



Athletics Vocabulary Progression

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
March	Throw	Speed	Focus	Technique	Evaluate	Long distance
Quick	Race	Accuracy	Accelerate	Triple Jump	React	Compete
Run	Jump	Competition	Triple Jump	Compete	Collaborate	Sprint start
Jump	Personal Best	Challenge	Relay	Change Over	Pace	Stride
Walk	FAST	Personal Best	Improve	Baton	Peer Assess	Gracious
Throw	Control	Distance	Shot put	Short Distance	Feedback	Leader
Hop	Safe	Measure	Power			
	Mini Coaches		Hurdle			



BASKETBALL

Basketball Vocabulary Progression

Year 3	Year 4	Year 5	Year 6
Dribble	Familiarisation	Jump-stop	Weave
Extend	Tip off	Stride-stop	Agility
Receiver	Double Dribble	Static	Gladiators
Pivot	Non-preferred	Defensive Stance	Contestants
Attack	Non-contact	Dodge	Baseline
Defender	Challenge	Offence	Accuracy
Free-Pass	Competition	Defence	Evaluate
Intercept	Embrace	Shoot	Referee
Triple threat		Protect	Traveling





Dance Vocabulary Progression

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Space	Time	Movement	Unison	Inspire	Energy	Transition
Perform	Start	Control	Levels	Pathways	Fluency	Evaluate
Moving	Finish	Count	Perform	Direction	Shape	Expression
Listen	Levels	Beat	Canon	Counts	Precision	Space
		Travel	Stimulus	Collaborate	Strength	Formations
			Feedback	Choreograph	Rhythm	Musicality
				Timing	Leader	Contact
				Create		



Dodgeball Vocabulary Progression

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Roll	Gracious	Throw	Technique	Protect	Accuracy
Jump	Fair	Control	Underarm	Direction	Duck
Positive	Compete	Ready Position	Backhand throw	Speed	Precision
Personal best	Safety	Focus		Overarm	Evaluate
Target	Dodge	Grip	Block	Opposition	Zone
Honest	Underarm	Block		Tactics	Communicate
Catch	Aim	Defender	Motivate	Attacker	Possession
				Defender	



Football Vocabulary Progression



Year R

- Forward
- Look
- Balance
- Close
- Move
- Around
- Safe

Year 1

- Sole
- Plant
- Pass
- Point
- Touches
- Dribble
- Outside



Year 2

- Score
- Space
- Invasion
- Aware
- Inside
- Outside
- Tackle



Year 3

- Control
- Passing
- Tackle
- Stationary
- Throw-in
- Defending
- Attacking



Year 4

- Body Position
- Inside Hook
- Outside Hook
- Drag back
- Fairness
- Intercept
- Communication
- Accuracy



Year 5

- Possession
- Block
- Lofted pass
- Interceptors
- Technique
- Evaluate
- Performance



Year 6

- Tactics
- Direction
- Power
- Laces
- Angles
- Accelerate
- Feints
- Speed



Fitness Vocabulary Progression



Year R

- Hop
- Jump
- Skip
- Run
- Crawl
- Climb
- Dance
- Safe



Year 1

- Balance
- Exercise
- Moving
- Bounce
- Body
- Faster
- Score
- Heart



Year 2

- Co-ordinate
- Teach
- Timing
- Heart Beat
- Steady Pace
- Speed
- Challenge
- Seconds



Year 3

- Mountain climbers
- Press up
- Pulse
- Squat
- Seal Claps
- Lunge
- X-touch
- Jumping Jack
- TBE



Year 4

- Personal Best
- Circuit
- Heart Rate
- Non-preferred
- Control
- Performance
- Exercise
- Station



Year 5

- Lateral Jump
- Highland Fling
- High Knee Claps
- Shuttle Runs
- Repetitions
- Rebound Push up
- Plank
- Spotty dogs
- Burpees



Year 6

- Explosive
- Inclined
- Isolated
- Combination
- Set
- Lateral
- Load
- Pulsing
- Maximum





Gymnastics Vocabulary Progression

Year R

- Jump
- Strong
- Rock
- Stretch
- Crawl
- Star
- Safe
- Move

Year 1

- Pike
- Squat
- Tuck
- Straight
- Balance
- Roll
- Start
- Finish

Year 2

- Straddle
- Control
- Bunny hop
- Dish
- Arch
- Middle
- Sequences

Year 3

- Teddy Bear
- Perform
- Half turn
- Point
- Travelling
- Patch
- Quarter turn
- Create

Year 4

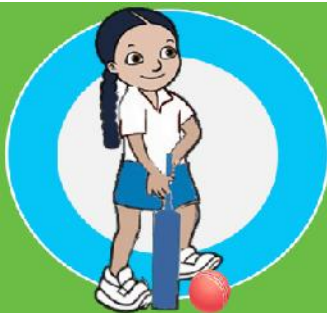
- Matching
- Mirroring
- Elements
- Static
- Apparatus
- Sequences
- Fluency

