



Fulbourn Primary School PE – Vocabulary progression

	Strength, flexibility & co-ordination		Athletics	Invasion games	Target games	Striking & fielding	Net & wall	Health & fitness
	Dance & Gymnastics	Yoga						
EYFS	move shape copy sideways forwards backwards perform rock	balance calm breathe focus	EYFS fundamentals and introduction to PE					
			follow team travel share path listen	run jump hop stop start space				
Year 1/2	counts action pose levels timing mirror posture sequence straddle pike tuck star	flow position stretch	fast slow speed jog sprint direction take off landing	defend dribble pass attack dodge bounce possession	aim control release accuracy throw catch roll			
Year 3/4	unison create dynamics expression performance matching contrasting flow control rotation extension	flexibility stability control grounded relax	accurately control strength pace stamina technique	space accuracy retreat control track footwork pivot opponent communicate intercept		fielding stump retrieve batting bowling runs attack defend	rally control return ready forehand backhand serve	fitness strength agility stamina muscle
Year 5/6	formation canon choreograph contrast symmetrical asymmetrical synchronisation aesthetics	quality notice	continuous pace momentum stride personal best	tactics pressure outwit rebound obstruction		obstruction overtake consistent block intercept	outwit co-operate doubles	power measure analyse record

Note – ‘target’ games are taught purely in KS1 and help them to build the skills required to play ‘striking & fielding’ and ‘net & wall’ games in KS2.

Fitness is also introduced in KS2 as an additional category of sport.