

St Oswald's Academy

PE Vocabulary Progression

	Basic movement	Developing balance	Agility and coordination	Team games	Movement patterns
KS1	Jump Hop Stop on command Sprint Run Skip Gallop	Single balance Apparatus Side roll Climb Walk	Throw Catch Roll Target Kick Accuracy Aim Dribble Balance Strike Obstacle Hit Pass	Opponent Control Rules Team Cooperate Control Accuracy Team Work	Dance Theme Pattern Movement Beat Sequence Mirror
KS2 (The vocabulary for KS1 continues but is up-levelled in KS2)		Forward roll Backward Roll Control Coordination Precision Control Fluency	Over Arm Throw Under Arm Throw Chest pass Volley Pivot Bounce Consistency Dynamics Speed Direction Level Coordination Precision Control Fluency Dribble	Participation Tactics Attack Defend Defence Competitive Competition Compete Mark	Create Perform Expressive dance phase Expression Contrast Consistency Dynamics Speed Direction Level Coordination Precision Control Fluency Evaluate Improve Develop Transition Compose Compare Adapt Refine Symmetry