



# HOLY TRINITY

## Primary PE Vocabulary

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
<p>Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Move safely and actively</p> <p>Recognise how bodies feel in different activities.</p> <p>Watch, copy and describe what others have done.</p> <p>Know why activity is good for health.</p>	<p>Develop new skills and extend existing ones relevant to specific games.</p> <p>Observe and select information to evaluate own and others' work.</p> <p>Move actively and safely about the space and in teams.</p> <p>Describe what happens to breathing and body temperature.</p> <p>Know why physical activity is good for health.</p>	<p>Consolidate and improve the quality of their skills.</p> <p>Improve the ability to select and apply simple tactics.</p> <p>To work co-operatively in small groups.</p> <p>To describe and evaluate the effectiveness of the performance.</p> <p>Explain why physical activity is good for health.</p>	<p>Consolidate skills and improve technique.</p> <p>Develop simple tactics in a game activity.</p> <p>Recognise and describe the effectiveness of their performance and evaluate their solutions.</p> <p>Explain why physical activity is good for their health.</p> <p>Know and describe the short-term effects of exercise on the body.</p>	<p>Select and apply skills more consistently in specific invasion activities and games.</p> <p>Select basic invasion principles and adapt them to different situations.</p> <p>Use information to evaluate their own and others' work and suggest ways to improve.</p> <p>Explain and apply basic safety principles associated with the activities.</p> <p>Understand why exercise is good for you.</p>	<p>Select, combine and perform skills more fluently in implement and kicking style invasion games.</p> <p>Understand and apply a range of tactics for attack and defence.</p> <p>Understand the need to prepare properly for games.</p> <p>Recognise strengths and weaknesses in performance.</p> <p>Evaluate their own and others' work and suggest ways to improve it.</p>

<u>GAMES</u> Ball Bat Hit Kick Dribble Control Throw Catch Bounce	<u>GAMES</u> Ball skills Observe Copy Play Games Individual Pairs Throw Catch Aim Rules	<u>GAMES</u> Dribbling, kicking and hitting. Sending and receiving. Basic tactics and strategies for attacking play. Co-operatively Group games. Inventing rules.	<u>GAMES</u> Invasion. Select and use. Appropriate skills. Improve. Creative. Games-making.	<u>GAMES</u> Net, Court, Wall Consolidate. Striking skills. Control and quality. Vary shots. Appropriately. Striking and Fielding. Good technique.	<u>GAMES</u> Invasion. Invasion Principles. Basketball. Select and apply. Adapt. Net/Court/Wall game Tennis. Volleyball. Range and consistency. Release / Send Different angles. Develop attack and defence.	<u>GAMES</u> Invasion games. Hockey and Football. Implement – Hockey Stick. Combine. Perform. Fluent. Range of Tactics. Attack and Defence. Striking and Fielding. Develop accuracy. Consistency. Common Principles (Hit / Throw / Catch)
<u>OUTDOOR AND ADVENTUROUS ACTIVITIES</u> Balance Jump Move Run Walk Fast Slow Near Far Safe	<u>OUTDOOR AND ADVENTUROUS ACTIVITIES</u> Trails. Problem solving. Team building. Familiar environments.	<u>OUTDOOR AND ADVENTUROUS ACTIVITIES</u> Trails. Problem solving. Team building. Orienteering. Acquire. Develop.	<u>OUTDOOR AND ADVENTUROUS ACTIVITIES</u> Trails. Problem solving. Team building. Orienteering. Acquire and develop. Orientate. Follow. Meet Challenges. Collaborate.	<u>OUTDOOR AND ADVENTUROUS ACTIVITIES</u> Trails. Problem solving. Team building. Orienteering. Meet Challenges. Collaborate. Range of problem-solving skills. Travel round a simple course.	<u>OUTDOOR AND ADVENTUROUS ACTIVITIES</u> Trails. Problem solving. Team building. Orienteering. Changing and unfamiliar environments. Route finding. Communicate and collaborate. Select and use appropriate	<u>OUTDOOR AND ADVENTUROUS ACTIVITIES</u> Trails. Problem solving. Team building. Competitive orienteering. Consolidate. Demonstrate. Range of orientation and problem solving skills.

					strategies / equipment.	Refine and execute. Precision, control and consistency. Communicate and collaborate
<u>DANCE</u> Music Listen Move Fast Slow Turn Jump Hop Skip	<u>DANCE</u> Travel, turn and jump. Different directions. High and low. Hopping and skipping. Rounded, wide and thin shapes. Move and freeze. Control and co-ordination. Link. Pairs - 'follow my leader' Recognise. Respond. Practice.	<u>DANCE</u> Movements - Strong, light, quick and slow. Different levels, directions and speeds. Touch, feel, listen to different stimuli. Choose appropriate movements. Improvise. Create.	<u>DANCE</u> Develop - Travelling, jumping and turning. Perform. Clearly. Fluently. Improvise freely. Partner. Create. Dance phrases. Observe.	<u>DANCE</u> Respond. Imaginatively. Range of stimuli. Simple movement patterns. Repeat and remember. Dance phrases. Evaluate.	<u>DANCE</u> Visual stimuli. Starting point. Dance movement. Develop ideas. Props. Integral part.	<u>DANCE</u> Clear intention and meaning. Set patterns. Work collaboratively. Comment upon appropriate actions. Value contributions dance. Different cultures.
<u>GYMNASTICS</u> <u>/Apparatus work</u> Up Down Climb Balance Jump Safe	<u>GYMNASTICS</u> Flight. Take-off. Bounce. Jump. Hop Spring. Land. Link actions.	<u>GYMNASTICS</u> Linking movements. Smoothly. Sequences or patterns. Recognise and use changes in level,	<u>GYMNASTICS</u> Stretching Curling. Arching. Travel and jump. Fluently. Balanced positions.	<u>GYMNASTICS</u> Balance Stable or unstable bases. To move into and out of balances. Control and accuracy. Planned variations.	<u>GYMNASTICS</u> Spinning, rotation and rolling. Different axes. Variations in speeds, levels, directions and pathways.	<u>GYMNASTICS</u> Synchronisation and Canon. Travel rhythmically. Develop timing. Levels, speeds and pathways.

		speed and direction. Remember and Repeat. Compose. Perform.	Transfer body weight. Create a sequence. Partner. Apparatus.	Shape, speed and levels.	Observe and analyse. Appropriate terminology.	Compositional principles. Sequencing.
	<u>ATHLETICS</u> Run. Throw. Jump.	<u>ATHLETICS</u> Run. Throw. Jump. Equipment. Control. Co-ordination.	<u>ATHLETICS</u> Run. Throw. Jump. Link, remember and repeat. Combinations. Consistency and control.	<u>ATHLETICS</u> Run. Throw. Jump. Quality and range of techniques. Develop tactical ability. Performance. Describe and evaluate. Effectiveness.	<u>ATHLETICS</u> Run. Throw. Jump. Develop consistency. Technique selection. Warming-up.	<u>ATHLETICS</u> Run. Throw. Jump. Develop consistency. Technique selection. Principles of warming-up.