Teach a child in the way they should go and when they are old, they will not depart from it' Proverbs 22:6

Lacock C of E Primary School
PE Language Progression

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	**Balance** - To have stability by an even distribution of weight (one foot balance / keeping the bean bag on their head)	**Sequence** - two or more actions one after the other (performing a straight jump then a tuck jump)	**Extension** - Straightening a body part as far as possible (pointing fingers and toes during a balance)	**Combinations** - Putting different types of actions together in a sequence (putting a tuck roll with a half term)	**Contrasting** - Two actions that are opposite each other (A fast travel followed by a balance)	**Aesthetics** - How an action or sequence looks to somebody watching (having good extension in actions)	**Asymmetry** - When the shape of the body is different on each side (a balance with the left leg up and the right arm up)
	Control - To be in charge of their body's movements (not moving their feet when landing a jump)	**Shape** - The position of your body during a movement (tuck shape, pike shape, straddle shape in an action)	**Relaxation** - The body returns to its normal state after an exercise (After a balance, bringing the arms back to their sides)	**Explosive** - Actions with maximum effort for a short period of time (The take off when jumping)	**Fluency** - An action or sequence with control and momentum (moving from a roll into a balance smoothly without stopping or wobbling)	**Flexibility** - The range of movement around a joint (how high they can lift a leg when balancing)	**Symmetry** - When the shape of the body is the same on each side (handstand or headstand)
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	**Turn** - To rotate the body whilst moving(180◦ / 360◦ spin when jumping)	**Compose** - Combine and put together different movements and actions into a dance (a sequence of movement)	**Unison** - When the same action is repeated by a group of dancers at the same time (four children jump at the same time)	**Rhythm** - A uniformed, recurring pattern or beat of music (performing to beats of 8)	**Levels** - The different heights actions and dances can be performed (actions performed at low, medium or high e.g. slithering along the floor and leaping in the air)	**Choreographer** - A person who creates a dance sequence to perform (creating and teaching a group a dance)	**Gesture** - The movement of a body part without using your weight (waving, pointing or nod etc)
	Twist - To rotate the body whilst keeping your feet on the floor (180◦ / 360◦ pivot in a routine)	**Canon** - When the same action is repeated by a group of dancers one after the other (four children jump one after another)	**Mirror** - Presenting the mirror image (two performers perform a dance opposite each other in a mirror image)	**Improvisation** - React to music to perform actions or sequences that are not pre-planned (move to match a new piece of music)	**Facial expressions** - A non-verbal way to communicate a message using the face (smiling during a happy piece of music)	**Formation** - In a group dance, the position of each dancer when performing (a group performs in a circle or line)	**Dynamics** - Quality of movement, the intangible factor that adds uniqueness, richness and power (dynamics is the energy put into a dance e.g. stabbing, jerking, graceful, erractic etc)
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Body Management	**Climb** - To move upwards on appartus (getting to the top of a tabletop)						
	Roll - To rotate the body across the floor (log roll / egg roll)						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Speed, agility, travel	**Agility** - To be able to change direction at speed (dodging others when running in space)						
	Travel - How you move about a space (crawling / walking / running etc)						

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6						
Manipulation and coordination	**Apparatus** - Specialist equipment used for gymnastics (ropes / tabletops / wall bars etc)												
	Stretch - Placing parts of the body in particular positions to elongate them and lengthen the muscle (bending over and touching toes, reaching for a rolling ball)												
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6						
Cooperate and solve problems	**Cooperate** - To be able to work with others to achieve success (be successful in games such as 'cross the river')												
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6						
OAA		**Symbol** - A picture or illustration that represents something in real life, often used on maps (a red square to represent a bean bag)	**Key** - A small box that explains the symbols on a map (using a key to identify key locations on a map)	**Coordination** - Be able to use two or more parts of the body at once (being able to move around whilst finding objects on a list)	**Scale** - The ratio of distance between two points on a map compared to the real distance (1cm:10m - 1cm on a map = 10m on the field)	**Compass** - An instrument that tells you which direction you are facing (using a compass to find the North end of the field)	**Decipher** - To work out the meaning of something (for example, morse code)						
		Verbal - Communicating through speaking (guiding a blindfolded person through a course using verbal cues)	**Problem solving** - Trying different solutions to overcome a challenge (getting across the room in 'shark infested water')	**Tactile** - Using the sense of touch (identifying items when blindfolded)	**Oreinteering** - Using a map to find a series of points in an area (reading a map to find selected points on the playground)	**Ingenunity** - Thinking or trying things in new ways (working on a task that has more than one way to complete it)	**Orient** - Know where you are using reference points on a map (find reference points, this could be using a compass to find where you are)						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6						
Athletic activity		**Relay** - A team run equal distances within the same race (4 x 100m sprint passing a baton from one team member to the next)	**Stamina** - The mental and physical ability to be active over a longer period (being able to run continuously over a longer distance)	**Power** - Using strength at speed (being able to jump far with a run up)	**Accelerate** - Being able to increase speed while running (going from a standing start into a sprint race)	**Force** - The ability to exert power over an object (throwing a discuss as far as possible)	**Optimum** - A condition that produces the best result (releasing an object as the best height to achieve the longest distance when throwing)						
		Sprint - Running as fast as possible over a short distance (completing a short distance running race such as 60m)	**Static** - Performing an action whilst staying in one place (being able to throw an object without a run up)	**Pace** - The ability to control speed over a set distance (running a longer distance such as 400m at a consistent speed)	**Take off** - The last step before performing a jump (taking off on one foot for a jump for distance)	**Sustain** - To keep up a physical action or movement over time (being able to run to the end of a race)	**Trajectory** - The flight path of a thrown object (the trajectory of a javelin as it travels up and then down)						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6						
Invasion games		**Attack** - The team with the ball using tactics to move into a position to score (the team scoring a basket in basketball)	**Complete** - Playing a game against other people to gain points (small sided games in lacrosse)	**Possession** - The team who has the ball (the team maintaining the ball in tag rugby)	**Intercept** - Taking possession of the ball by getting in the way of a pass (a defender catching a chest pass from an opponent)	**Positions** - The area of the pitch and role a player is responsible for (goal defence in netball, striker in football)	**Counterattack** - Switching quicjly from defence to attack when winning possession (a player intercepting the ball and passing forward)						

