speed & accuracy)</u></p>

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	<p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p>Football 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>Football receiver, footwork, rebound, tracking, interception, mark, travelling, rules, dodge</p>	<p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p>Gymnastics Travelling Rolling Balance Jumping Apparatus Sequence</p>	<p>develop, enhance, adapt, modify, innovate, experiment</p> <p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p>Gymnastics Travelling Rolling Balance Jumping Apparatus Sequence</p>	<p>plan, design, predict, infer, evaluate, conclude</p> <p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p>Outdoor Adventurous Activity rules, route, trust, navigate, grid, discuss, plan</p>	<p>strength, stamina, agility, endurance, flex, coordination</p> <p>speed, pace, technique, invade, attack, defend, pass, receive</p> <p>Outdoor Adventurous Activity rules, route, trust, navigate, grid, discuss, plan</p>
Y4	<p><u>Imove</u> <u>Coordination, agility & fitness (evasion, effective movement, controlled slalom & footwork patterns)</u> control, shoot, dribble, bat, strike, jog, vault competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p>Football outwit, opposition, opponent, contact, pitch, dribble, distance</p>	<p><u>Ipractise</u> <u>Coordination/manipulation, strength & balance (controlling equipment, movement & direction and control & balance)</u> self-guided, personal, adapt, revise, feedback, strive, dedicate competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p>Football outwit, opposition, opponent, contact, pitch, dribble, distance</p>	<p><u>Icommunicate</u> <u>Coordination, strength and teamwork (cheerdance & balance, pass & catch, and passing & intercepting)</u> collaborate, patience, listening, convey, engage, empathise, articulate competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p>Dance/ Hip Hop Regular Beat downbeat accented beat Slow Beat Quick Beat Travel, Turn, Jump, Stillness, Level and Gesture.</p>	<p><u>Icreate</u> <u>Locomotion, strength & balance (balancing with equipment, strength & balance and control, dexterity & balance)</u> tactical, strategise, plan, envision, scheme, forecast, replicate competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p>Dance/ Hip Hop Regular Beat downbeat accented beat Slow Beat Quick Beat Travel, Turn, Jump, Stillness, Level and Gesture.</p>	<p><u>Ithink</u> <u>Agility & fitness, strength & balance (balance & control, equipment & apparatus, strength & balance and seated balance)</u> reflect, understand, interpret, examine, deliberate, evaluate, judge competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p>Swimming sculling, crawl, breaststroke, submersion, rotation, backstroke, stroke, huddle, survival, treading water, buoyancy, alternate, exhale, flutter</p>	<p><u>Iexercise</u> <u>Agility & fitness, strength & balance (jumping & landing, and bootcamp fitness)</u> fitness, muscle, heart, pace, warm-up, cool-down, aerobic competitive, intercept, accuracy, reaction, response, limitations, challenge</p> <p>Swimming 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><u>Ipractise</u> <u>Coordination, agility & fitness (anticipating moves, catching & passing, and moving with equipment)</u> target, plan, enhance, overcome, commit, advice, resilience, evaluate positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><u>Outdoor Adventurous Activity</u> tactical, collaborate, collective, control card, orienteering, navigation, symbol, strategy</p>	<p><u>Icommunicate</u> <u>Locomotion, strength & balance (maintaining balance, controlling equipment, strength & flexibility and linking movements)</u> communicate, persuade, debate, negotiate, clarify, instruct, perspective, motivate positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><u>Outdoor Adventurous Activity</u> tactical, collaborate, collective, control card, orienteering, navigation, symbol, strategy</p>	<p><u>Icreate</u> <u>Coordination/manipulation, strength & balance (passing & moving, strength & balance and seated balance)</u> problem-solve, revise, refine, transform, originate, evolve, integrate positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><u>Netball</u> Passing Shooting Pivot Marking Dodging Footwork rule Landing foot</p>	<p><u>Ithink</u> <u>Coordination, strength & balance (changing directions, quick & light movements, one leg balance, and strength & balance)</u> analyse, direct, theorise, hypothesise, critique, justify, generalise positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><u>Netball</u> Passing Shooting Pivot Marking Dodging Footwork rule Landing foot</p>	<p><u>Iexercise</u> <u>Strength & balance (core strength & balance/posture and bootcamp fitness)</u> reflex, goal, teamwork, agility, routine, yoga, cardio, strategy positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><u>Athletics</u> coordination accelerating decelerating speed changing pace agility accurate pacing accuracy passing technique changeover zone</p>	<p><u>Imove</u> <u>Agility & fitness (predicting movements, bounce & catch, jumping for distance and jumping)</u> aim, dash, toss, complex, jump, serve, pivot positive mindset, collaborate, complex, adaptation, tactics, spatial awareness, evaluate</p> <p><u>Athletics</u> coordination accelerating decelerating speed changing pace agility accurate pacing accuracy passing technique changeover zone</p>
Y6	<p><u>Ipractise</u> <u>Coordination, agility & fitness (Predicting movements, changing direction, passing accuracy and quicker & faster)</u> ownership, adaptation, experiment, advance, flexibility, strategy,</p>	<p><u>Icommunicate</u> <u>Coordination/manipulation, strength & balance (control & coordination, adaptation, strength & flexibility and linking movements)</u> lead, inspire, construct, guide, direct, facilitate, mediate, advise, resolve</p>	<p><u>Icreate</u> <u>Strength & balance (strength & balance, seated balance, utilise space and efficient movement)</u> adaptation, innovation, disguise, compose, orchestrate, engineer, customise, invent, choreograph</p>	<p><u>Ithink</u> <u>Coordination, strength & balance (one leg balance, strength & balance, footwork patterns and changing direction)</u> improve, strategise, produce, critically, estimate, scrutinise,</p>	<p><u>Iexercise</u> <u>Agility & fitness, strength & balance (passing on the move, pass & catch and bootcamp fitness)</u> planning, insight, preparation, performance, hydration, nutrition, schedule, tactics, lifestyle</p>	<p><u>Imove</u> <u>Locomotion, agility & fitness (jumping & landing, jumping stations, low beam balance and balance with equipment)</u> transfer, link, fluency, tactics, sprint, catch, pass, dive, manoeuvre</p>

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	<p>persistence, ambition, innovation manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><u>Basketball</u> Bounce pass Chest pass Dribble Time-out Assist Slam dunk Jump shot Drive Foul Block</p>	<p>manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><u>Basketball</u> Bounce pass Chest pass Dribble Time-out Assist Slam dunk Jump shot Drive Foul Block</p>	<p>manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><u>Dance/ Cheerleading</u> choreograph, formation, posture, performance, canon, relationship, phrase, structure, connect, contrast, fluently</p>	<p>rationalise, conceptualise manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><u>Dance/ Cheerleading</u> choreograph, formation, posture, performance, canon, relationship, phrase, structure, connect, contrast, fluently</p>	<p>manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><u>Outdoor Athletics</u> rotation, trajectory, momentum, continuous pace, force, compete, transfer of weight</p>	<p>manipulation, locomotion, stability, fluidity, dexterity, motor competence, healthy participation</p> <p><u>Outdoor Athletics</u> rotation, trajectory, momentum, continuous pace, force, compete, transfer of weight</p>
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