Year 5

- Symmetrical
- Asymmetrical
- Collaborate
- Scissor Kick
- Hurdle Step
- Vaulting
- Canon
- Unison

Year 6

- Counter tension
- Counter balance
- Cat Leap
- Evaluate
- Precision
- Courage
- Tension
- Momentum
- Formation



Kwik Cricket Vocabulary Progression

Year 1

- Rolling
- Catch
- Bat
- Release
- Safety
- Tee
- Target
- Cradle

Year 2

- Aim
- Control
- Overarm
- Challenge
- Bowl
- Striker

Year 3

- Long Barrier
- Scooping
- Wicket
- Teamwork
- Bowler

Year 4

- Accuracy
- Batter
- Score
- Fielder
- Co-operate

Year 5

- Inspire
- Speed
- Distance
- Wide
- Wicket Keeper
- Over
- Runs
- Fair Play

Year 6

- Fluency
- Motion
- Technique
- Focus
- Leadership
- Zone



Multi-Skills Vocabulary Progression

- Year R**
- Hop
 - Jump
 - Skip
 - Run
 - Balance
 - Climb
 - Imagine
 - Safe

- Year 1**
- Personal best
 - Target
 - Space
 - Jog
 - Rules
 - Dribbling

- Year 2**
- Paces
 - Race
 - Control
 - Apparatus
 - Space
 - Skipping
 - Direction

- Year 3**
- Agility
 - Balance
 - Co-ordination
 - Measure
 - Record
 - Team
 - Speed
 - Test
 - Mini Coach

- Year 4**
- Agility
 - Balance
 - Co-ordination
 - Leadership
 - Skills
 - Co-operate
 - Accuracy

- Year 5**
- Agility
 - Balance
 - Co-ordination
 - Performance
 - Combination
 - Success
 - Evaluate
 - Create

- Year 6**
- Agility
 - Balance
 - Co-ordination
 - Technique
 - Fluency
 - Efficiency
 - Exercise
 - Isolation
 - Challenge



OAA Vocabulary Progression

- Year 1**
- Map
 - Forward
 - Backwards
 - Left
 - Right
 - Direction
 - Obstacle
 - Friendship

- Year 2**
- Co-ordinates
 - North
 - South
 - East
 - West
 - Co-operate
 - Compass
 - Problem
 - Solve

- KS2**
- Communication
 - Collaboration
 - Teamwork
 - Trust
 - Orienteering
 - Compass Point
 - Supportive
 - Decision





Quicksticks Vocabulary Progression

Year 3

- Control
- Passing
- Dribble
- Tackle
- Push Pass
- Sideline
- Communication
- Free Pass
- Rules

Year 4

- Shooting
- Accuracy
- Safety
- Direction
- Receive
- Attacking
- Defending

Year 5

- Indian Dribble
- Block Tackle
- Marking
- Interception
- Precision
- Opponent
- Possession
- Slap Pass

Year 6

- Chicane
- Angles
- Tactically
- Demonstrate



Rounders Vocabulary Progression

Year 3

- Long Barrier
- Rules
- Batter
- Fielders
- Score
- Teamwork
- Bowling
- Safety
- Runs
- Posts

Year 4

- Overarm
- Control
- Retrieve
- Technique
- Self hit
- Co-operate
- Accuracy
- Continuous
- No-Ball

Year 5

- Backstop
- Base
- Decisions
- Speed
- Innings
- Scoop
- Directions
- Donkey Drop
- Aerobic

Year 6

- No ball -high
- No ball- low
- No ball- wide
- Body Ball
- Obstruction
- Tournament
- Tactics
- Evaluate
- Precision
- Sympathetically





Tennis Vocabulary Progression

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throw	Run	Forehand	Rules	Consecutive	Collaborate	Umpire
Catch	Ready	Backhand	Focus	Drop feed	Serve	Anticipate
Trick	Racket	Ready Position	Ready Stance	Hand Feed	Shots	Speed
Side-Step	Underarm	Skills	Points	Accuracy	Overarm	Reaction
Target	Bounce	Honesty	Rally	Position	Integrity	Technique
Aim	Balance	Control	Doubles	Compete	Volley	Empathy
Hop	Cradle	Team		Grip		Precision
				Communicate		



Yoga Vocabulary Progression

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
March	Yoga	Breathe	Core Strength	Perform	Sun Salutation	Counter Balance
Balance	Muscles	Control	Breathing	Tense	Fluency	Leadership
Hold	Story Pose	Control	Concentrate	Flexibility	Feedback	Peer Coach
Move	Stretch	Strong	Challenge	Position	Sequence	Evaluate
Listen	Pose	Relax	Focus		Extended	Routine
			Relaxation		Create	Technique
					Strength	