		Defend - The team without the ball trying to stop the other team scoring (the team trying to stop a goal in hockey)	**Outwit** - Using tactic to beat an opponent (players off the ball running to a space to distract defenders)	**Space** - Areas on the court or pitch where nobody else is (the wing of the pitch where no players are standing)	**Teamwork** - Working with others to achieve success (knowing teammates strengths and weaknesses)	**Regain** - Winning back possession when lost (a player wins the ball back after an interception)	**Feint** - Using the body to mislead or trick an opponent (double cross in basketball / dummy pass in rugby)						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6						
Striking and fielding		**Batter** - The player attempting to hit the ball with a bat (batter in rounders)	**Underarm** - Throwing the ball from below the waist (throwing for accuracy over shorter distances)	**Feed** - The method of sending the ball, usually underarm for a batter to practise hitting (underarm feed for practise hitting in cricket)	**Collect** - The picking up of a ball that is rolling on the pitch (a fielder in cricket that has the ball hit in their vicinity)	**Accuracy** - Ensuring the ball goes where intended (throwing to a wicket keeper to run a player out)	**Innings** - The name of the length of time one team spends batting (most games have 2 innings - each team bats once)						
		Bowler - The player sending the ball for the batter to hit (bowler in cricket)	**Overarm** - Throwing the ball from shoulder height (throwing over longer distances)	**Field** - The position of fielders when an opponent is batting (outfielders in rounders)	**Retrieve** - Chasing a ball that has been hit past a fielder (an infielder in rounders)	**Stance** - How a player stands when batting (in rounders, feet shoulder width apart, bent knees with eyes on the ball, bat poised ready to hit)	**Pick up** - How the bat is lifted behind a batter in readiness of hitting a bowled ball (rounders has a high pick up to generate power)						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6						
Net / Wall		**Court** - Area the game is played on (tennis / badminton court)	**Serve** - The first hit to begin playing out a point (the serve for match point in tennis)	**Forehand** - Where the wrist faces the direction of the stroke or swing (an underarm clearance shot in badminton)	**Clear** - Hitting the object upwards to the back of the court (hitting a shuttle to the back of the court)	**Overhead** - Hitting an object that is above their head (returning, clear shot in badminton)	**Lob** - Hitting an object over your opponent's head (an opponent is near the front of the court, lob the ball over their head in tennis)						
		Hit - When contact is made between racquet and ball / shuttle (returning the tennis ball over the net using a hitting action)	**Rally** - When an object is hit and returned continuously (two players hitting a shuttlecock over the net without it going out of play)	**Backhand** - Where the back of the hand faces the direction of the stroke or swing (a backhand drop shot in badminton)	**Backcourt** - The area from the end line to the attack line (the part of the court near the baseline)	**Volley** - Hitting an object before it bounces (Hitting a ball in tennis before in bounces on your own side)	**Offensive play** - Attempting to score the winning point (smash shot in badminton)						
		Beginners		Intermediate		Advanced							
Swimming		**Float** - To remain suspended within or on the surface of the water without sinking (using a star float or mushroom float)		**Prone** - Lying face down (position in front crawl)		**Glide** - Moving through water without performing a stroke (pushed off from the slide without then moving arms or legs)							
		Sculling - Using a figure of 8 strokes to keep yourself afloat in the water (practising sculling to gain water confidence)		**Submerging** - To move under the surface of the water (sinking down to collect objects from the bottom of the pool)		**Propel** - To drive your body forward (using the side wall to push off before a stroke)							
		Stroke - A repeated action with the limbs to propel yourself through the water (front crawl, breaststroke, backstroke)		**Supine** - Lying face up (position in backstroke)		**Technique** - Performing with skill or knowledge (improving a stroke using key teaching points to improve technique)							